

November 2014

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# Parents Matter

Havana Area Prevention Team

## Tip: Take Action

One of the goals of the Prevention Team is to promote healthy, happy, and responsible lifestyles for area youth and families. One way of reaching this goal is by sharing helpful talking tips with parents and guardians.

Tip of the month. – **Take Action**

### Develop family rules about youth drinking.

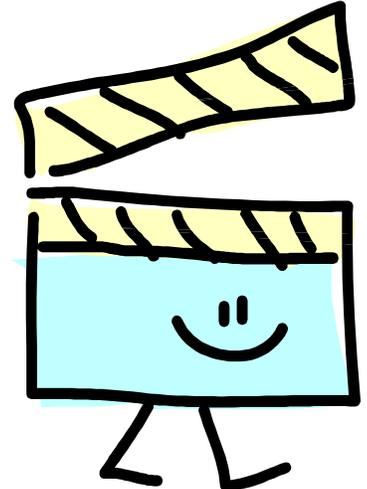
- Refuse to give or buy alcohol for your children.
- Establish clear “no alcohol” rules and expectations.

### Monitor alcohol use in your home.

- Lock up any alcohol in your home and monitor the quantity.
- Stay at home when your child hosts a party.

### Monitor your child’s activities.

- Check in with your teen before and after they go out.
- Know who they will be with.
- Plan Healthy Alternatives
- Plan activities in your home that are alcohol –free.
- Encourage your child to participate in alcohol-free activities that truly interest them.



#### Special points of interest:

- November Prevention Tip of the month .
- Know the Consequences of Underage Drinking
- Prevention Team Contact Info

#### REFERENCE

Substance Abuse Mental Health Services Administration (SAMSHA's) "Talk, They Hear You" Campaign, [www.underagedrinking.com](http://www.underagedrinking.com)  
SAMSHA "A Family Guide to Underage Drinking Prevention," brochure 2010

US. Department of Health and Human Services Administration, "The Surgeon General's Call To Action to Prevention and Reduce Underage Drinking: A Guide to Action for Families"

# Havana Area

## PREVENTION TEAM

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**Promotes comprehensive community-wide prevention efforts.**

**Empowers youth & families to develop and lead healthy lifestyles.**

Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

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## The Consequences of Underage Drinking

- SAMHSA

Over the last several decades, scientific understanding and knowledge of the dangers of underage drinking have increased substantially. Underage drinking is associated with various negative consequences for children and can affect and endanger the lives of those around them.

Children who drink alcohol are more likely to:

### **Increase Illicit Drug Use**

Teens who drink alcohol are over 22 times more likely to use marijuana and 50 times more likely to use cocaine than those who never drink.

### **Get bad grades**

Children who use alcohol have higher rates of academic problems and poor school performance compared with non-drinkers.

### **Be involved in violence**

Teens who drink alcohol are more likely to carry out or be the victim of an assault.

### **Suffer injury or death**

In 2009, an estimated 1,844 homicides; 949,400 nonfatal violent crimes such as rape, robbery, and assault; and 1,811,300 property crimes, including burglary, larceny, and car theft were attributed to underage drinking.

### **Sexual activity**

Alcohol use by teens is a strong predictor of both sexual activity and unprotected sex.

### **Make bad decisions**

Drinking lowers inhibitions and increases the chances that children will engage in risky behavior or do something that they will regret when they are sober.

### **Have health problems**

Young people who drink are more likely to have health issues such as depression and anxiety disorders.

For more information please visit [samhsa.gov/underage-drinking](http://samhsa.gov/underage-drinking)