



Don't be a party to teenage drinking.

It's against the law.

Parents Who Host, Lose The Most: Don't be a party to teenage drinking was developed by and is a project of Drug-Free Action Alliance

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**Show Your Support!**

**We have a limited number of yard signs with our "Parents who Host Lose the Most" logo. Would you put one in your yard to let your neighbors know that you support alcohol-free parties for teens!**

**For your sign, contact Cynthia DiCamelli,**

**835-4052 or [cad@oregonsd.org](mailto:cad@oregonsd.org)**

## Monitoring and Curfews

As children grow we give them more opportunities to make decisions and become independent. Relaxing stringent curfew rules is one way we do this. So is reduced monitoring of their whereabouts.

Rather than abandoning these two familiar rules, use them as a way to gently set the boundaries that all teens need. **Start by having a conversation** about why you think

a curfew is important (getting enough rest or being safe might be your concern). **Establish curfew times** for school nights and weekends and be firm about them! If you're not providing transportation, make sure your teen checks in with you when they get home, too.

Let your teen know that **you still need to know where they are, and that you will check on them.**

Get to know their friends' parents, and make sure they'll be home when your teen visits. And make sure to let other parents know they should call you if your teen appears to be under the influence.

Finally, let your teen know that **you'll be there to provide a ride home**, anytime, anywhere, no questions asked, if they call.

**Thank your teen for making healthy choices!**

### Parents Who Host Coalition Partners

Village of Oregon

Oregon Police

Dane County Sheriff, Stoughton Office

Fitchburg Police

Brooklyn Police

Oregon School District

## This is a Teen's Brain on Alcohol...

For the past couple of weeks we've been talking about Wisconsin's culture of alcohol use and abuse and how that may impact your teen's access to alcohol. Now we'll look at how alcohol affects teens. You may be surprised that teens aren't "mini-adults" when it comes to alcohol consumption.

Your teen's brain is undergoing a major developmental process—just as it did during the toddler years. As a result, teens have a preference for low-effort, high-excitement activities. You know

many teens are frequently prone to moodiness and have a "short fuse" that results in unexpected outbursts of anger. At this time many teens are less likely to plan ahead or think about future results of their actions, sometimes leading to increased risk taking. Under the influence of alcohol, these behaviors may increase.

Alcohol affects teens differently than adults. For example, teens have:

- Less hangover effects
- Rapid development of tolerance

- Increased likelihood of **risk taking** and decreased inhibitions
- Greater adverse effects on **cognitive functioning and learning**

Clearly parents play a critical and protective role during this period. Visit Too Smart to Start for more ideas: <http://tinvurl.com/c281f9>

For more help in finding information contact

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835-4052 or [cad@oregonsd.org](mailto:cad@oregonsd.org)



# Oregon School District

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