

Thank you to our contributing supporters. By working together we can make a positive impact on the youth in our communities!

Village of Bannockburn



Village of Deerfield



City of Highland Park



City of Highwood



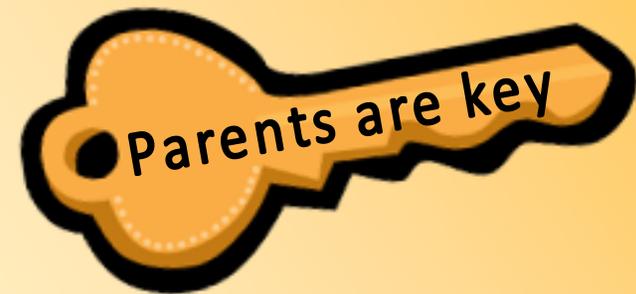
Project funded in part by the Illinois Department of Human Services and The Lake County Health Department, The Healthcare Foundation of Highland Park, and The Community Foundation of Highland Park.

Community. The Anti-Drug

Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods



Keeping our Teens Drug and Alcohol-Free



A resource for the communities of
Bannockburn, Deerfield, Highland Park,
Highwood, and Riverwoods

Community. The Anti-Drug

3rd Edition. Printed August 2015

“Two-thirds of youth ages 13-17 say losing their parents' respect is one of the main reasons they don't smoke marijuana or use other drugs.”

Partnership for Drug-Free Kids

About Us

Community The Anti-Drug is a community organization comprised of parents, local government, school officials, clergy and health providers whose mission is to reduce the use and abuse of alcohol, marijuana, and other drugs among our students and young adults in Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods.

community.theantidrug@gmail.com

10 Things You Can Do

1. Discuss the risks associated with drug and alcohol use.
2. Talk with your children about your values regarding drug and alcohol use and establish clear no use rules.
3. Keep track of alcohol in your home and make sure teens can't access it.
4. Keep prescription drugs locked or hidden from children or teens. Dispose of unused or expired drugs.
5. Connect with other families to keep our teens safe.
6. Model appropriate behavior.
7. Establish safety mechanisms if your child is in an unsafe situation.
8. Praise your children for the positive choices and things they do.
9. Try to eat meals together as a family as much as possible.
10. Stay aware of your children's grades, activities, and friendships.

Dump Those Drugs!

More teens are abusing prescription drugs than ever. More than 4 in 10 teens who have misused or abused a prescription drug obtained it from their parents medicine cabinet. Dispose of any old, outdated, or unused prescription drugs at one of the following locations:

Highland Park Police Department
677 Old Deerfield Rd., Highland Park

Deerfield Police Department
850 Waukegan Rd., Deerfield

Highland Park LCHD
1840 Green Bay Rd., Highland Park

For more locations visit:
drugfreelakecounty.org



HPHS and DHS students were asked what parents could do to discourage teen drinking.

This is what they had to say...

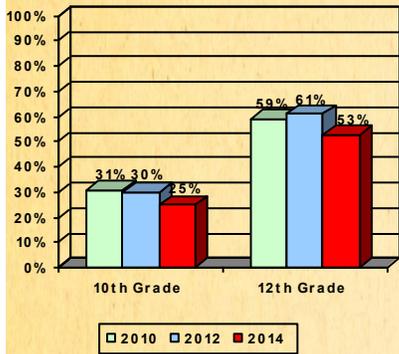


Community. The Anti-Drug
Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods

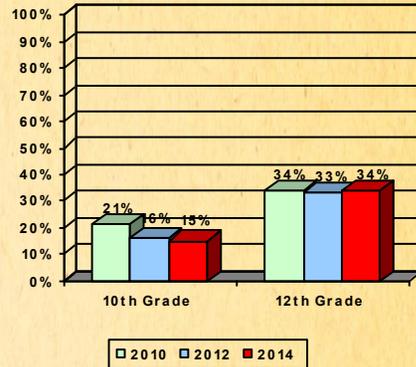
Our Local Data

2014 Illinois Youth Survey Results from District 113

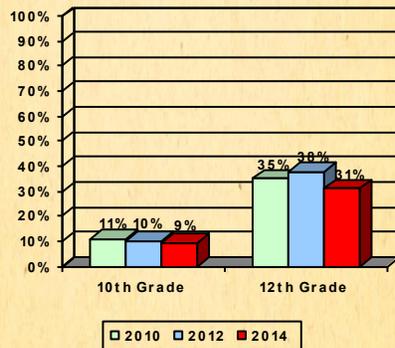
Alcohol Use—Past 30 Days



Marijuana Use—Past 30 Days



Binge Drinking—Past 2 Weeks



Binge drinking means males drinking 5 or more alcoholic drinks within a short period of time or females drinking 4 or more drinks within a short period of time.

When to Intervene



If you've discovered that your child is drinking or doing drugs, the first thing you need to do is take a deep breath. You are not in this alone - there are many people who can and will help you. **Start by talking with people you know, such as family members, friends, teachers, school counselors, sports team coaches, clergy, and your doctor.** All of these people, along with many others, can help you get focused and determine what to do.

You can never be too safe or intervene too early - even if you believe your teen is just "experimenting". Casual or experimental use can quickly turn into abuse, dependence or addiction; leading to accidents, legal trouble, and serious health problems. If you are at all concerned about your child - you can and should intervene.

Visit www.timetoact.drugfree.org for a parent checklist with information and videos to help guide you through the steps above.

On-Line Resources

parentstheantidrug.org
samsha.gov/treatment
abovetheinfluence.com

drugfree.org
Samsha.gov/underage-drinking
stopalcoholabuse.gov

Local Resources

Omni Youth Services—Buffalo Grove
Omniyouth.org
 847-353-1500

Lake County Health Dept.
health.lakecountyl.gov
 847-377-8120

NICASA—Highland Park
Nicasa.org
 847-433-1303

Alexian Brothers
alexianbrothershealth.org
 800-432-5005

When to be Concerned

There is no easy way to figure out if your teen is using drugs or alcohol. Many of the signs and symptoms are typical teenage behaviors. However, as you start to recognize more and more of these signs and symptoms in your teen, a picture of drug or alcohol use may begin to become clear.

- Changes in friends.
- Negative changes in schoolwork, missing school, or declining grades.
- Increased secrecy about possessions or activities.
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors.
- Increase in borrowing money.
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils.
- New use of mouthwash or breath mints to cover up the smell of alcohol.
- Missing prescription drugs—especially narcotics and mood stabilizers.

For a more detailed list, please visit

<http://www.drugfree.org/think-child-using/your-first-step-ask/>

Parent Tip

Every parent faces issues with their children. Remember that you are not alone. Most importantly, start talking, keep talking, listen and take action.

Why teens may drink or use drugs

Although there are many reasons why teens may choose to drink, the IYS data shows us that as teens become older, the protective factors that can prevent them from drinking decrease.

Parental Disapproval: 67% of 12th graders reported their parents would feel it was wrong/very wrong for them to drink alcohol regularly, compared to 90% of 10th graders.

Alcohol Access: 80% of 12th graders reported that it was easy/sort of easy to get alcohol, compared to 67% of 10th graders.

Risk of Harm: 84% of 12th graders reported that there is a moderate/great risk of harming themselves if they take one or two drinks of an alcoholic beverage nearly every day, compared to 89% of 10th graders.

What can we do?

Your words and actions do make a difference! Research shows that parental disapproval of underage drinking is the #1 reason youth choose not to drink. Discuss often your expectations that they will not use, as well as the social, legal and health consequences associated with underage drinking. Even as teens get older and prepare for college, this expectation needs to remain the same - it is still illegal and unsafe for them to use alcohol.

Talk with other parents and share your concerns and expectations. You will find that MOST parents share your beliefs and want to help keep our teens safe.

Walk the talk by not leaving your teens and their friends alone in the house with access to alcohol. **Did you know that 44% of 12th graders and 47% of 10th graders reported that it would be easy to get alcohol from their home without their parents' knowledge?** It is easier for teens to choose not to drink when alcohol is not readily accessible.

- Keep track of alcohol in your home and make sure teens can't access it.
- Never provide alcohol to anyone under the age of 21.





It is never too early to talk to your kids about drugs and alcohol.

K – 3rd Grade

5-to-8-year olds are still tied to family and eager to please, but they're also beginning to explore their individuality. In addition, your grade-schooler begins to spend more time at school and with peers and to collect information (including messages about drugs and alcohol) from lots of new places like the media and popular culture.

- Express your strong family rules about alcohol and other drugs.
- Be open to questions and concerns your child may have regarding alcohol and drugs.
- Encourage in-depth discussions with your child. This will lay the foundation for important discussions later.
- Build trust with your child, so the child feels comfortable coming to you with problems at later ages.

4th Grade—6th Grade

Children start to think differently about alcohol between the ages of 9 and 13. Many children begin to think underage drinking is OK and some even start to experiment. Pre-teens are beginning to question the information they receive from the world around them.

- Research shows that kids are less likely to use alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.
- Ensure that your children know the real dangers of underage drinking and drug use so they can discredit the myths they may hear.
- Rehearse potential scenarios in which friends may offer your child drugs or alcohol.

Teens, Alcohol, and the Law

Don't be a party to teenage drinking. It's against the law.

- As a parent, you cannot give alcohol to your teen's friends under the age of 21 even in your own home or with their parents' permission.
- You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcohol.

Violators of the statewide social host law, will be guilty of a Class A misdemeanor and subject to a fine of not less than \$500.00 when they knowingly authorize or permit underage drinking in their home. If this activity results in great bodily harm or death to any person, the individual is subject to a Class 4 felony (up to 3 years in prison and fines up to \$25,000). Please check your community for additional social host laws that may exist.

Underage Drinking and Drugged Driving—Zero Tolerance Law

- If a driver under age 21, is stopped and issued a citation for a traffic violation, and found to have **any** trace of alcohol in their system while operating a motor vehicle, his or her driving privileges will be suspended. If the driver refuses to submit to testing, their driving privileges will be suspended.*

First offense—3 month suspension of driving privileges for a BAC of more than .00.

Second offense—1-year suspension of driving privileges for a BAC of more than .00.

- In Illinois, any person under age 21 may be charged with a DUI: if he or she has a BAC of .08 or more; more than .05 with additional evidence of impairment; any illegal drugs in his or her system; or other indications of impaired driving.

First DUI conviction: Minimum 2-yr revocation of driving privileges

Second DUI conviction: Minimum 5-year revocation of driving privileges

- Illinois law prohibits a person under age 21 from purchasing, accepting, possessing or consuming alcoholic beverages. Infractions result in the suspension or revocation of driving privileges.

*It is at the discretion of the investigating officer and based on test results or a test refusal whether a traffic stop results in a Zero Tolerance or DUI charge or both.

Source: Illinois Liquor Control Commission (www.dontbesorry.org), and Illinois Secretary of State (www.cyberdriveillinois.com)

Marijuana Risks

The list of negative affects of marijuana use is long. However, legalization of medical and/or recreational use in several states have created a perception among kids (and adults) that it is not harmful.

It is important that parents keep talking to their kids about the harmful effects of marijuana.

- Marijuana is illegal for all minors.
- Short-term effects of marijuana include problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety.
- It is estimated that nine percent of people who use marijuana will become dependent on it. The number goes up to about 17 percent in those who start using in their teens and to 20-25 percent among daily users.
- Regular marijuana use by young people can have long-lasting negative impact on the structure and function of their brains.
- Marijuana potency has increased significantly since the 1970's, putting people at great risk for both addiction and adverse effects.
- Associations have been found between marijuana use and mental health problems such as depression, anxiety, suicidal thoughts, and schizophrenia.

Source: National Institute of Drug Abuse (NIDA) www.drugabuse.gov

Marijuana and Driving

Research shows that marijuana use more than doubles a driver's risk of being in an accident. According to the 2014 IYS Data, **26% of District 113 12th graders reported driving a car or other vehicle at least once during the past 12 months when they had been using marijuana. 12% of those had done so six or more times.**

7th Grade—9th Grade

For parents, this is a pivotal time in helping kids make positive choices when faced with drugs and alcohol. Although teens may not show they appreciate it, parents profoundly shape the choices their children make about drugs and alcohol. Research shows that the average age kids try drugs for the first time is 13.

- Discuss the long-term effects underage drinking has on brain development and the increased risk of life-long addiction tendencies.
- Practice role playing to help your teen be prepared to deal with situations where he or she might be confronted with alcohol or drugs.
- Reinforce family rules for underage drinking and drug use.

Remember...talking with your kids about drugs and alcohol is not a one time conversation. It's an ongoing discussion with your child that changes as they mature.

10th—12th Grade

This is when teens are trying to figure out the kind of person they want to be. They've witnessed many of their peers using drugs, some without obvious or immediate consequences, others whose drug use gets out of control. By the teen years, kids have had to make plenty of choices of their own about drug use.

- Topics worth talking about with your teen: using a drug just once can have serious permanent consequences; can put one in risky and dangerous situations; can increase the risk of addiction; and can have deadly consequences when combined with other drugs.
- Older teens are future oriented, so talk about how underage drinking can affect their future lives: getting into college, being accepted for certain jobs, and tendency toward alcohol dependency.
- Teens still care what their parents think. Let him or her know how deeply disappointed you would be if he/she started using drugs.
- Praise your teen for all their healthy/positive choices and the things they do well. Being appreciated by their parents is highly motivating for teens to continue to make healthy choices in their lives.

Understanding the Teen Brain

Scientists used to think brain development was complete by about age 10. However, current findings indicate that the brain continues to change and develop into the early 20's.



Most teen have not yet developed the “cut-off” switch that can make them go to sleep or pass out from too much drinking. Dangerous amounts of alcohol can be consumed before they realize it is too late. This can lead to alcohol poisoning which can cause difficulty breathing, unconsciousness and death.

Alcohol can damage two key areas of the developing brain:

- The **prefrontal area** (responsible for planning, good judgment, decision-making and impulse control) undergoes the most change during adolescence. Researchers found that adolescent drinking could cause severe changes in this area, which plays an important role in forming adult personality and behavior. Damage from alcohol at this time can be long-term and irreversible.

Source: American Medical Association

- The **hippocampus** (involved in learning and memory) suffers the worst alcohol related damage in teens. Some studies have shown the hippocampus to be 10% smaller in underage drinkers. In addition, short-term or moderate drinking impairs learning and memory far more in youths than adults.

Source: American Medical Association

- **Marijuana** also affects the prefrontal cortex by changing the normal patterns of blood flow and impairing decision-making abilities. This can lead users to engage in risky behaviors they otherwise would not.

For more information on the effects of drugs on the brain, please visit <http://www.drugfree.org/why-do-teens-act-this-way/>

Risks of Underage Drinking

The impairments from alcohol create a false sense of security and feelings of invincibility. Consider these facts:

- Teens who drink are more likely to engage in risky sexual behaviors and physical violence.
- Teens who drink are 7.5 times more likely to use any illicit drug, more than 22 times more likely to use marijuana, and 50 times more likely to use cocaine.
- 40% of all alcohol-related fatalities are caused by teens drinking and driving.
- Teens who begin drinking at age 13 have a 45 percent chance of becoming alcohol dependent, while those who delay drinking until age 21 only have a 7 percent chance.
- Most kids have not yet developed the “cut-off” switch that makes them go to sleep or pass out from too much drinking. They can consume dangerous amounts of alcohol before they realize it's too late. This can lead to alcohol poisoning which can cause difficulty breathing, unconsciousness and death.

Parent Tip

While teens will often discount that risks will actually happen to them, helping them become future-oriented thinkers is an important lesson.

Ask your teen to think through consequences of actions before they are presented with the situation. Let them "role play" and go over several "what if" scenarios.

The key is to present the information in a neutral way and allow your teen to have as much control over their choices as possible.