

# It Can Start at Home:

Understanding the Risks and Consequences of Teenage Drinking



PARTNERSHIP FOR  
PUBLIC HEALTH



Eric Adams, Prevention Enforcement  
Treatment Officer, Laconia Police Department



Kelley Gaspa, MS, CPS  
Director of Prevention & Intervention  
Programs, Partnership for Public Health



## A look at the data...

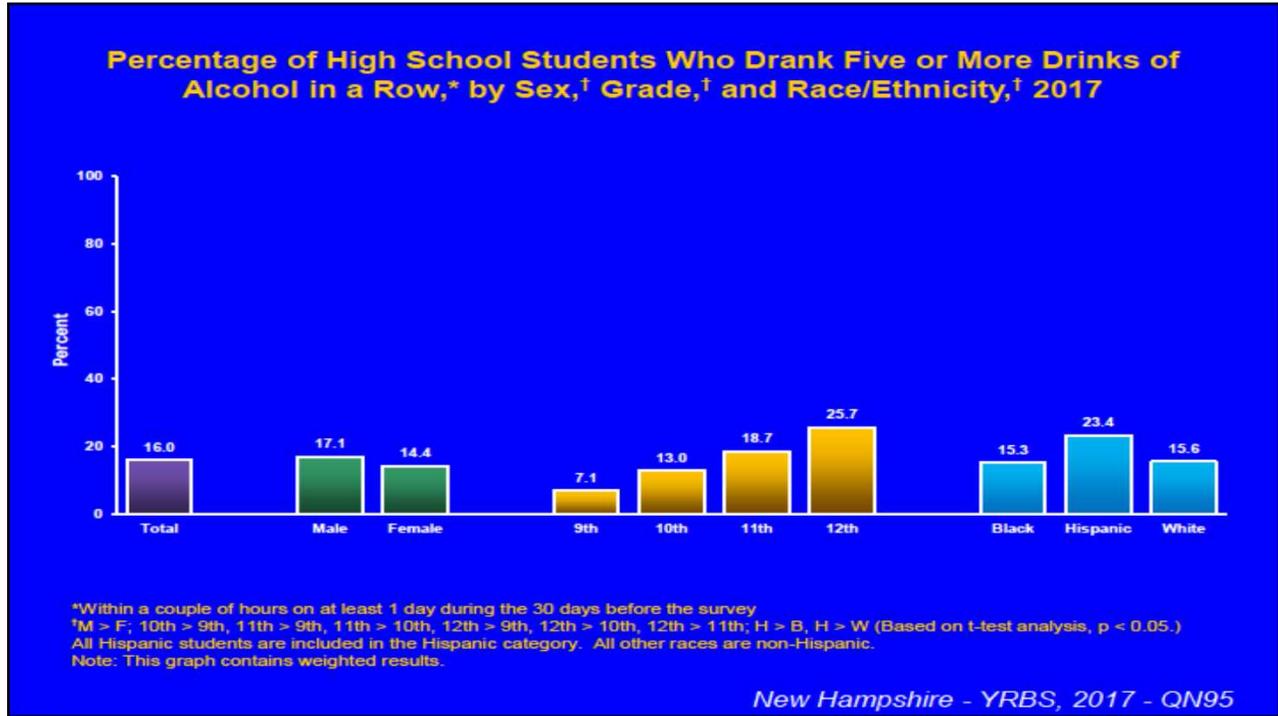
- ▶ Youth Risk Behavior Survey: CDC's YRBSS is the nation's largest surveillance system designed to monitor health behaviors and experiences among high school students throughout the United States. Every other year a representative sample of students at the national, state, and local levels complete the YRBS.

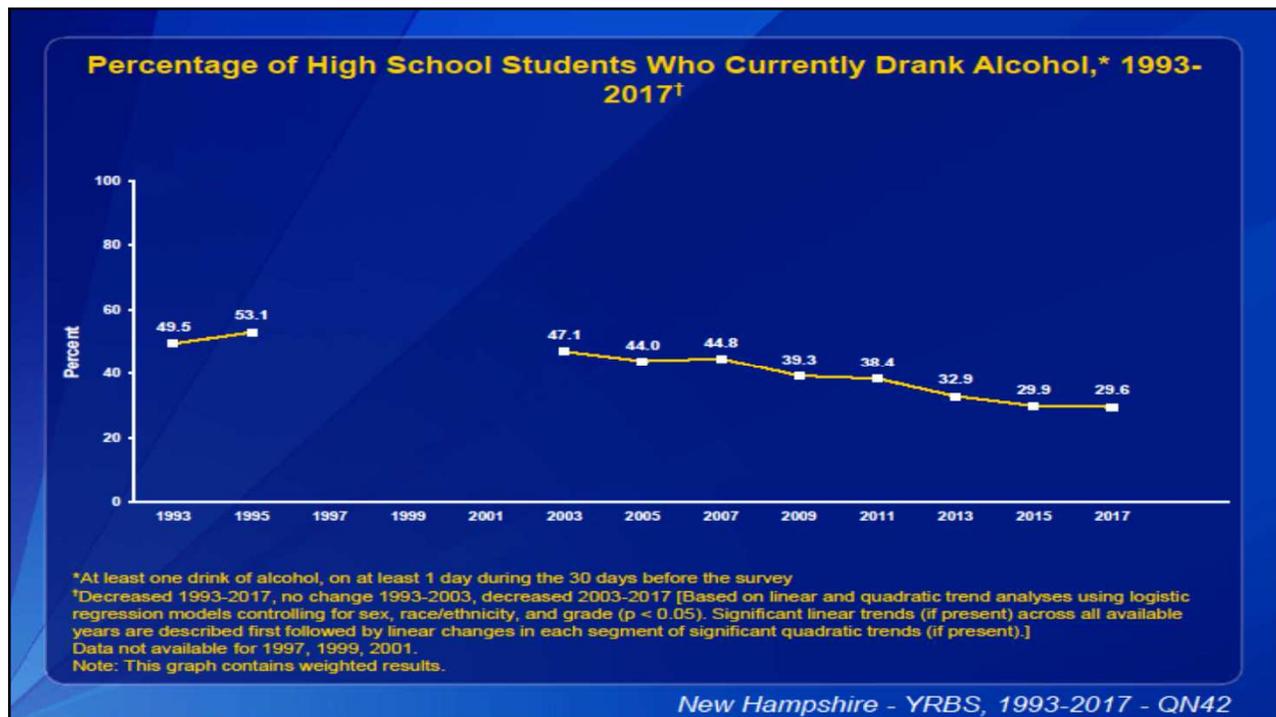
## NH Youth Risk Behavior Survey 2017

- ▶ 10.7% of students in New Hampshire reported having their first drink of alcohol (more than a few sips) before age 13
- ▶ 29.6% of students in New Hampshire report past 30-day use of alcohol
- ▶ 40.1% of students in New Hampshire got the alcohol they drank from someone

## Winnipesaukee Region of New Hampshire

- ▶ 17.8% of students reported having their first drink of alcohol (more than a few sips) at 13 or 14 years old
- ▶ 30.2% of students report past 30 day use of alcohol
- ▶ 11.7% of students report someone gave them the alcohol they drank
- ▶ 4.7% of students report they took their alcohol from a store/family





## NH Legislation

- ▶ Most underage drinkers get their alcohol from adults. In 2004 the NH legislature passed a law (RSA 644:18) to hold “hosts” of parties responsible for the actions of underage participants. This law can be applied to any adult.



## What is considered a “host” under this law?

- ▶ A person who is (at least) 17 years old
- ▶ A person who owns, rents, or has control of the site
- ▶ A person who knows about the party
- ▶ A person who knows that persons under the age of 21 have a plan to drink alcohol or use drugs

## What is considered a “party” under this law?

- ▶ Five or more people under the age of 21 (not related to the host) are present
- ▶ At least one person under the age of 21 has an alcoholic drink or an illegal drug



## Consequences

### What can happen to “hosts” under this law?

- ▶ A person who hosts a party where minors drink alcohol or use drugs may be charged with a misdemeanor, fined up to \$2,000, and spend a year in jail.

### What can happen to someone under the age of 21 who has an alcoholic drink?

- ▶ They may lose their license, vehicle, or college scholarship.
- ▶ They may be fined up to \$600, if caught with a false ID up to \$2,000, and/or a prison sentence.

## How Can You Stay Safe Under this Law?

People whose properties may be the site of underage drinking or drug parties should:

- ▶ Take action to prevent the party
- ▶ Try to stop the party, if it has already started
- ▶ Tell local law enforcement officials as soon as possible

## Minimize Access to Alcohol & Other Drugs in Your Home



## Remove Unwanted/Unused Rx Medications From Your Home

- ▶ DEA Rx Drug Take Back Days: October 27, 2018
- ▶ Permanent Drop Box Locations
- ▶ DETERRA: Drug Deactivation System
- ▶ Monitor Your Meds

## Alcohol

- ▶ Consider a liquor cabinet with a lock
- ▶ Closely monitor alcohol
- ▶ Remove all alcohol from the home if you are concerned about your child
- ▶ Minimize opportunities for unwanted parties in your home

## Talk About Alcohol & Other Drugs Clearly and Consistently

- ▶ About 10% of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50%. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decisions about drinking.
- ▶ Studies have shown that parents have a significant influence on young people's decisions about alcohol consumption, especially when parents create supportive and nurturing environments in which their children can make their own decisions. In fact, around 80% of children feel that parents should have a say in whether they drink alcohol. (samhsa.gov)

## The Conversation Is Often More Effective Before Children Start Drinking

- ▶ If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol use. When parents know about underage alcohol use, they can protect their children from many of the high-risk behaviors associated with it.
- ▶ Most 6-year-olds know that alcohol is only for adults. Between the ages of 9 and 13, children start to view alcohol more positively. Many children begin to think underage drinking is OK. Some even start to experiment. It is never too early to talk to your children about alcohol. (samhsa.gov)

## If You Do Not Talk About It, You Are Still Saying Something

- ▶ What you say to your children about alcohol is up to you. But remember, parents or caregivers who do not discourage underage drinking may have an indirect influence on their children's alcohol use. (samhsa.gov)

## Talking To Kids About Alcohol 5 Conversation Goals



- talk they hear you**
- 1 Show you disapprove of underage drinking.**  
Show your disapproval when you're not the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking.
  - 2 Show you care about your child's happiness and well-being.**  
Young people are more likely to hear what you have to say if you show you care about them. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking.
  - 3 Show you're a good source of information about alcohol.**  
The most important thing is to be honest about what you know. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking.
  - 4 Show you're paying attention and you're not just listening.**  
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  - 5 Build your child's skills and strategies for avoiding underage drinking.**  
One of your child's most important skills is to be able to say no. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking. It's not your job to be the parent and the kid is drinking.
- Keep it low-key. Don't worry, you don't have to get every thing done in one talk. Many small talks are better.**
- UNDERAGEDRINKING.SAMHSA.GOV

## 1. Show you disapprove of underage drinking.

More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear and strong message.

## 2. Show you care about your child's happiness and well-being.

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

### 3. Show you're a good source of information about alcohol.

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

### 4. Show you're paying attention and you'll notice if your child drinks.

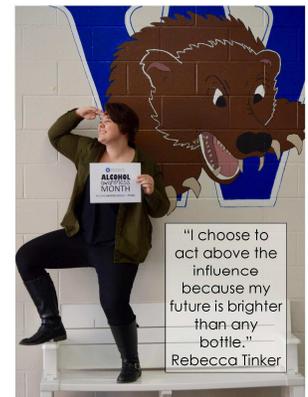
You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

## 5. Build your child's skills and strategies for avoiding underage drinking.

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

## We All Play a Role in Keeping the Youth in Our Communities Safe



# Questions

