
AWARE

Parent Evening

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Prevention Services

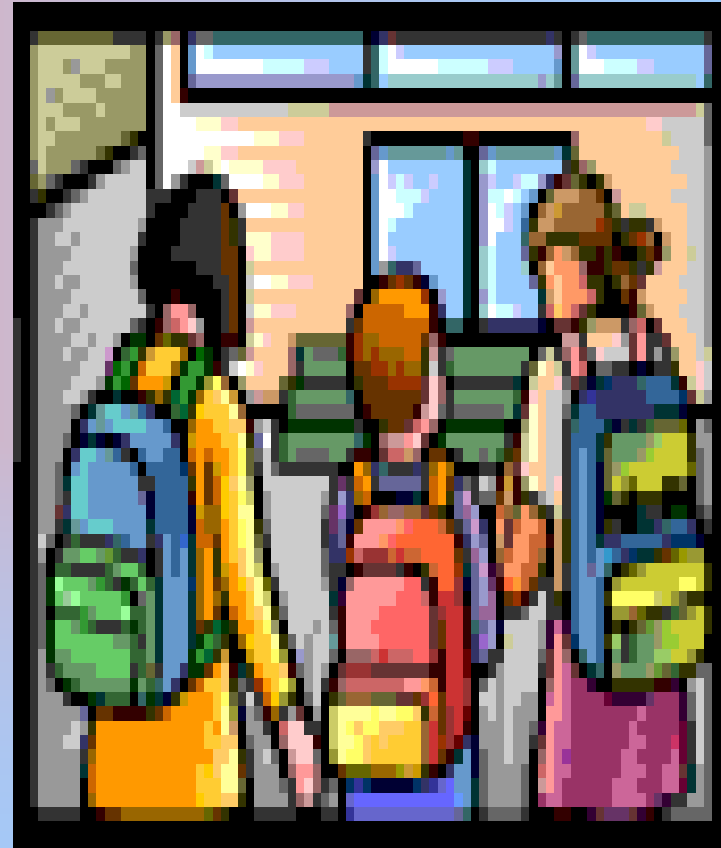
For a copy of this power point, email:
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Educating for success in our diverse and changing world.

Reasons for Educating Parents

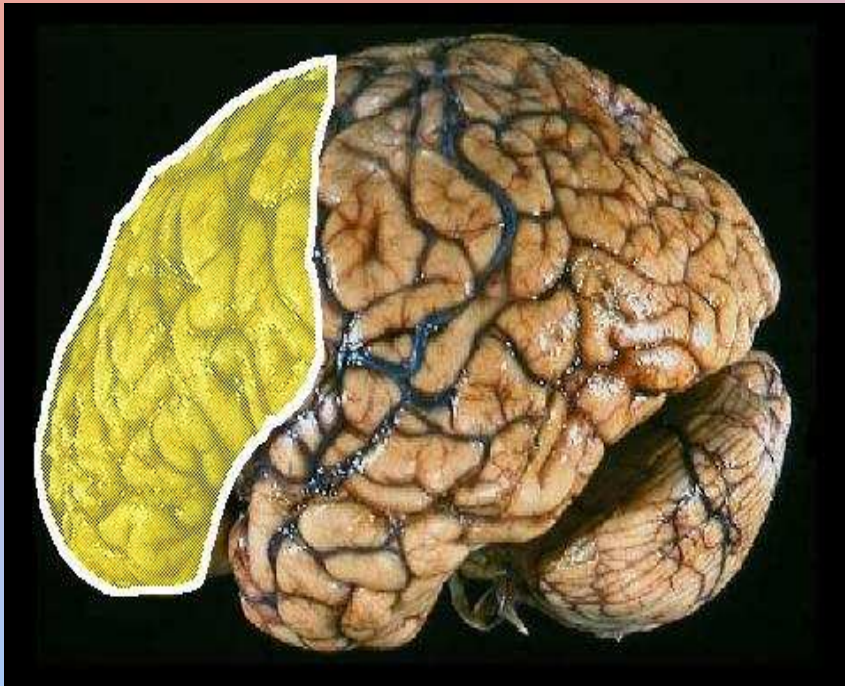
- **Pressure from schools/other parents**
- **Keep up with what's happening in the youth culture**
- **The belief that there is nothing adults can do**
- **Media influence**
- **Teens deserve to hear about sex, drugs and violence from informed parents**



Kids Experience A Different Drinking Environment Today

- What kids drink/Definition of a drink
 - How much/how often kids drink
 - Age of first use
 - Overall availability of alcohol
 - Parent/adult supervision
 - Lack of perceived risk
 - Tolerant community norms
-

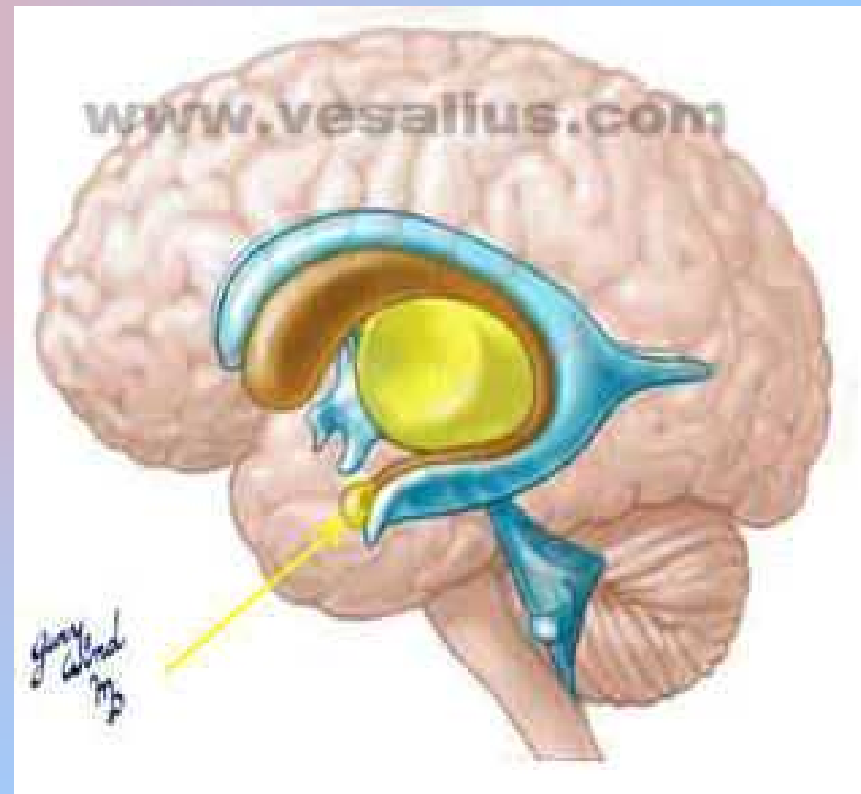
The Brain: Prefrontal Cortex



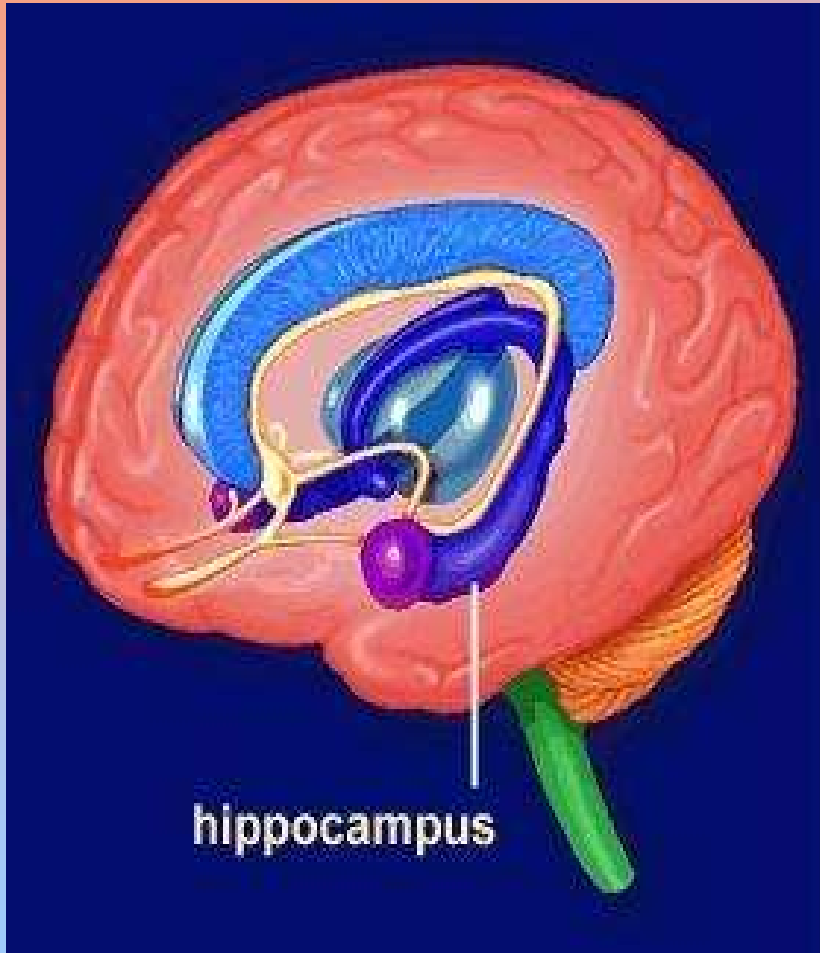
- The most evolved brain system
- not fully developed until early to mid-twenties
- Called the “Voice of Reason”
- Planning, organizing, controlling emotions, judgment and decision-making

The Brain: The Amygdala

- **Inability to control emotions**
- **Edginess**
- **Related to the fight or flight response**



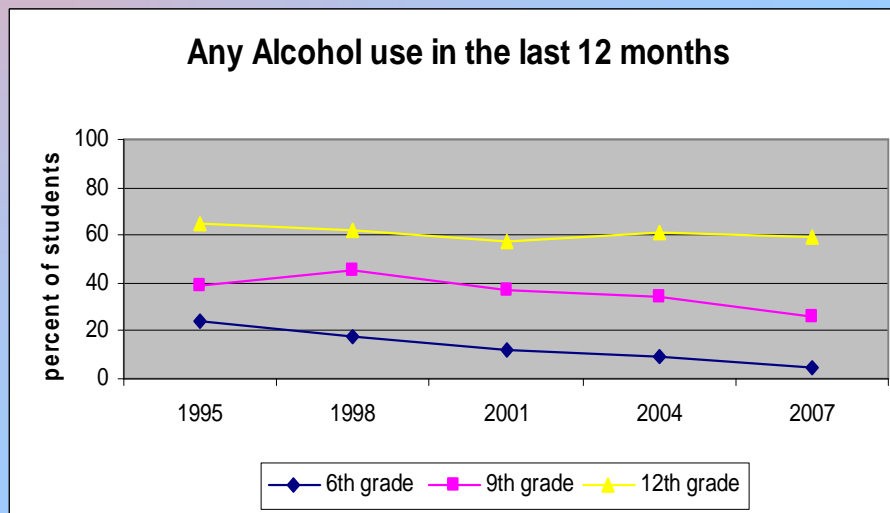
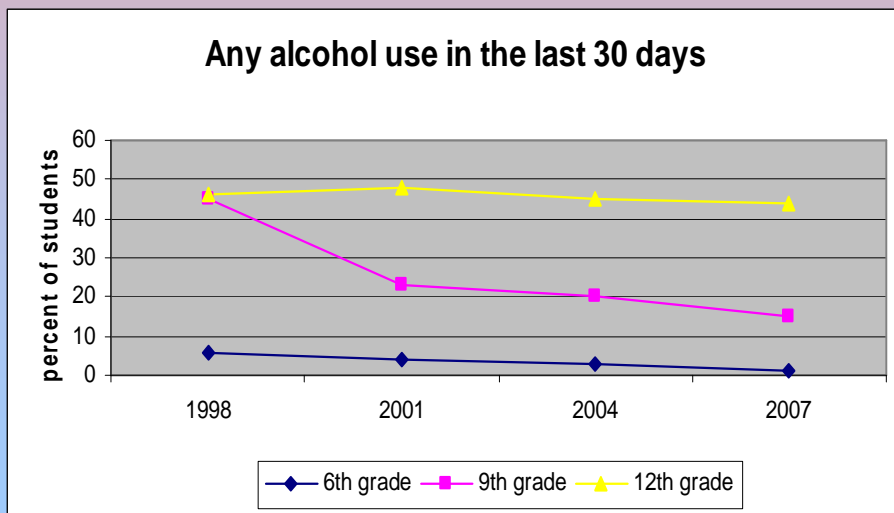
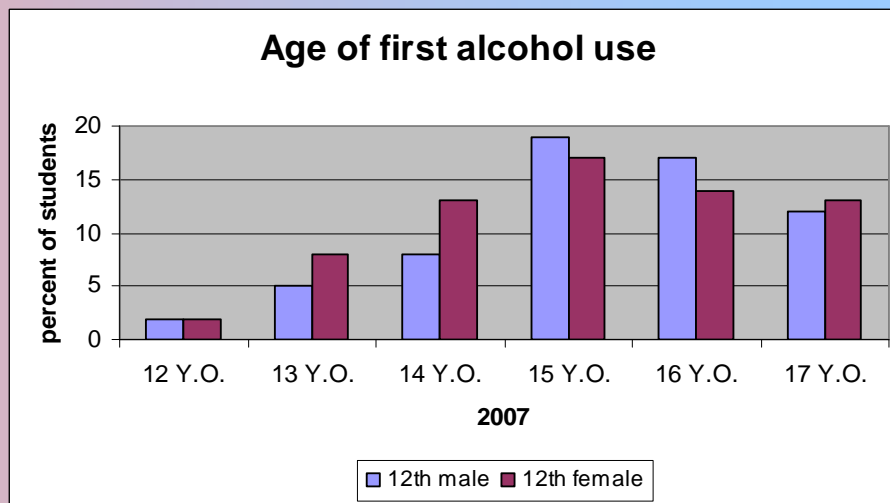
Brain: The Hippocampus



- Key in learning and memory
- Located deep in the temporal lobes
- “Reduction as high as 10 points in IQ”
- The hippocampus is 10% smaller in teens who use alcohol

Protect that brain!

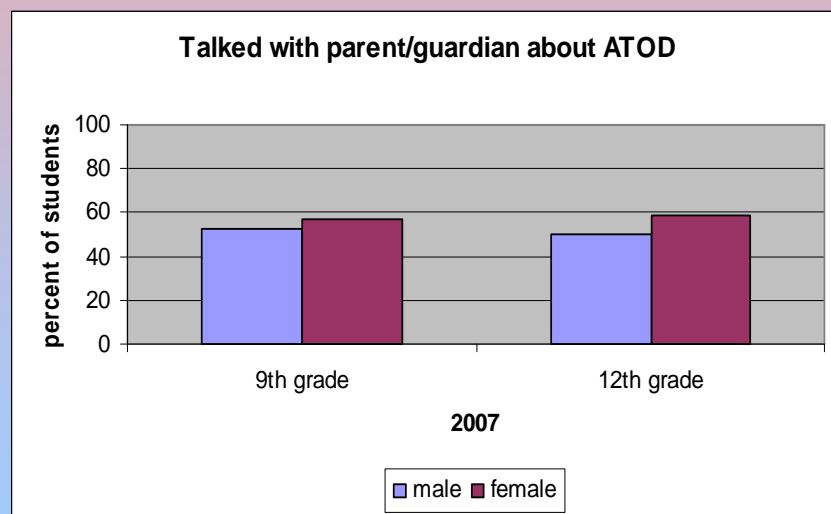
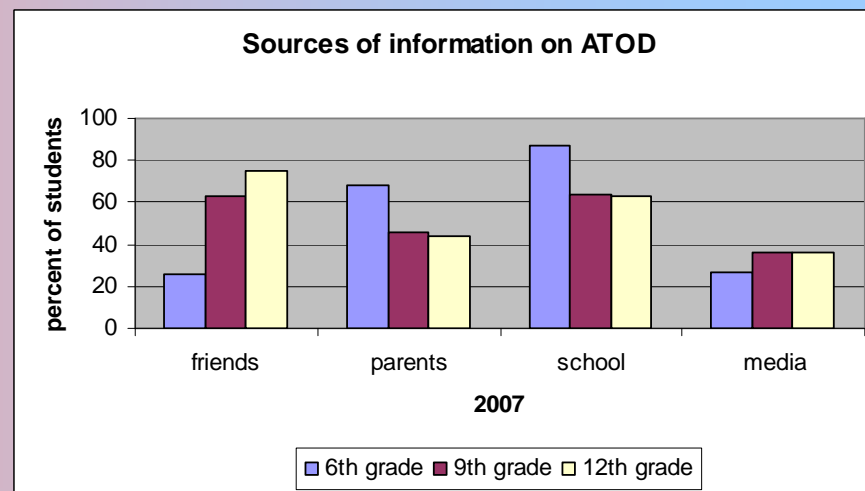
- Adolescence is the most likely time for experimentation



Source: 2007 Minnesota Student Survey, Edén Prairie Data

Parental Influence

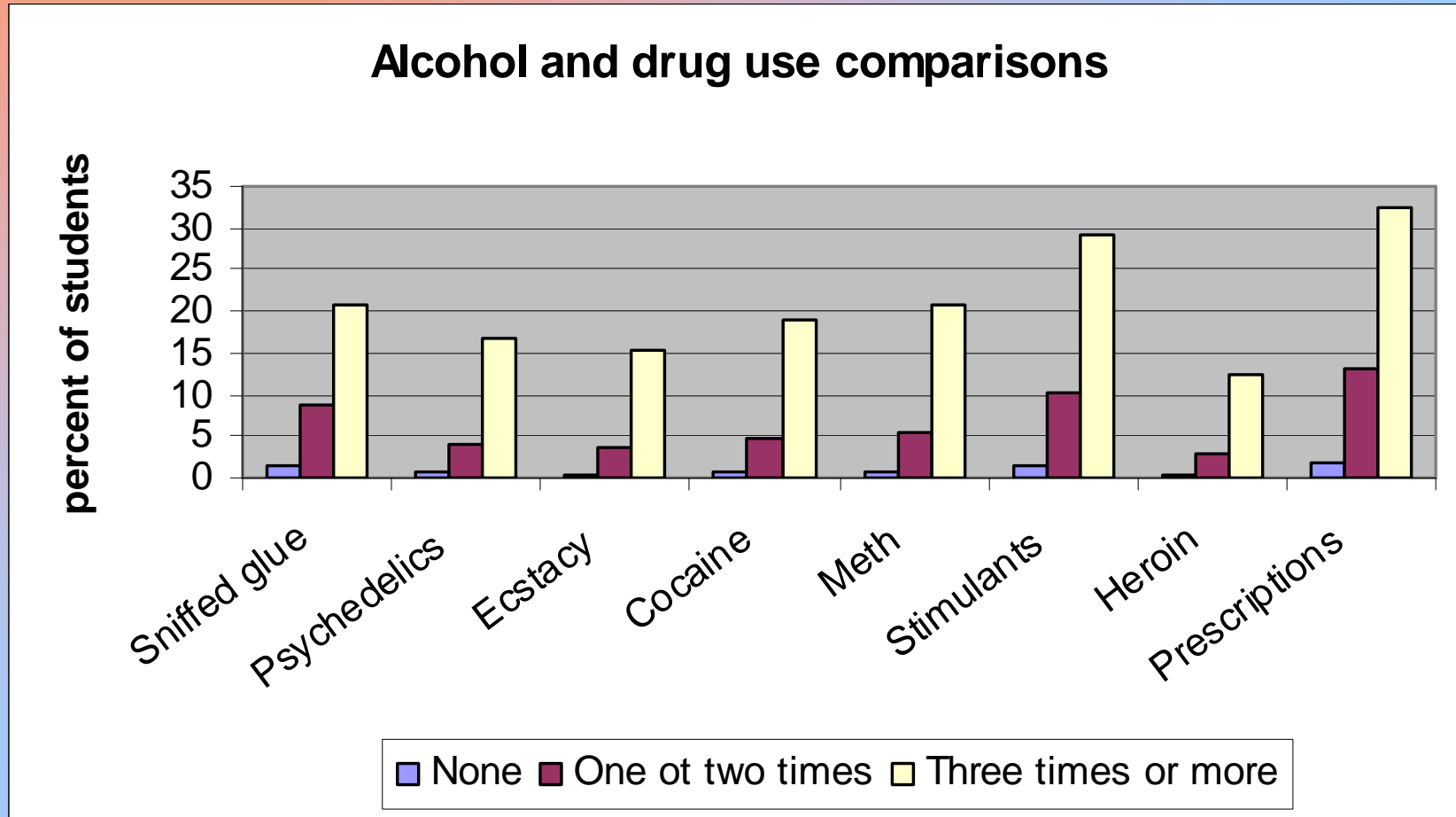
- “Where do you receive most of your information about alcohol, tobacco and other drugs?”



- “During the last 12 months have you talked with at least one of your parents (or guardians) about the dangers of tobacco, alcohol or drug use?”

- Parents play an essential role in prevention education

Alcohol and drug use comparison

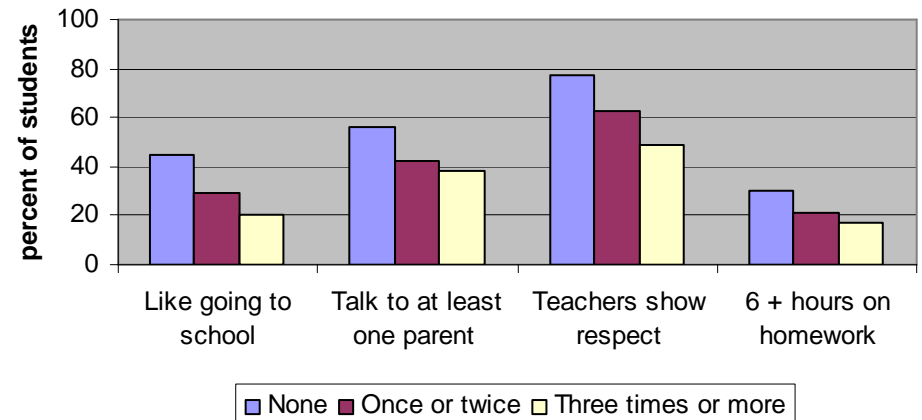


Risk and Protective Factors

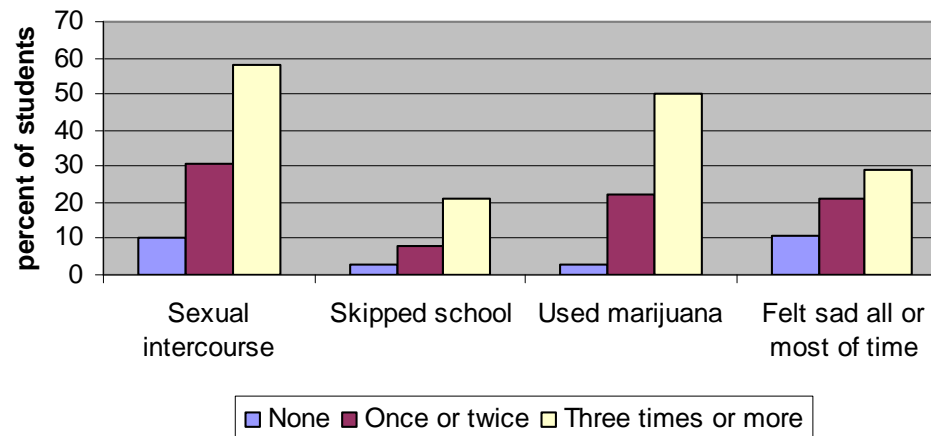
Source: 2004 Minnesota Student Survey, Statewide data

- Strong correlation between adolescent alcohol use and increased risk factors

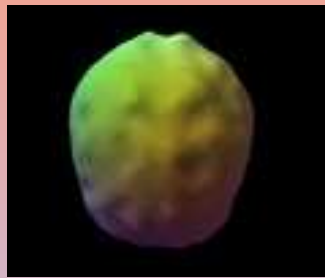
Alcohol use and protective factors



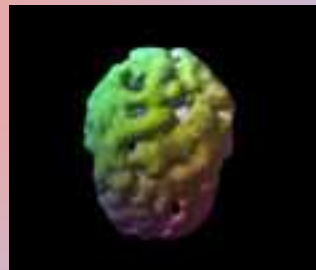
Alcohol and risk factors



Hope for Healing Alcohol, Cocaine & Methamphetamine On and Off Drugs



top-down surface view
non-user



top-down surface view
during substance abuse



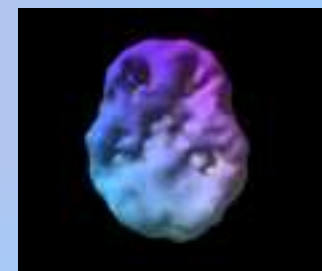
top-down surface view
a year drug and alcohol free



underside surface view
non-user



underside surface view
during substance abuse








underside surface view
a year drug and alcohol free

Source; 3D Brain SPECT Studies, Dr. Daniel Amen - www.brainplace.com

How drugs work in the brain

Neuro Transmitters

Outcomes

Endorphins		Pain reliever—Alcohol
Serotonin		“Life is good”—THC
Norpenephrine		Energy-Methamphetamine
Dopamine		Pleasure—Cocaine
Acetylcholine		Nicotine—most plentiful

Vulnerabilities

- **40% - 50% Genetic**
 - It's not your fault
 - **It *is* your problem**
- **50% - 60% Environmental**
 - Early onset of use
 - Chemical environment
 - Poor nutrition
 - Unresolved grief and loss
 - High stress
 - Low coping mechanisms
 - Other chronic illness—
ADHD, Depression,
Anxiety, Eating Disorders

Parent-Teen Connectedness

(Research-based strategies)

- **Family Resilience**
- **Effective parent-teen communication**
- **Parents who abstain or use moderate amounts of alcohol**
 - **Help your teen get the facts**
 - **Parental Support**

Conclusions:



- **Prevention opportunities for adolescent alcohol use exist at the individual, family, and community levels**
- **Even if your teen has had a drink already, it's not too late to intervene – never question the influence you have with your teen**
- **Social norms are important to kids: reinforce acceptable social norms including a no-use message for kids**
- **Parents, school staff, students, and the community must support policies and laws consistently**
- **Talk with your teen using facts**
- **Ask for help when you need it!**