

## PARENT EDUCATION WEBSITES

- [www.drugfree.org/Parent](http://www.drugfree.org/Parent)  
Website for the partnership for a drug free America includes [timetotalk.org](http://timetotalk.org), a great resource for starting that conversation early and often with your children.
- [www.parentsforfurther.com](http://www.parentsforfurther.com)  
Find simple, practical, and proven ways to help your kids succeed. Take a tour to find out about their exciting new features! E-Newsletter sign-up.
- [www.settherulesct.org](http://www.settherulesct.org)  
SetTheRulesCT is designed to provide parents and adults with information and resources to help parents keep Connecticut's youth from drinking alcohol.



[www.positivedirections.org](http://www.positivedirections.org) 203.227.7644

Fairfield		Westport	
Fairfield Counseling Services <a href="http://www.fcsinc.org">www.fcsinc.org</a> 203.255.5777		Westport Positive Youth Development <a href="http://www.westportPYD.org">www.westportPYD.org</a> 203.341.1069	
Weston		Wilton	
Weston Youth Services 203.222.2585		Wilton Youth Services <a href="http://www.wiltonyouthservices.org">www.wiltonyouthservices.org</a> 203.834.6241	

### HELP IS AVAILABLE

- **211 Connecticut Info Line** • [www.infoline.org](http://www.infoline.org)  
2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.
- **SAMHSA National Drug Information Treatment and Referral Hotline** 800-662-HELP (4357) • [www.dasis3.samhsa.gov](http://www.dasis3.samhsa.gov)  
Information, support, treatment options, and referrals to local rehab centers for any drug or alcohol problem. Operates 24 hours, seven days a week.

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# The Power of Parents

## Did you know...

**“A child who gets through age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so.”**

Source: (CASA) The Center on Addiction and Substance Abuse at Columbia University

- Parents who had clear discussions with children around the risks of substance abuse before the age of 10 had children who were less likely to initiate using drugs early. <sup>1</sup>
- Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol. <sup>2</sup>
- It is illegal to allow minors to possess alcohol or “host” underage drinking parties.
- 65% of teenagers report that they get their alcohol from family and friends. <sup>3</sup>
- By eighth grade, kids see 100,000 ads for alcohol. <sup>4</sup>
- Most underage drinking is in the form of binge drinking. <sup>5</sup>

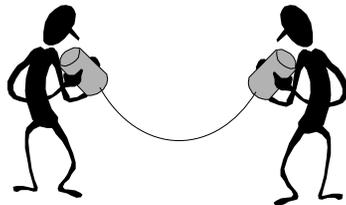
<sup>1, 2.</sup> Hawkins, J.D Graham, J.W., Maguin, E., Abbot, R., Hill and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial factors on subsequent alcohol misuse, Journal of Studies on Alcohol, 1997. <sup>3.</sup> Partnership for Drug Free America. <sup>4.</sup> Myths, Men, and Beer: An Analysis of Beer Commercials on Broadcast Television. AAA Foundation for Traffic Safety, 2007. <sup>5.</sup> NIAAA



This publication is courtesy of the  
**Prevention Partnership Committee of  
Lower Fairfield County Regional Action Council**  
[www.lfcrac.org](http://www.lfcrac.org)

## Parents: Take Action

- Have one *more* meal together per week as a family
- Send your children positive text messages about healthy expectations and choices
- Sign a contract with your child about who they will contact if they end up at a party scene and need help
- Join your local Coalition (See back page for listing of local Coalitions)
- Talk Early and Often with Your Child
- Get Involved
- Be a Role Model
- Teach Kids to Choose Friends Wisely
- Monitor Your Child's Activities

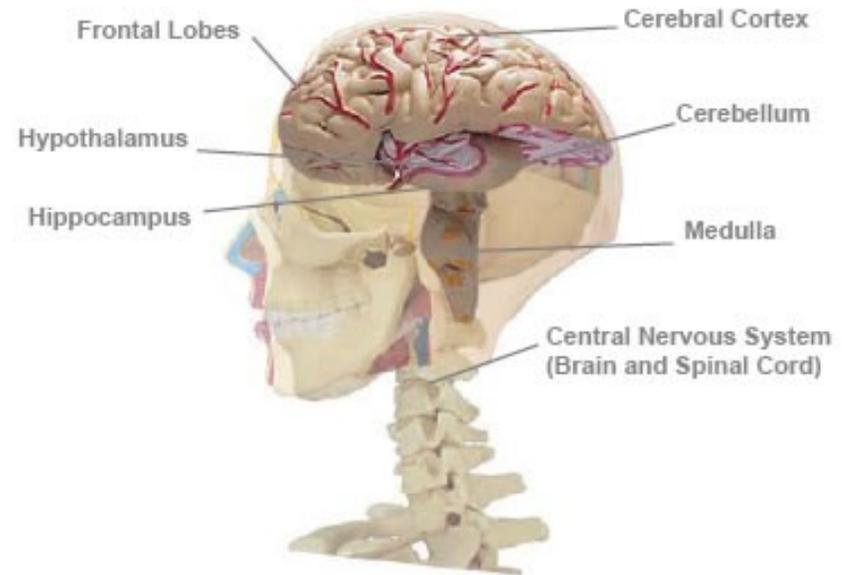


Source: [www.ctclearinghouse.org/Topics](http://www.ctclearinghouse.org/Topics)

## Alcohol and the Developing Brain

### Alcohol and Your Brain

#### • What to Know •



### Teen Brains

According to the American Medical Association, damage to the brain from alcohol at this time can be long-term and irreversible. In addition, short-term or moderate drinking impairs learning and memory far more in youths than in adults. Adolescents need only drink half as much to suffer the same negative effects.

Source: American Medical Association, Harmful Consequences of Alcohol Use on the Brains of Children, Adolescents, and College, 2007

### Frontal Lobes (not fully developed until mid 20s)

The frontal lobes are important for planning, forming ideas, making decisions, and using self control. When alcohol affects the frontal lobes, a person may find it harder to control emotions and urges. Drinking alcohol over a long period of time can damage the frontal lobes forever. For more information on alcohol and the developing brain, go to: [www.toosmarttostart.samhsa.gov/families/facts/brain.aspx](http://www.toosmarttostart.samhsa.gov/families/facts/brain.aspx)