



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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April is Alcohol Awareness month! But What if...?

Beyond High School

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

Students going off to college will have many new experiences. Unfortunately, one of those experiences may be heavy drinking or binge drinking. Studies have shown that 4 out of 5 college students drink alcohol and 40% report binge drinking episodes.

Alcohol abuse puts college students seriously at risk. As many as 1400 college students die each year from alcohol use—either from driving under the influence or from

the toxic effects of alcohol. Over 70,000 students are victims of alcohol related sexual assault or date rape. Brain development doesn't stop in high school—college age kids can be adversely affected by alcohol, too.

What can parents do? Parents can continue to encourage their teens to take responsibility to make healthy choices in their lives. Even when they're in college, teens appreciate communication

from parents—although you might need to learn some new technologies to reach them. Parents should also be aware of the campus alcohol policies. Finally, parents shouldn't accept college drinking as a rite of passage any more than they did when their kids were in high school. For a snapshot of college drinking: <http://tinurl.com/deam22>

For more info, go to: <http://tinurl.com/c7u9kh>

Thank your teen for making healthy choices!

How to Find Help:

United Way Help Line 211

Steve Staton OHS AODA Coordinator 835-4471

Cynthia DiCamelli Family Resource Coordinator 835-4052

PICADA (Family Service, Inc Alcohol Intervention Program) 316-1118

During April we've been focusing on preventing teens from using and abusing alcohol. Sometimes, though, you can do everything right and still have a teen with an alcohol problem., and sometimes parents are the last to know it.

Over the years, we've recognized some changes that happen when teens have a drinking problem or are using drugs. Some of these changes reflect normal teenage "growing 'pains", but if they occur suddenly, are extreme in nature or if you see several signs at the same time, you need to pay attention.

Even If You Do Everything Right...

Here are some changes to be aware of:
Mood changes—temper, irritability

- School problems—attendance, grades, disciplinary action
- Rebelling against family rules
- Changing friends and not letting you meet the new friends
- Attitude change—nothing matters, sloppy appearance, lack of involvement in former interests, low energy
- Finding alcohol in your teen's room, backpack or vehicle or smelling alcohol on his or her

breath.

- Physical or mental problems—memory lapses, poor concentration, lack of coordination.

If you think your child has a problem, contact your family doctor for a full examination. Your doctor can also help you find a health care professional that can help your child.

For more help in finding information contact

Cynthia DiCamelli,

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