

We Are Here To Help

Norwalk Youth Services www.norwalkct.org	203.854.7785
Weston Youth Services www.westonyouthservices.org	203.222.2585
Westport Positive Youth Development www.westportPYD.org	203.834.6241
Wilton Youth Services www.wiltonyouthservices.org	203.834.6241
Liberation Programs www.liberationprograms.org	203.851.2077
Positive Directions www.positivedirections.org	203.227.7644

If you want to get more involved in preventing underage drinking or learn about presentations for parents in your community, please contact your Local Prevention Council (LPC)...

Norwalk	Weston
Annastasia Augustin Community Prevention Task Force Email: augustin@hscct.org Phone: 203.849.1111 Website: www.hscct.org	Celeste McGeehan Alcohol & Drug Awareness Program E-mail: adapinc@yahoo.com Phone: Website: www.westonadap.org
Westport	Wilton
Barbara Pearson First Night E-Mail: firstnight@westportct.gov Phone: 203.341.1041 Website: www.firstnightww.com	Nan Merolla Wilton Youth Council Email: ncmerolla@aol.com Phone: Website: www.wiltonyouth.org

For more information regarding the Human Services Council and the Mid-Fairfield Substance Abuse Coalition, please visit www.hscct.org.

The Power of Parents

Did you know...

- Parents who had clear discussions with children around the risks of underage drinking before the age of 10, had children who were less likely to initiate alcohol use early.¹
- Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol.²
- 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.
- During adolescence, significant changes occur in the body, including the formation of new networks in the brain. Alcohol use during this time may affect brain development.³



This publication is courtesy of the

Mid-Fairfield Substance

Abuse Coalition

www.hscct.org

^{1,2} Hawkins, J.D., Graham, J.W., Maguin, E., Abbot, R., Hill, K.G. and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial risk factors on subsequent alcohol misuse, Journal of Studies on Alcohol, 1997.

³ NIAAA

Skills and Tips to Prevent Underage Drinking

The Power of Parents

"What parents may not realize is that children say parental disapproval of underage drinking is the key reason they have chosen not to drink."

Source: Charles Curie, former Substance Abuse and Mental Health Services Administration (SAMHSA) administrator, U.S. Department of Health and Human Services.

Source: www.parentsempowered.org

TAKE ACTION

- Talk Early and Often with Your Child
- Get Involved
- Be a Role Model
- Teach Kids to Choose Friends Wisely
- Monitor Your Child's Activities
- Set Rules

Source: www.ctclearinghouse.org/Topics

TIPS

- Have dinner together regularly as a family when possible.
- Stay in touch with your kids when you're not around through phone calls and text messaging.
- Brainstorm with your kids about ways to say "NO" if offered or encouraged to use alcohol.
- Have a conversation with your child about who they will contact if they end up at a party scene and need help.

Parent Education Websites

- 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.parentsforther.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.theantidrug.com
Basic drug information , parenting advice, newsletter and many other resources . Information is available in Spanish and other languages.
- www.drugfree.org/Parent
Website for the Partnership for a Drug-Free America includes timetotalk.org, a great resource for starting that conversation early and often with your children.

HELP IS AVAILABLE

- **211 Connecticut Info Line** • www.infoline.org
2-1-1 is Connecticut's free information and referral service. Dial 2-1-1 and 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 Nat'l Drug Information Treatment & Referral Hotline** • **800.662.HELP (4357)** • 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.