

## Tips for Parents

Two-thirds of youth ages 13 to 17 say that losing their parent's **respect and pride** is one of the main reasons they do not drink or use other drugs.

*(Keeping Your Teens Drug Free: A Family Guide. Office of National Drug Control Policy)*

**Here are just a few suggestions of what you can do to help your child be alcohol and drug free . . . . .**

### ***STAY INVOLVED IN YOUR CHILD'S LIFE***

Create an environment that helps keep your child away from alcohol and other drugs.

- ◆ Know who your child's friends are
- ◆ Know what your children are doing
- ◆ Keep alcohol and RX drugs locked up
- ◆ Check in with the parents hosting a party where your child will be attending

### ***TAKE TIME TO TALK TO YOUR CHILD***

#### **Tell Your Child What You Expect**

Make it clear that you do not approve of your child using alcohol or other drugs and that there will be consequences if they do.

#### **Set Rules**

Your rules will help your child resist pressures to use alcohol and drugs. It is important to enforce the rules consistently if they are broken.

#### **Provide Boundaries and Support**

Protect your child's tomorrow by investing your time today!

**Parents are the best line of defense against youth substance abuse!**

## Resources for Parents

Santa Ynez Valley Youth Coalition  
[syvouthcoalition.org](http://syvouthcoalition.org)

Parents. The Anti-Drug  
[drugfree.org](http://drugfree.org)

National Family Partnership  
[nfp.org](http://nfp.org)

Substance Abuse and Mental Health  
Services Administration  
[family.samhsa.gov](http://family.samhsa.gov)

S.B. County Alcohol and Drug Program  
[adp.ca.gov](http://adp.ca.gov)

S.B. Council on Alcoholism and Drug Abuse  
[kidshealth.org](http://kidshealth.org)  
[abovetheinfluence.org](http://abovetheinfluence.org)

## Coalition Prevention Programs

### **Academic Mentoring**

A Youth Resource Specialist works daily on the H.S. campus to meet one-on-one with students in need of academic and mentoring support.

### **Youth Action Council (YAC)**

The teen advisory council to the Coalition is an active high school club that meets bi-monthly to plan activities and campaigns to advocate for a healthier life for teens.

### **Student Prevention Action Network (SPAN)**

This life skills prevention program is designed for 7th and 8th grade students and implemented in the school classroom. The program includes lunch time clubs (GEN K) on the Jr. High Campus's to promote kindness and build prevention skills.



**"Local Solutions for Healthy Youth"**

## **Mission Statement**

The Valley Youth Coalition is a collaboration of volunteer community leaders dedicated to promoting healthy lifestyles and preventing and reducing substance abuse among youth in the Santa Ynez Valley.



## **The Valley Coalition is working to:**

- ◆ Change aspects of the Valley environment that contribute to underage use of alcohol and other drugs.
- ◆ Decrease the social and health consequences of underage substance abuse by limiting access to illegal and harmful substances.
- ◆ Changing social norms that are accepting and permissive of underage substance abuse.

[syvouthcoalition.org](http://syvouthcoalition.org)

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## Did you know.....?

### In the Santa Ynez Valley ....

- ◆ Youth as young as 10 years old are experimenting with alcohol, tobacco, marijuana and other drugs
- ◆ Youth report that it is very easy to access alcohol, tobacco, prescription drugs and other illegal drugs
- ◆ Youth report that parents provide alcohol at house parties or provide locations for unsupervised parties
- ◆ 30% of our 11th grade students report drinking and driving or riding with someone who is drunk.
- ◆ We lose young people every year to alcohol and drug related accidents and overdose

References: *California Healthy Kids Survey; Youth Focus Groups, S.Y.V. Coalition to Promote Drug Free Youth 2012*

### Take the "Parent Pledge" on line and join the Parent Directory

[www.svyyouthcoalition.org](http://www.svyyouthcoalition.org)

"I will ensure that all social events in my home for teens are chaperoned by a parent and that I will not serve alcohol or allow alcohol or other drugs to be used by teens at my home."

A project of  
**PEOPLE HELPING PEOPLE**  
**PHP**  
CHANGING LIVES FOR THE BETTER

Funded by: Substance Abuse and  
Mental Health Services  
U.S Department of Health & Human Services

## Facts About Underage Drinking

### Brain Damage

- ◆ Alcohol can damage the parts of an adolescent's brain that are responsible for learning and memory.

### Increased Risk of Addiction

- ◆ Teen brains are still under construction and not fully developed. The earlier a teen starts drinking, the more likely they are to become addicted to alcohol and the more difficult the problem is to treat.
- ◆ 40% of kids that start drinking before the age of 15 will become alcohol dependent.
- ◆ 67% of teens who drink before the age of 15 will try other illicit drugs.
- ◆ 31% of kids who said they had been drunk in the past year have parents who believe their children to be non-drinkers.

References: *American Medical Association; Institutes of Medicine National Research Council; The National Center on Addiction.*

## Facts About Prescription Drug Abuse

### RX Drug Abuse - on the Rise

- ◆ Nearly one in five teens has tried prescription medication to get high.
- ◆ One in ten teens report abusing cough medicine to get high.
- ◆ Most common drugs of choice are pain relievers such as Vicodin and OxyContin and stimulants like Ritalin and Adderall.
- ◆ Nearly three out of 10 teens believe RX pain relievers, even if prescribed by a doctor, are not addictive.
- ◆ #1 reason teens age 12-18 are admitted to the emergency room is due to prescription drug overdose.

References: *U.S. Dept. of Health & Human Services; American Legacy Foundation*

## Facts About Underage Use of Marijuana

### Learning, Memory and Cognitive Problems

- ◆ Studies show that marijuana also causes brain impairments that are responsible for learning and memory function. The drug causes other impairments that can alter the teen's sense of time, reduce their ability to do tasks that require concentration, swift reactions and coordination.
- ◆ Research shows that marijuana can interfere with learning by impairing thinking, reading comprehension and verbal and mathematical skills.

### Psychological Dependence

- ◆ The marijuana available today is **10 times stronger** than the marijuana used in the early 1970's, and a psychological and physical dependence can develop.
- ◆ Research indicates that early initiation and frequent use of marijuana is associated with symptoms of anxiety and depression.
- ◆ Withdrawal from marijuana can produce physical symptoms such as sleeplessness and agitation.

References: *Office of National Drug Control Policy, National Institute on Drug Abuse and others.*



Visit us on Facebook, at Santa Ynez Valley  
Youth Coalition  
For more information on the Valley Coalition  
Call: 686-0295  
[website@www.svyyouthcoalition.org](http://website@www.svyyouthcoalition.org)