

## Where Kids Get Alcohol

- In Oakland County more than 78% of 8th graders, 91% of 10th graders and 95% of 12th graders believe it's easy to obtain alcohol.
- Almost 75% of 7th graders who drink alcohol obtain it from their parents

(with or without their knowledge).

- Past month use of alcohol among 8th, 10th and 12th graders occurred most often at a friend's house or at a party or at their own home.

### **Teens are drinking at home!**

- The easiest place for teens to get alcohol is right next to the milk.
- Remember, it doesn't have to be a big loud party with 20 teens for alcohol to be present.
- Are they playing video games in the basement? (*Isn't that where your mini bar is stocked with beer??*).

### What Adults Can DO:

- Be aware that most teens drink at home(s).
- Refuse to purchase alcohol for anyone under 21.
- Refuse to allow anyone under 21 to drink alcohol in your home or on your property.
- Be a good role model. If you use alcohol, use it in moderation.
- Connect with other parents. Getting to know other parents can help you keep closer tabs on your child.
- Hold your ground! Don't provide, ignore or excuse the use of alcohol with kids.

## Did You Know?

- In the United States, *alcohol kills* more kids than all illegal drugs combined.
- In Oakland County 34% of 12th graders reported binge drinking (more than 5 drinks in a row).
- Youth are more likely to begin drinking at times of change such as entering high school.

## Kids ARE Listening to Parents.

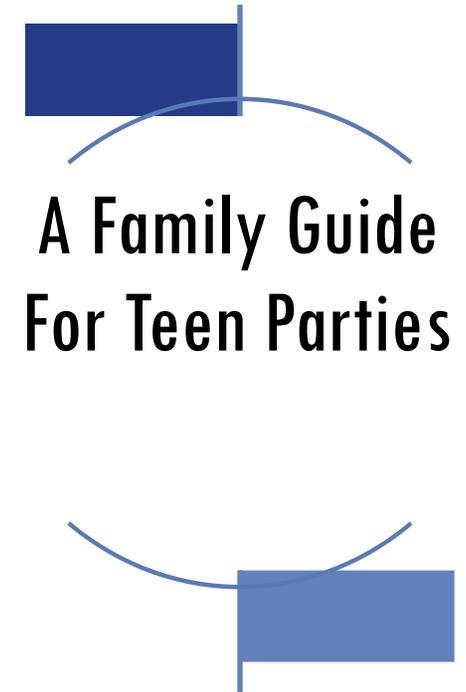
The best way to influence your child to avoid drinking is to have a strong, trusting relationship with him or her.

When parents tell their children that they strongly disapprove of youth drinking alcohol or using drugs, their children are much less likely to drink alcohol or use drugs.

To communicate with your children:

- Encourage conversation every day.
- Ask open-ended questions.
- Listen to what they say.
- Control your emotions.
- Respect your child's viewpoint.
- Set clear, sensible rules.
- Be a role model.

**For more information, contact your local coalition:**



# A Family Guide For Teen Parties



Visit our website:  
[www.achconline.org](http://www.achconline.org)  
Phone: 248-802-6789

## HOSTING A Party

- Set the ground rules WITH your teen when planning the party.**
  - Let your teen know that alcohol, tobacco, and other drugs will not be permitted.
  - Set time limits for the party.
  - Limit attendance to the guest list. Keep the number manageable.
  - Anyone who shows the influence of alcohol will be taken home.
  - Party-goers cannot leave and return.
  - Restrict the party to a certain part of the house.
- Parent's role DURING the party is to:**
  - Be present and monitor the situation often. Refill snack trays, etc.
  - Be alert to signs of alcohol, tobacco, and other drug use. If a guest arrives in an impaired condition, be willing to call his/her parents for safe transportation home. Do not let anyone drive under the influence of alcohol or other drugs.
- Avoid problems.**
  - Remove easy access to alcohol or other drugs (lock up prescriptions).
  - Have plenty of food and non-alcoholic drinks on hand.
  - Get to know your teen's friends and their parents.
  - Encourage shared chaperoning.
- Know your liability.**
  - It is illegal to offer alcohol to guests under the age of 21 or to allow drug use in your home. You may be brought to court for criminal charges and/or have to pay monetary damages in a civil lawsuit.
- Monitor your house.**
  - Make certain your teen knows he/she is never to have a party if you are away. Establish ways to monitor through neighbors, friends, and law enforcement.

## ATTENDING A Party

- Know where your teen will be.**
  - Get the address and phone number.
  - Let your teen know that you expect a call if the location changes.
- Contact the parents of the party-giver in order to:**
  - Verify the occasion and offer to help.
  - Make sure that a parent will be present and will be monitoring activities.
  - Be sure that alcohol, tobacco, and other drugs will not be present.
- Know how your teen will get home from the party.**
  - Make sure they have phone numbers of people they can call.
  - Make sure you know how to reach them.
- Discuss with your teen how to handle a situation where alcohol, tobacco, or other drugs are available at the party.**
  - Let your teen know what YOU expect.
  - Devise a "code word or phrase" for the teen to use to exit the party gracefully. This code phrase, such as, "How is Cousin . . .?", tells you that your teen wants to leave the party early and is asking you to come and get them.
- Make sure your teen knows what time to be home.**
  - Be aware when your teen arrives home.
  - Recognize compliance with curfews and enforce consequences if necessary.
  - Have a brief conversation to assess your teen's condition.
- If your teen wants to stay overnight with a friend after the party...**
  - Verify with the friend's parents that they know about the invitation and approve.
  - Confirm that the friend's parents will be home and awake when the teens get to their home after the party.

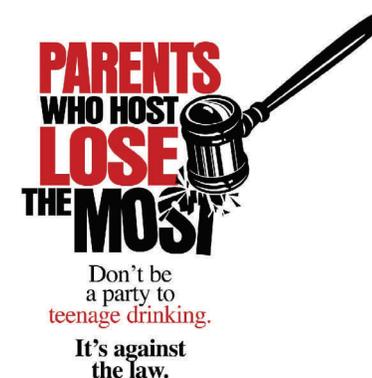
## REAL Health Risks

New research suggests that ***alcohol causes more damage to the developing brains of teenagers than was previously thought.*** Forty-seven percent of those who begin drinking alcohol before the age of 14 become alcohol dependent at sometime in their lives, compared with 9% who wait until at least age 21.

Binge drinking of alcohol (more than 5 drinks in a row) has even more alarming physical damage. ***Brain areas crucial for learning and memory are negatively affected.***

The American Medical Association found that ***teens who used alcohol scored worse on vocabulary, visual-spatial tests (the ability to think in pictures and images), and memory tests.***

Teens who use alcohol are more likely to become ***sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex*** than teens who do not drink.



***Special thanks to the Royal Oak Prevention Coalition for this brochure content.***

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