



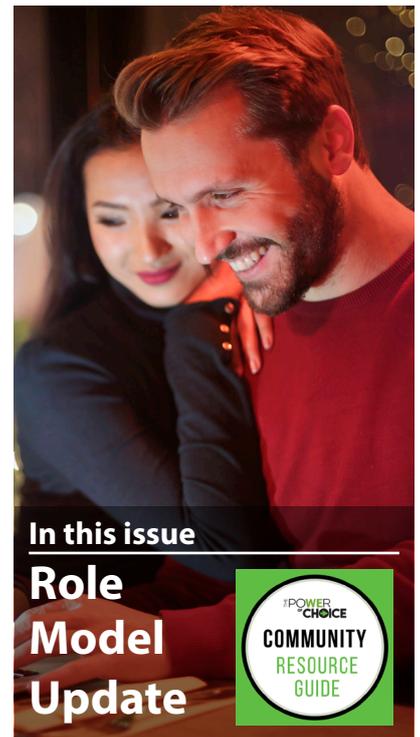
CURIOUS ABOUT

ANCESTRY, DNA & SUBSTANCE USE DISORDERS?

Curiosity around ancestry is popular right now as there are many stories of people who mailed away a cheek swab and now connect with a new “cousin” that are popping up. There are even DNA tests for some of the genes that elevate the risk of substance use disorders involving alcohol. The National Institutes of Health reports children of a parent or parents with a substance use disorder involving alcohol are 4 to 10 times more likely to experience such a disorder as those without any close relatives having it. The Power of Choice campaign offers 4 reasons to prioritize raising alcohol-free teenagers.

4 COMPELLING REASONS FOR TEENS WITH A FAMILY HISTORY OF SUBSTANCE ABUSE DISORDERS TO STAY ALCOHOL-FREE

1. **An estimated 50% of predisposition to substance use disorders related to alcohol is genetic.** While you can't control genetics, you can reduce risks by managing environmental factors, such as stressors, mental health, and most importantly, family communication of expectations of rules and consequences. Those with a family history could have less wiggle room to experiment.
2. **Teen brains aren't equipped to manage alcohol the same way as adult brains.** Teen brains aren't wired for impulse control until around age 25—a concern when at heredity risk.
3. **Most of the genetic risk factors for substance use disorders have yet to be identified.** At the same time, most genetic resiliency factors are also yet to be discovered. Heredity gaps leave too much to chance it.
4. **Teens with immediate family members with substance use disorders are at higher risk of alcohol use at a younger age and of progressing to disordered use more quickly.** Teens say that parents talking about the risks of underage drinking influence them to stay alcohol-free.



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RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

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MODELING BEHAVIORS REGARDING ALCOHOL

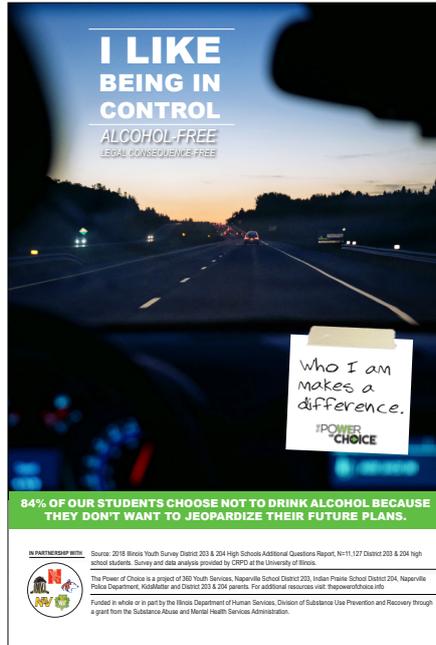
Parents can set a positive example by avoiding unhealthy patterns of alcohol use, such as consuming an excess of 1-2 drinks per day. Refrain from alcohol if driving, planning on driving, or participating in other activities that involve skill, alertness and coordination. Don't give in to "parent pressure"; resist influence by those who provide alcohol to teens "just this one time." Actions speak loudly—show teens what's not cool!

High school students make healthy choices every day but it doesn't make the headlines. Yet, the research is showing that maybe it should. The number of local alcohol-free teens is growing, and is higher than the county and state levels.



The growing number of teens who refuse alcohol when faced with the choice seems to be related to increased awareness and support for the healthy choices most of our high school students are making.

The latest poster is live in schools! During summer focus groups, students from both school districts 203 & 204 said one reason they choose to be alcohol free is because it's legal consequence-free.



Connect with us on social media!



Clearly Communicating

TALKING POINTS ON UNDERAGE DRINKING DISAPPROVAL

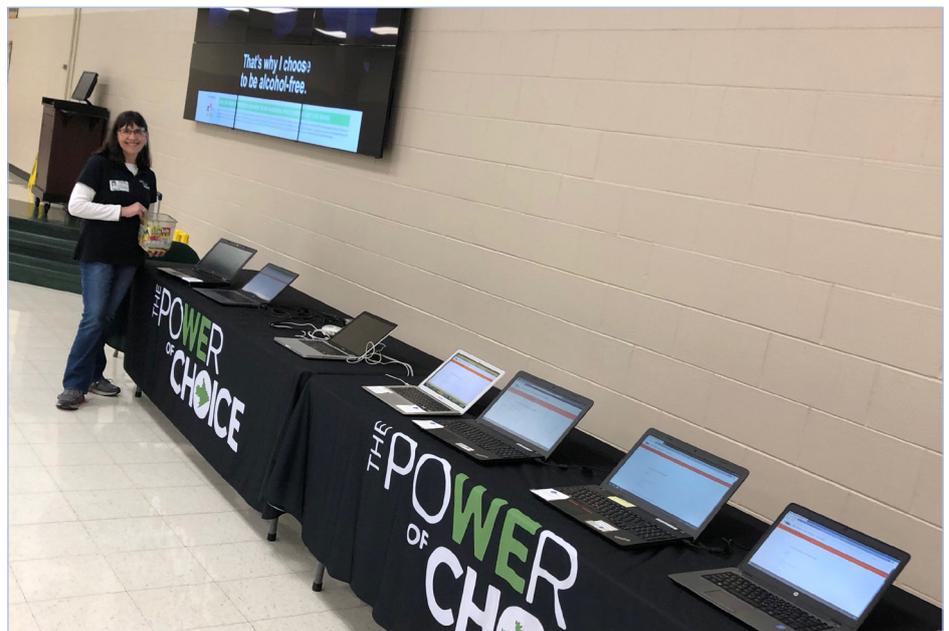
- **Ask your teen's views about alcohol.** Do they know kids who drink? What do they think? Learn their stance. Avoid saying bad things about teens who are drinking. Focus on the behavior, not the person.
- **Ask your teen what they think people their age should keep in mind about alcohol use.** Listen. This respects their knowledge, and will prevent you from telling them what they already know.
- **Let your teen know the family expectation is that they will not consume alcohol.** Not only is it illegal, once it is in their system, it lasts up to 3 hours. Embarrassing and harmful situations can occur with teens who are under the influence, which impairs their ability to judge how seriously alcohol is affecting them.

D203 & 204 High School Student Statistics

Alcohol Use Source: 2018 IYS*

- 82% no alcohol in past 30 days
- 66% no alcohol in past year
- 69% do not drink alcohol

*2018 Illinois Youth Survey District 203 & 204 High Schools, N=11,127 District 203 and 204 high school students. Survey and data analysis provided by Center for Prevention Research & Development at the University of Illinois.



360 Youth Services & KidsMatter volunteer worked together visiting Waubonsie Valley High School.