

COMMUNITY ACTION  
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# CACY COMMUNICATOR

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## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.



CACY will be wrapping gifts for donations at the Richland Mall on the following dates:

12/14/14 1pm-3pm

12/20/14 3pm-6pm

12/21/14 1pm-4pm

12/22/14 9am-1pm

All proceeds go towards prevention programming presented in area schools.

## Parents Teaching Teens “Responsible Drinking” is a Myth

Some parents believe they are teaching their children “responsible drinking” by providing their teens with alcohol and a place to consume it. However, a new review of studies suggests this is a myth.

Researchers examined 22 studies that looked at the association between parental provision of alcohol and drinking. They found that parental provision of alcohol is associated with increased teen alcohol use and in some instances, increased episodic drinking, drinking and driving, as well as higher rates of alcohol-related problems.

According to a report by the Substance Abuse and Mental

Health Services Administration (SAMHSA) in 2011, 6% of 12- to 14-year-olds drank alcohol in the past month and nearly 45% of them got it free, at home, including 16% who obtained it from a parent or guardian.

Indirectly, parent’s can influence their child’s behavior by failing to monitor their activities, having permissive attitudes toward underage drinking, expressing their approval of underage drinking or providing unguarded access to alcohol in the home. Parents can also influence their children directly by offering to buy alcohol for them or allowing their teen to drink at home supervised or unsupervised.

Several studies have found that parents who are authoritative and com-

municate their expectations with a give-and-take style are more effective at keeping them from alcohol than those who are authoritarian, permissive or disengaged.

The authors of the article (published in the Journal of Studies on Alcohol and Drugs), recommend that parents discourage drinking until their children reach the legal drinking age of 21. They also want parents to understand that allowing teens to drink underage, even when supervised by a parent, is always associated with a greater likelihood of drinking during adolescence over time. Allowing teens to drink may instill a sense of comfort in alcohol use, which could increase their tendency to drink, with or without their parents present.

## Teens and Peer Pressure: What Parents Can Do

Adolescence is a time when peers play an important role in the lives of youth. Teens begin to develop friendships that are more intimate, exclusive, and more constant than in earlier years. These friendships are an essential component of development. They provide safe venues where youth can explore their identities, where they can feel accepted and where they can develop a sense of belongingness. Peers are important in social and emotional development in children and adolescents. Although peers play an important role in development, they can be a positive or negative influence.

Parents can help by recognizing

when their child is having a problem with peer pressure.

Tips to help your child deal with peer pressure:

- Encourage open and honest conversation.
- Teach your child to be assertive and to resist getting involved in dangerous or inappropriate situations or activities.
- Get to know your child’s friends. If a problem arises contact their parents.
- Help your child develop self-confidence. Kids who feel good about themselves are less vul-

nerable to peer pressure.

- Develop backup plans to help kids get out of uncomfortable or dangerous situations. For example, let them know you’ll always come get them, no questions asked, if they feel worried or unsafe.
- If your child has ongoing difficulties with peer pressure, contact a school teacher, principal or guidance counselor.



# Resources



## **“Start the Talk” Underage Drinking Interactive Tool**

<http://www.samhsa.gov/underagedrinking/>

## **The Partnership at Drugfree.org**

<http://www.drugfree.org/>

## **Drug Free Action Alliance**

<https://www.drugfreeactionalliance.org/>

## **Start Talking**

<http://starttalking.ohio.gov/Parents.aspx>

## **National Institute on Drug Abuse**

<http://www.drugabuse.gov/>

## **Too Smart to Start**

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

## **Smart Bet— Problem Gambling**

<https://www.drugfreeactionalliance.org/smart-bet>

## **KnowBullying App**

[http://store.samhsa.gov/apps/bullying/?WT.mc\\_id=EB\\_20140815\\_KNOWBULLYINGAPP](http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP)

## **Parents Who Host**

<https://www.drugfreeactionalliance.org/members/pwh>

## **Teen Peer Pressure**

<http://www.teenhelp.com/teen-issues/peer-pressure.html>