



Parent Handbook for Talking with Teens About Alcohol

Presented by MADD Parent Facilitator:
Lucille Vitale
MADD Long Island, New York

MADD

Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving® (MADD) is the nation's largest nonprofit working to protect families from drunk driving and underage drinking. With the help of those who want a safer future, MADD's *Campaign to Eliminate Drunk Driving*® will end this danger on America's roads. *PowerTalk 21*® is the national day for parents to talk with their kids about alcohol, using the proven strategies of *Power of Parents*® to reduce the risk of underage drinking. And as one of the largest victim services organizations in the U.S., MADD also supports drunk and drugged driving victims and survivors at no charge, serving one person every eight minutes through local MADD victim advocates and at 1-877-MADD-HELP. Learn more at www.madd.org or by calling 1-877-ASK-MADD.



Objectives

1. Talk about the problem of teen drinking
2. Talk about the role of peers in the problem of teen drinking
3. Talk about the role of adults in the problem of teen drinking
4. Talk about the role of parents and MADD in preventing teen drinking
5. Talk about the handbook and what you can do today, tomorrow and in the future to prevent teen drinking

It starts right NOW, first with US and then with YOU...

**YOU have the power to make
a difference!**



madd

National Presenting Sponsor

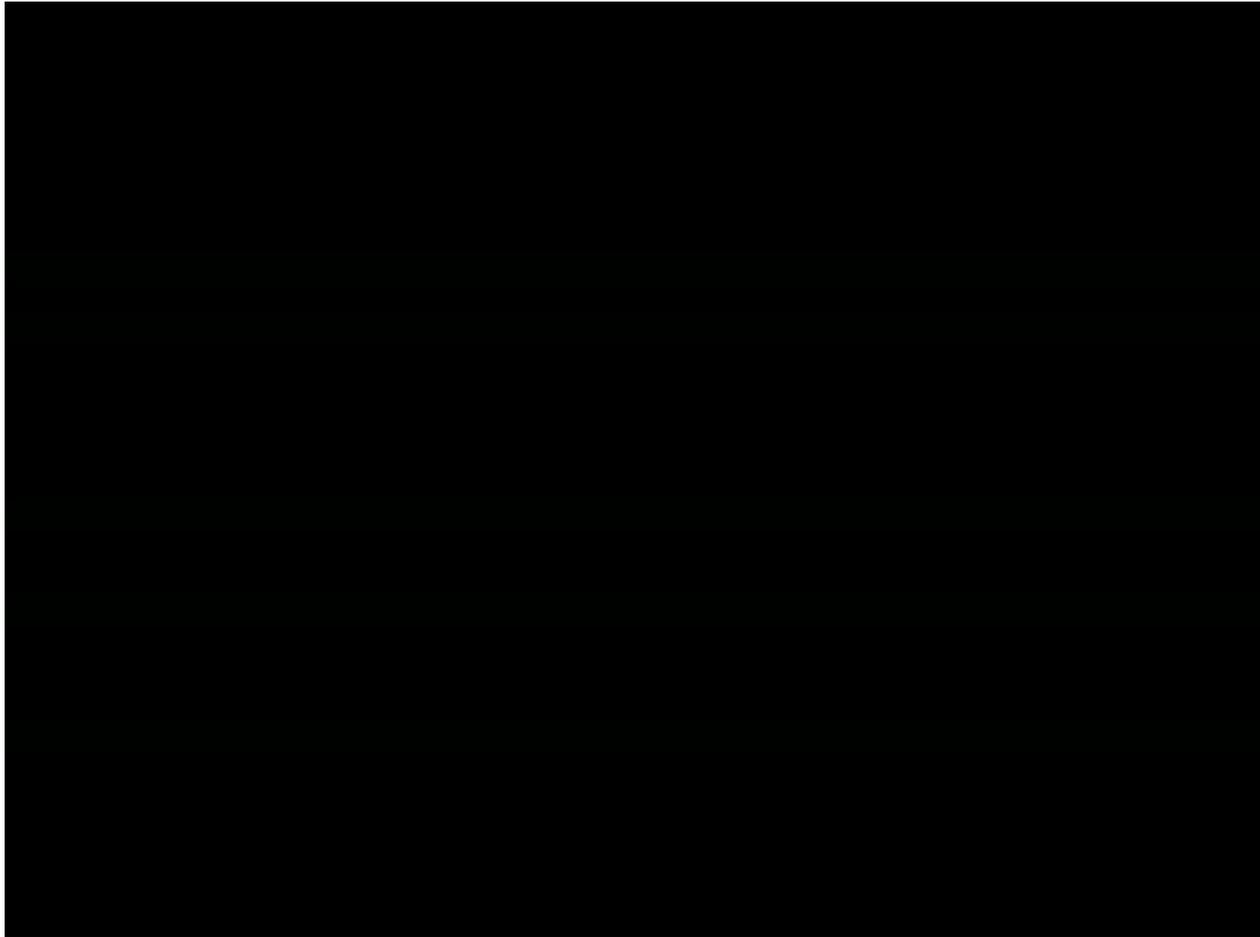


Nationwide[®]
Insurance



madd[®]

Underage Drinking Video (Cups)



MADD thanks the Utah Department of Alcoholic Beverage Control for permission to use this video.



madd

The Problem of Teen Drinking

- Teen alcohol use kills about 5,000 people each year
- About 30% of 8th graders have tried alcohol
- One in six teens binge drink
- Over two in three teens try alcohol before graduating high school



Alcohol & Teen Brain

Brain Changes During Adolescence



*PHOTO'S SOURCE: SUSAN TAPERT, PHD,
UNIVERSITY OF CALIFORNIA, SAN DIEGO*

- Brain is not fully developed until the mid-20's.
- The brain develops back (basic functions) to front (pre frontal cortex, executive functions).
- The front of the brain – the part that controls judgment, planning, decision making, self- control - is the last part of the brain to develop.
- The brain images here show how alcohol may harm teen mental functions. Compared with a young non-drinker, a 15 year old with an alcohol problem showed poor brain activity during a memory task. This finding is noted by the lack of pink and red coloring.

See <http://www.teen-safe.org/scientific-info/what-going-teen-brain> [May, 2013]

The Role of Peers in Teen Drinking

1. Teens frequently have inaccurate beliefs about how much alcohol is consumed by their peers
2. They tend to overestimate the number of teens who **drink alcohol** and **how much** alcohol is actually consumed (e.g., everyone is drinking)

Unfortunately, these common misperceptions lead to...

The belief that it is normal to drink,
More pressure to “fit in”, be like others,
- and -
More teen drinking



The Role of Adults in Teen Drinking

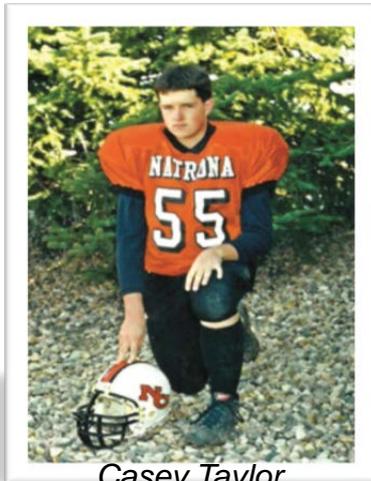
1. Some adults believe that letting teens drink in the home takes away the “mystery” of alcohol and decreases teens’ desire to drink
2. Some adults provide alcohol to underage teens for special occasions (e.g., holidays, graduations)
3. Some adults think they drank and turned out okay so it is okay for their kids to drink
4. Multiple studies, in both the United States and Europe, have consistently shown that kids who are permitted to drink in their homes, drink more often and in larger amounts outside the home when their parents are not around



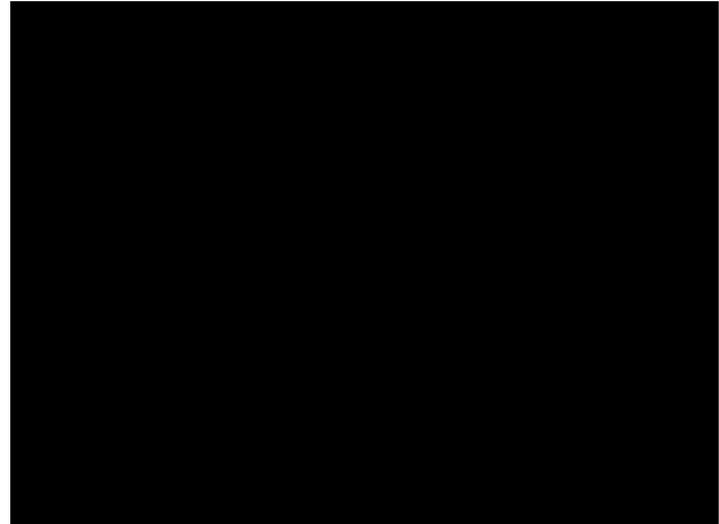
madd

The Role of Parents and MADD in Preventing Teen Drinking

- Reports show that three in four teens say their parents are the leading influence on their decisions about drinking alcohol
- Madd.org/powerofparents
- MADD's Parent Handbook
- Debbie Taylor, Wyoming



Casey Taylor



Parent Handbook

Your Teen's World

- Understanding how adolescent development, social pressures and moral dilemmas affect a teenager's world



Parent Handbook

What Style of Parent are You?

- Overview of parenting styles:

PARENTING STYLE	ATTRIBUTE
Authoritarian	Parent gives orders; "my way or the highway"
Overprotective	Parent stays in control; parent rushes in & teens do not face consequences of actions.
Permissive	Parent gives in; "kids will be kids"
Positive/ Authoritative	Use their authority to strengthen and protect (not control) the teen. Build trust and teach teen skills to make decisions.

Parenting style & impact on drinking decisions: teens of authoritarian parents tend to consume the most dangerously high levels of alcohol.

Parenting style & impact on drinking decisions: teens of positive/authoritative parents, if they do drink illegally, consume significantly less alcohol than teens of other parenting styles

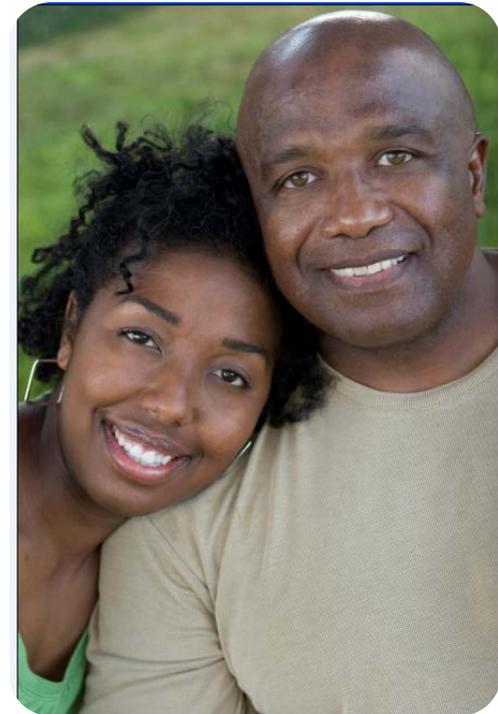
- It is important to recognize the difference Positive/ Authoritative parenting and communication styles can make in empowering and protecting teens.



Parent Handbook

Talking About Alcohol

- Techniques for having the conversation with teenagers about alcohol
- Knowing how to communicate family values and consequences
- Handling questions about parents' own history of underage drinking



madd

Parent Handbook

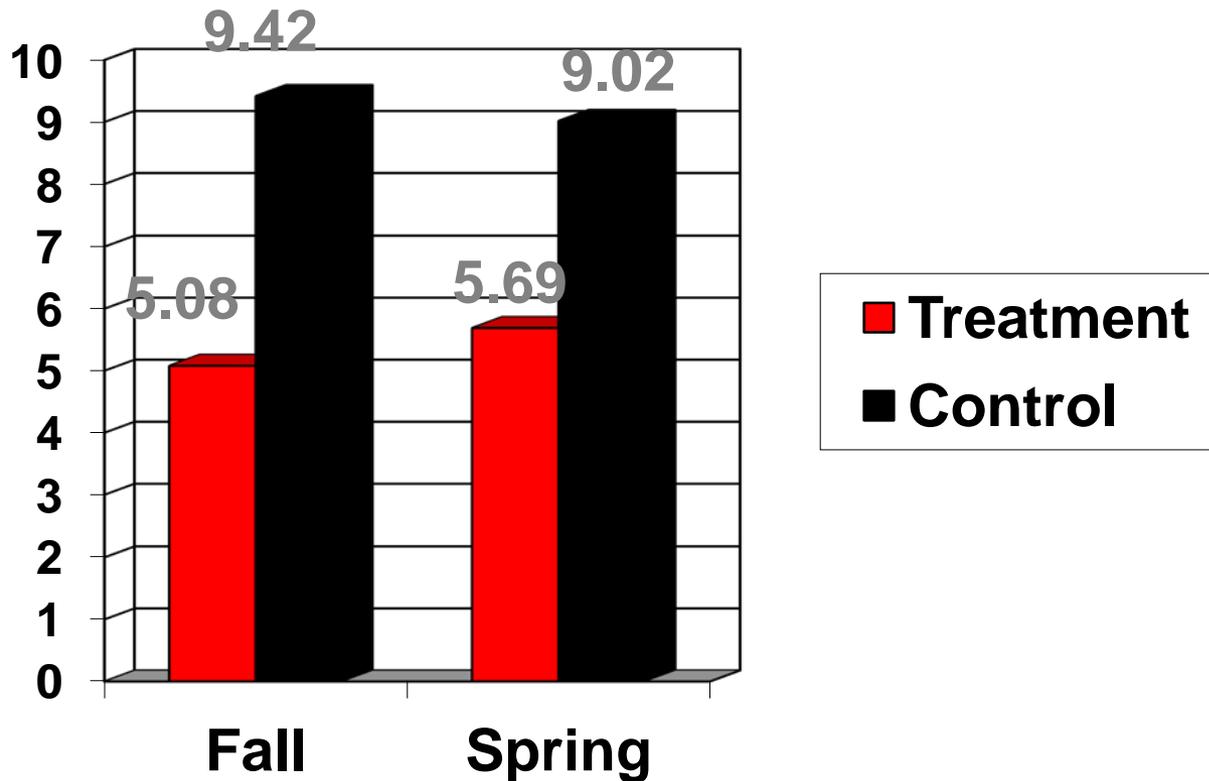
Helping Your Teen Make Good Choices

- Tips for teaching teens to resist peer pressure
- Guiding teens to choose friends wisely
- Getting help when teenagers have a drinking problem
- Steer clear of driving dangers



Penn State Research

- Number of Drinks on the Weekend -



Please note that, a Treatment Group, shown by the red bars, are the teens whose parents received the handbooks. A Control Group, shown by the black bars, are the ones who did not. Data shown is in **number** of drinks on average across a weekend.



In Closing

- The evidence is clear, read this handbook
- Be willing to start talking to your teens about alcohol
- Plan the first conversation with your teens about alcohol
- Talk, talk, talk
- It starts right NOW, first with US and then with **YOU...YOU have the power to make a difference!**





Thank You