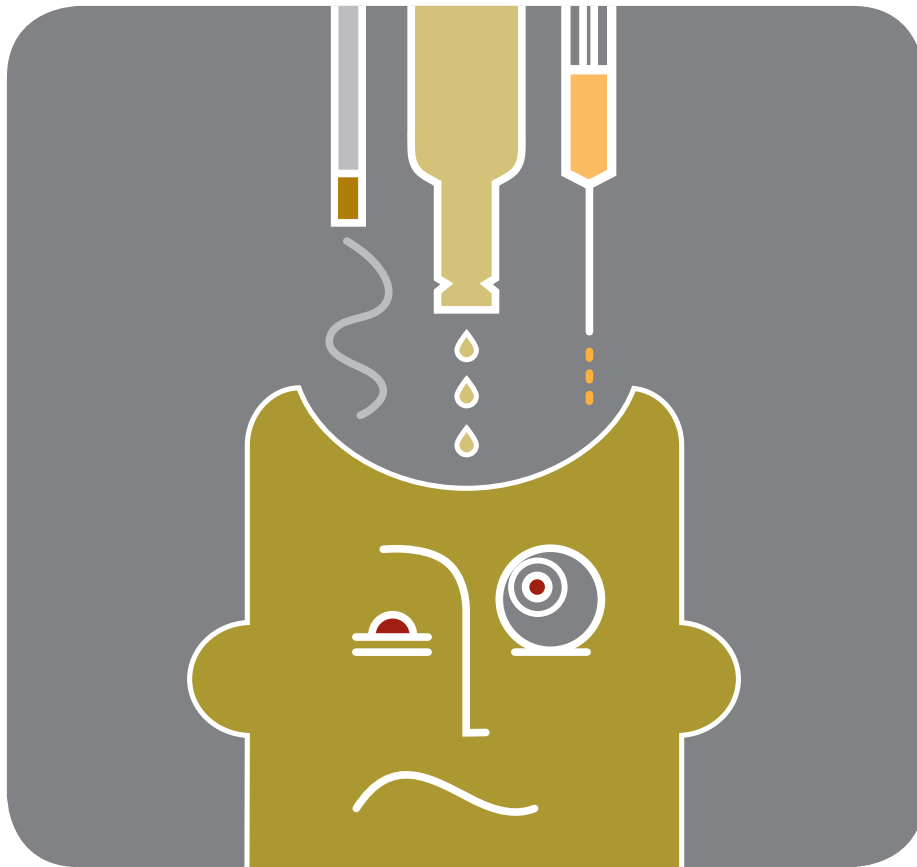


NO Alcohol, Tobacco or Other Drugs (A.T.O.D.)

**FAMILY GOALS:**

1. Review “Alcohol Brain Harms” section on the DVD, and discuss “Harms” handout with your kids.
2. Make a firm “No A.T.O.D. (Alcohol, Tobacco and Other Drugs)” family rule.
3. Role-play the 5 Cs using the handout. Create a plan to call parents if alcohol is at a party.

FAMILY FUN:

Watch the “Lives Affected” video* and have a Pledge Signing Ceremony to celebrate “Freedom from Addiction and Drunk Driving.” Serve treats.

* The “Lives Affected” video can be found at <http://youtu.be/M5faKg5Fz-g>

- Alcohol damages the teen brain
- Parental disapproval is the #1 reason kids don’t drink
- Use the 5 Cs to handle peer pressure
- Set a clear, no-alcohol, tobacco, or drugs rule, with firm consequences



Keeping Kids Alcohol- and Drug-Free

Use these six proven skills drawn from research and experience

1. BELIEVE IN YOUR INFLUENCE AS A PARENT

- Kids say parents are the biggest influence in their lives—more than peers
- Kids say parental disapproval of drinking is the #1 reason they don't drink
- Parents influence kids not to drink when they bond, set clear "no-alcohol" rules, and monitor activities

4. BOND WITH YOUR KIDS

- Express love, empathy, appreciation
- Speak respectfully; make time to chat
- Eat dinner together, share values
- Be involved in their lives and activities; encourage good school performance
- PLAY!!! One-on-one "My-Time" daily

Try saying this: *"You mean more to me than anything else in the world. I'd really be sad if you drank or used drugs and limited your future happiness."*

2. TEACH HOW ALCOHOL HARMS TEEN BRAIN

- Brain is not fully developed until mid-twenties; alcohol harms the developing brain
- Impairs "white matter" formation
- Harms prefrontal cortex—good judgment, impulse-control center
- Harms pleasure-reward center, creating high risk of addiction
- Harms hippocampus—learning and memory center; 10% smaller in drinkers
- Illegal drugs and misuse of prescription drugs also harm the developing brain

5. SET BOUNDARIES

- Make a firm no alcohol, tobacco, or drugs rule
- Establish firm, fair consequences; then enforce consistently if rules broken
- Kids must leave party if alcohol there
- Make a firm "no riding with driver who has been drinking" rule
- Practice "refusal skills" using the "5 Cs"

Try saying this: *"Because we love you so much, we have made a firm, 'no using any alcohol before age 21' rule; and no tobacco or drug use, including other peoples' prescription drugs.' We prefer you not hang out with kids who do use."*

3. KNOW WHY KIDS DRINK AND WHAT TO DO

Kids drink because:

- Exposure to alcohol makes them think drinking will be pleasurable
- Impulsive; risk-taking, thrill-seeking
- Immature judgment: "drunk is fun"
- Bored; "nothing else fun to do"
- Stressed; need ways to relax
- Unhappy; want to escape
- Peer pressure; want to fit in
- Want to rebel or appear grown-up
- Genetic predisposition; e.g. children of alcoholics; mental disorders
- Easy alcohol access, availability

3 essential skills to prevent drinking:

- Bonding, Boundaries, and Monitoring

6. MONITOR

- Lock-up your liquor and beer; limit access to your prescription drugs
- Know who kids are with, what they are doing at all times (always ask the 5 Ws)
- Get to know your kids' friends' parents; discuss your no-alcohol rules
- Make sure kids are supervised when not in school and parents are gone
- Monitor plans and parties to make sure kids stay in alcohol-free activities
- Help plan fun no-alcohol activities

Try saying this: *"We want to get together with your friends and their parents, to plan fun no-alcohol activities."*

Alcohol Harms a Teen's Developing Brain

Knowledge is power; share these alcohol facts with your kids



New research shows that alcohol affects a teen's developing brain differently than a mature adult brain. It can harm "white matter" formation, good judgment, memory, mental health, and greatly increase the risk of alcoholism. Share these facts with your kids, have them commit to stay alcohol-free until at least age twenty-one, and sign the "Alcohol-Free Pledge."

"The brain goes through dynamic change during adolescence, and alcohol can seriously damage long-and short-term growth processes."

—American Medical Association Fact Sheet, 2003; <http://www.ama-assn.org/ama/no-index/physician-resources/9416.shtml>

Prefrontal Damage

(Good judgment area) "Adolescent drinking could cause severe changes in this area...which plays an important role in forming adult personality and behavior..." (AMA Fact Sheet 2003)

Hippocampus Damage

"The hippocampus suffers from the worst alcohol-related brain damage in teens. Heavy teen drinkers had... 10% smaller hippocampi." (AMA Fact Sheet 2003)

Altered Pleasure-Motivation System

Alcohol alters the brain so it gives a pleasure response to a harmful chemical instead of a real experience. http://www.associatedcontent.com/article/5704898/addictions_alter_the_pleasure_center.html?cat=5

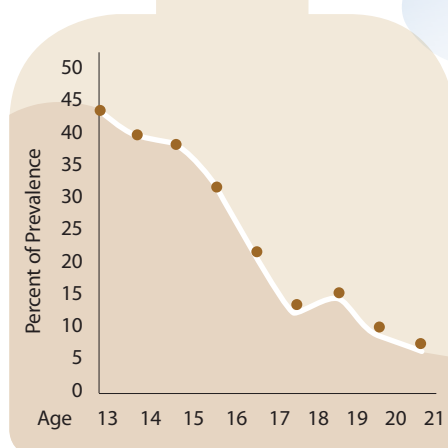
White Matter Damage

In MRI studies by Dr. Susan Tapert, binge drinking teens showed structural damage to the white matter throughout the brain—which helps transmit brain signals. <http://www.npr.org/templates/story/story.php?storyId=122765890>

Impaired Memory and Learning

"Short term or moderate drinking impairs learning and memory far more in youth than adults." (AMA fact sheet 2003)

Alcohol Can "Wire" A Teen's Brain For Addiction



45 percent of kids who begin drinking at age thirteen will become alcohol dependent

Only 7 percent of those who begin drinking at age twenty-one become alcoholics

Grant, BF and Dawson, DA. *Journal of Substance Abuse* 9:103-110. 1997

More Troubles With Teens and Alcohol

- Alcohol poisoning: Brain cut-off switch under-developed, allows teens to drink dangerous amounts; can die if pass-out with alcohol still in stomach
- Increased illegal drug use among teen drinkers
- Increase in youth suicide attempts (In eighth grade girls, 37 percent of heavy drinkers attempted suicide versus 11 percent of non-drinkers)
- Increase in teen pregnancies, STDs, Fetal Alcohol Syndrome babies
- "The younger adolescents are when they start to drink, the more likely they are to engage in risky behaviors including promiscuity, doing drugs and earning poor grades..." (NIH, NIAAA publication # 67, Jan. 2006)
- Brain altered in heavy teen drinkers to react positively to alcohol ads. (fMRI's show high brain "cue reactivity" to visual images of alcohol advertising vs. no response in non-drinking teens; meaning the brain is now programmed to respond to alcohol advertisements) http://www.csam-asam.org/pdf/misc/_Brown_-_Neural_Response_to_Alc_in_Aadol.pdf
- When kids drink, their brains' ability to care if they make a mistake is suppressed.

FOR MORE FACTS GO TO: www.ojjdp.gov/pubs/237145.pdf

The 5 Cs to Stay Smart and Safe

A smart way to say “no” and still keep your friends



1- Caution
Ask questions

2- Cool it

Name the negative behavior and say “no”

3- Change the plan
Suggest a better idea

4- Catch you later
Leave if necessary

5- Call me
Call me if you change your mind

Family Protective Strategies

Use these to protect your children from alcohol, tobacco, and other drugs



Below are bonding, boundaries, and monitoring strategies that help protect kids from A.T.O.D. use. Put an "X" by the ones you already do; circle the ones you'd like to work on. Make a plan and start out small. Add new ones as the old ones become a habit.

BONDING

- ☐ We tell our children we love them and make a point to notice and compliment the good in each family member.
- ☐ We spend 10-15 minutes of one-on-one "My Time" with each child almost every day.
- ☐ We eat a meal together as a family at least three times a week, and make our time together pleasant.
- ☐ We have weekly family meetings.
- ☐ We spend time together as a family laughing and doing fun things.
- ☐ We talk often to our children about their dreams and goals.
- ☐ We keep up positive family customs and traditions.
- ☐ We try to go to school activities such as games and performances as a family.

BOUNDARIES

- ☐ We have family rules that are fair and consistently enforced.
- ☐ We talk about our standards related to no alcohol, tobacco, or drug use; if alcohol or drugs show up at a party, kids are to call us and come home.
- ☐ We encourage and support school work, and we have set times to do homework.
- ☐ We divide household chores among family members.
- ☐ We have rules (curfew) for each kid about what time to be home.
- ☐ We encourage our kids to participate in activities that promote a positive sense of self.
- ☐ We help our children develop skills in goal-setting, communication, decision-making, and conflict resolution.

MONITORING

- ☐ We find out where our children are going, who they'll be with, what they'll be doing, and when they'll be home.
- ☐ We get to know our kids' friends' parents and share our no A.T.O.D. rules.
- ☐ We see that our kids stay in an alcohol- and drug-free social environment.
- ☐ We make sure our children don't have access to our alcohol or prescription drugs.
- ☐ We promote fun, positive alternative activities to teen alcohol and drug use.

Family Freedom Pledge

Read, commit to, and post publicly



When people want to make a serious and commitment, they often make a pledge like the one below.
Here's your chance to take a public stand for your freedom to love life and live smart by staying drug- and alcohol-free.

FAMILY FREEDOM PLEDGE

BECAUSE **ALCOHOL, TOBACCO, AND DRUGS**
CAN NEGATIVELY ALTER THE NEURO-PATHWAYS OF
MY BRAIN AND CAUSE ME TO BECOME ADDICTED

AND

BECAUSE **I VALUE MY FREEDOM**
AND **REFUSE TO BECOME A SLAVE** TO GREEDY
DRUG DEALERS OR ALCOHOL AND TOBACCO COMPANIES WHO
WOULD PROFIT FROM MY ADDICTION

AND

BECAUSE **ENJOY LIFE**
I WANT TO
AND **PROTECT MY BRAIN'S ABILITY**
TO SENSE FUN AND PLEASURE FROM NATURAL HIGHS

AND

BECAUSE **I HAVE THE POWER TO MAKE SMART**
CHOICES AND **KEEP MY BRAIN FULLY FUNC-**
TIONING AND ADDICTION FREE

THEREFORE

I PROMISE TO STAY ALCOHOL, TOBACCO, AND DRUG FREE

SIGNED: _____ DATE _____

..... AND

BECAUSE **WE AS PARENTS RESPECT AND**
SUPPORT OUR CHILDREN IN THESE IMPORTANT
CHOICES, WE WILL HONOR OUR RESPONSIBILITIES
AS PARENTS AND COMMIT TO: PROVIDE A SUPPORTIVE,
LOVING FAMILY ATMOSPHERE, SET CLEAR RULES,
AND BOUNDARIES OF NO UNDERAGE DRINKING,
DRUG, OR TOBACCO USE; HELP OUR KIDS ENJOY
LIFE THROUGH SAFE, ALCOHOL-FREE FUN; AND
MONITOR THEIR ACTIVITIES TO ENSURE OUR KIDS
STAY IN AN ALCOHOL AND DRUG FREE SOCIAL ENVIRONMENT.

SIGNED: _____ DATE _____

Freedom Pledge to Never Drink and Drive

No excuses—make a personal pledge and keep it



I PLEDGE

**BECAUSE ALCOHOL IMPAIRS BRAIN
FUNCTION WHICH CAN RESULT
IN DRUNK DRIVING CRASHES**

AND

**BECAUSE DRUNK DRIVING CRASHES CAUSE
INTENSE SUFFERING
THAT IS BOTH NEEDLESS AND**

**BECAUSE 100%
PREVENTABLE**

**I WILL NOT RISK FORCING OTHERS TO
SUFFER LIFE-LONG
GRIEF BECAUSE OF
MY BAD CHOICES.**

**T H E R E F O R E
I SOLEMNLY PLEDGE NEVER TO
DRINK AND DRIVE.**

**I WILL ENCOURAGE OTHERS TO
DO LIKEWISE.**

**I WON'T RIDE WITH SOMEONE
WHO HAS BEEN DRINKING**

**I WILL NOT DRINK UNDERAGE OR
GIVE ALCOHOL TO A MINOR.**

X _____ **DATE**

Pro-Social Skills for a Successful Life

Tips for staying alcohol-free



Helping children stay alcohol- and drug-free is a team effort involving both parents and kids. These skills cards will help you achieve that wonderful goal—allowing kids to grow up addiction free. Role-play and practice the skills aloud until they become automatic.

PARENT TIP

MONITOR ASKING THE 5 Ws

1. Where are you going?
2. Who are you going with?
3. What will you be doing?
4. When will you return?
5. Will there be alcohol there?

HOW TO

SAY NO USING THE 5 Cs

1. Caution: Ask questions before saying “yes.”
2. Cool it: Call negative behavior as it is.
3. Change plan: Suggest a better idea.
4. Catch you later: Leave if they insist.
5. Call me: Invite to join you if they change their minds.

HOW TO

PLAN FUN ALCOHOL-FREE

1. Decide as friends to party alcohol-free.
2. Make long category lists of fun things to do—things that cost money, things that are low or no cost, inside fun, and outside fun.
3. Weekly choose an activity; plan and do it.
4. Have plenty of good food and no alcoholic drinks.
5. Permit pleasant parent monitoring.

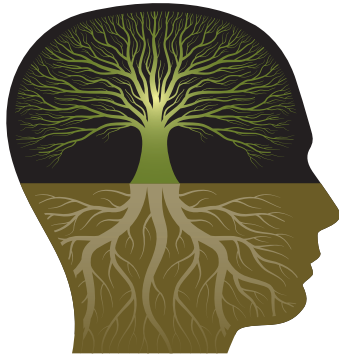
HOW TO

STOP DRINKING

1. Value your brain; make a firm decision to stop drinking.
2. Find ways to cope with withdrawals.
3. Tell your friends and ask for their support.
4. Plan no-alcohol fun; avoid drinking places.
5. “Mind-switch.” Think of something else powerful and good if you are tempted to drink or do drugs.

Role-Play Slips

Learning by doing



WHAT: Role-playing is a form of kinesthetic learning—learning that takes place doing a physical activity, rather than listening to a lecture or watching a demonstration. It helps wire new behaviors into the brain.

HOW: Two family members pick a “situation” slip and pretend to be those persons—portraying what they would actually do in that particular situation if they were those people using the newly learned skills. Start out with our easy slips, and then write your own role-play slips featuring your family situations. After kids practice role-playing the skill, observe how they do in real life. If they have trouble with the skill, it means they need an “Attitude-Switch” (to believe the skill benefits them), more role-play sessions using “Positive Practice” and rewards, and consistent negative consequences when they don’t. (See Lessons 3, 4, and 7.)

SKILL: Asking the 5 Ws	SKILL: Using the 5 Cs	SKILL:
<p>PARENT: Your teen is about to go somewhere with friends. Ask the 5 Ws and get satisfactory answers before allowing the child to leave the house.</p> <ol style="list-style-type: none"> 1) Where are you going? 2) Who are you going with? 3) What will you be doing? 4) When will you return? 5) Will there be alcohol there? 	<p>KID: Your friend asks you to a party where you know there may be alcohol. Use the 5 C questions to find out.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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