



PREVENT THIS

Southeastern IL Counseling Centers, Inc. and Illinois Department of Human Services

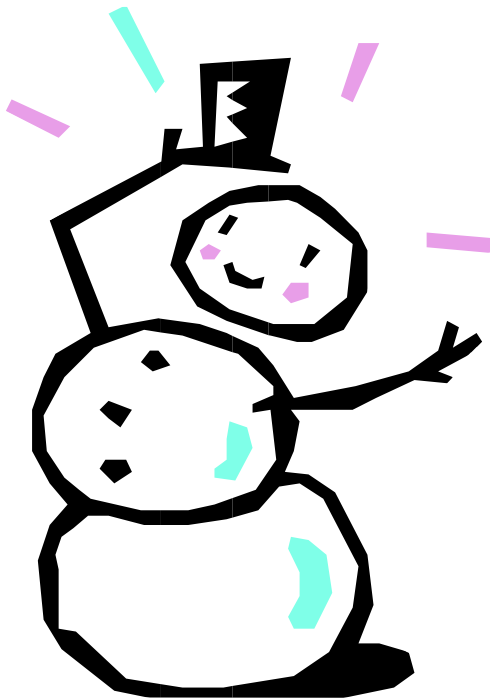
December 2011

Healthy Holidays

Since 1981, every President of the United States has proclaimed December “National Drunk and Drugged Driving (3D) Prevention Month” to help underscore the public’s commitment to preventing impaired driving.

Americans who drink and drive after holiday parties and festivities make the period between Thanksgiving and New Year’s one of the year’s most deadly and dangerous seasons due to alcohol-related crashes.

It’s not a question of whether a driver is legally intoxicated, it’s a



Be the person who makes a difference this holiday season.

question of whether or not it is safe to drive when one has consumed any amount of alcohol. Research shows that impairment begins long before a person reaches the blood alcohol concentration level necessary to be guilty of drunk driving.

Drugged driving is another concern of 3D Month. The principal concern regarding drugged driving is that driving under the influence of any drug that acts on the brain could impair one’s motor skills, reaction time and judgment.

Alcohol use by young people is made possible by adults—after all, teens can’t legally get alcohol on their own.

More teens drink alcohol than smoke or use drugs.

Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol-related crash. This means you, your friends, your family are regularly at risk.

Underage Drinking

When anyone under the age of 21 drinks alcohol, we call it underage drinking. And underage drinking is against the law, except in special cases, such as when it is a part of a religious ceremony. Underage drinking is a serious problem, with roots deep in our culture. It is time to change that picture. It’s time to take action. It’s time to stop looking the other way. It’s time to tell children and teens that underage drinking is not okay. It will take a lot of work over time to change how people think about underage drinking. It’s a long-term project for parents, schools, local groups, community leaders, and other concerned adults. It’s a project that should start when children are young and continue through the teen years.



What Families Can Do About Underage Alcohol Use

Talk With Your Teens About Alcohol Use

- ❖ When you talk with your teens about drinking, listen to them and respect what they say.
- ❖ Make clear your expectation that your teen not drink.
- ❖ Teach your children about the dangers of underage drinking.
- ❖ Discuss laws about underage drinking, including the age 21 law.



Be Aware of Risk Factors that may increase the risk of teen alcohol use

- ❖ Significant social transitions such as graduating to middle school, high school or getting a driver's license.
- ❖ A history of conduct problems.
- ❖ Depression and other serious emotional problems.
- ❖ A family history of alcoholism.
- ❖ Contact with peers involved in deviant activities.

Most 6-year-olds know that alcohol is only for adults. Between ages 9 and 13 youth begin to think that alcohol use is okay. That's why it's never too early to start talking with young people about the dangers of underage drinking.

Teens say that they rely on adults in their lives more than anyone else to help them make tough decisions and to provide good advice.

Help Your Teens Make Good Decisions About Alcohol

- ❖ Help your teens know how to resist alcohol.
- ❖ Help them find ways to have fun without alcohol.
- ❖ Do not give alcohol to your teens. Tell them that any alcohol in your home is off limits to them and their friends.
- ❖ Don't let your teens attend parties where alcohol is served. Make sure alcohol isn't available at teen parties in your own home.
- ❖ Set clear rules about not drinking and enforce them consistently.
- ❖ Help your teens avoid dangerous situations such as riding in a car driven by someone who has been drinking.
- ❖ Help your teens get professional help if you're worried about their involvement with alcohol.

Be a Positive Adult Role Model

- ❖ If you drink yourself, drink responsibly. That means not drinking too much or too often.
- ❖ Stay away from alcohol in high-risk situations. For example, don't drive when you've been drinking.
- ❖ Get help if you think you have an alcohol-related problem.



Contact Information:

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Newsletter resources: www.nhtsa.dot.gov,
www.alcoholism.about.com, The Surgeon
 General's Call to Action—A Guide to Action for
 Families