**Tips for a Safe Prom & High-School Graduation Season**

**HELP KEEP YOUR TEEN SAFE AND MAKE THIS SEASON ONE TO REMEMBER FOR ALL THE RIGHT REASONS…**

**1. SET CURFEWS**

Teen car crashes and deaths increase exponentially late at night. Know where your teen is, how long he will be there, when he will be leaving, who is there, and who is supervising the event.

**2. DO NOT RENT A HOTEL ROOM**

If a room is rented for teens, an appropriate adult(s) must be there to ensure safety and manage risk.

**3. BE UP WHEN THEY COME HOME**

A teen’s curfew should never exceed the parent’s ability to stay up.

**4. CLEARLY COMMUNICATE EXPECTATIONS**

Talk to your child about the dangers of drinking and driving and getting in the car with a drunk driver. Consider role playing a few scenarios. Research shows that parents who discuss possible scenarios and build their teen’s knowledge about what to do should a situation arise, increase the chances of their teen’s safe decision-making.

**5. KEEP THE PARTY LOCAL**

Don’t be tempted to allow your children to celebrate at a far-away location, such as a beach or cabin. Allowing your teen to take off to a remote spot with no supervision creates unnecessary risk.

**6. TALK WITH YOUR TEEN**

Ask them, how they are feeling about the prom? What are they most excited about? What are they most nervous about? If you don’t know the parents of your teen’s date and prom group, be sure to get to know them before the big event.

 **Help your teen enjoy their prom and graduation without drinking or using drugs. Lay down rules that will help create everlasting memories.**

 **RESOURCE: NIDA**

[**Summer is a Risky Time for Youth Substance Use**](https://capedc.org/2019/05/summer-a-risky-time-for-youth-substance-use/)

More teens start drinking and smoking cigarettes and marijuana in June and July than in any other month, the U.S. Substance Abuse and Mental Health Services Administration said in a report entitled, *“Monthly Variation in Substance Use Initiation among Adolescents.”*

The report states that on an average day in June and July, more than 11,000 teens ages 12 to 17 use alcohol for the first-time; December is the only other month with comparable levels. Throughout the rest of the year, the daily average for first-time alcohol use ranges from 5,000 to 8,000 adolescents.

Similarly, in June and July, an average of 5,000 youth smoke cigarettes for the first time, as opposed to the daily average of about 3,000 to 4,000 during the rest of the year. The same pattern holds true for first time use of cigars and smokeless tobacco among youth. In terms of first-time use of marijuana, more than 4,500 youth start using it on an average day in June and July, as opposed to about 3,000 to 4,000 youth during the other months.

“More free time and less adult supervision can make summertime an exciting time for many young people, but it can also increase the likelihood of exposure to the dangers of substance abuse,” SAMHSA Administrator Pamela S. Hyde said in a news release. **“That is why it is critically important to take every opportunity we can throughout the year to talk to our young people about the real risks of substance abuse and effective measures for avoiding it, so they will be informed and capable of making the right decisions on their own.”**

With less structure and adult supervision, summertime is rife with opportunities for teens to fall into a bad crowd, experiment with drugs or alcohol, or engage in other forms of high-risk behaviors.  For working parents, it can be challenging to monitor youth during the day-time hours. You can help keep your teen safe and drug free with these summertime tips:

* **Set Expectations:** Make your boundaries clear regarding unsupervised time spent with friends, as well as your expectations surrounding drinking, smoking, and other risky behaviors.
* **Supervise:** This can be especially challenging for parents of high school students. However, be physically present when you can, and when you cannot, try asking a friend, neighbor or relative to randomly check in. Research shows that unsupervised youth are three times more likely to use alcohol or other drugs.
* **Monitor:** Know with whom and where your child is at all times. Randomly call and text your child to check in, and don’t be afraid to check up on your child by calling other parents. Communicate regularly with the parents of your child’s friends.
* **Stay Involved:** Show your child you care by taking time out of your busy schedule to do something fun together. Provide some structure by helping them find a summer job, volunteer work, or other supervised activity.

Regardless of the season, it is always a good time to talk with your teen about the dangers of alcohol, tobacco and other drugs. Open (and maintain) the lines of communication, and be your child’s trusted source of information. Listen to them without judgement, and show them that your support and love are unconditional. Contact us any time at info@capedc.org for more information on how to encourage drug-free behavior and guide good choices.

[**100 Deadliest Days of Summer**](https://capedc.org/2019/05/100-deadliest-days-of-summer/)

The most dangerous time on the road for teens is the 100-day period between Memorial Day and Labor Day each year. Car crashes are the #1 killer of teens, taking about 3,000 young lives every year. Teens are 3X more likely to get into a fatal crash than more experienced drivers. Any impairment behind the wheel (by alcohol, drugs, texting, or other distractions) greatly increases the risk.

**Do you know the facts about impaired and distracted driving?**

Depending on how they interact with the brain, drugs can influence someone’s ability to drive in different ways. For example, marijuana can slow reaction time, impair judgment of time and distance, and decrease motor coordination. Drivers who have used cocaine or methamphetamines can be aggressive and reckless when driving. Certain kinds of sedatives, called benzodiazepines, can cause dizziness and drowsiness, which can lead to car crashes.

Alcohol impairment is just as dangerous. Approximately one-third of all traffic crash fatalities in the United States involve drunk drivers with a BAC of .08 or higher. Young drivers (ages 16-20) are 17 times more likely to die in a crash when they have a blood alcohol concentration (BAC) of .08% than when they have not been drinking at all.

Distractions behind the wheel (like texting) are also a huge concern. Every day, 9 people are killed and more than 1,000 are injured in crashes involving distracted drivers. Even drivers looking out the windshield can miss seeing up to 50% of what’s around them when talking on a cell phone.

**Risky Drinking Can Put a Chill on Your Summer Fun**

Summer is a wonderful time for outdoor activities with family and friends. For many people, a day at the beach, on the boat, or at a backyard barbecue will include drinking alcoholic beverages. But excessive drinking and summer activities don’t mix. Drinking impairs both physical and mental abilities, and it also decreases inhibitions—which can lead to tragic consequences on the water, on the road, and in the great outdoors. In fact, research shows that up to 70 percent of all water recreation deaths of teens and adults involve the use of alcohol.

**Swimmers can get in over their heads.**Alcohol impairs judgment and increases risk taking, a dangerous combination for swimmers. Even experienced swimmers may venture out farther than they should and not be able to make it back to shore, or they may not notice how chilled they’re getting and develop hypothermia. Surfers could become over confident and try to ride a wave beyond their abilities. Even around a pool, too much alcohol can have deadly consequences. Inebriated divers may collide with the diving board, or dive where the water is too shallow.

**Boaters can lose their bearings.**According to research funded by the National Institute on Alcohol Abuse and Alcoholism, alcohol may be involved in 60 percent of boating fatalities, including falling overboard. And a boat operator with a blood alcohol concentration (BAC) over 0.1 percent (approximately 4 to 5 drinks) is 16 times more likely to be killed in a boating accident than an operator with zero BAC.  According to the U.S. Coast Guard and the National Association of State Boating Law Administrators, alcohol can impair a boater’s judgment, balance, vision, and reaction time. It can also increase fatigue and susceptibility to the effects of cold-water immersion. And if problems arise, intoxicated boaters are ill equipped to find solutions. For passengers, intoxication can lead to slips on deck, falls overboard, or accidents at the dock.

**Drivers can go off course.**The summer holidays are some of the most dangerous times of the year to be on the road. When on vacation, drivers may be traveling an unfamiliar route or hauling a boat or camper, with the distraction of pets and children in the car. Adding alcohol to the mix puts the lives of the driver and everyone in the car, as well as other people on the road, at risk.

**Stay hydrated and stay healthy.**Whether you’re on the road or in the great outdoors, heat plus alcohol can equal trouble. Hot summer days cause fluid loss through perspiration, while alcohol causes fluid loss through increased urination. Together, they can quickly lead to dehydration or heat stroke. But this doesn’t have to happen. At parties, make at least every other drink a nonalcoholic one. If you’re the host, be sure to provide plenty of cold, refreshing nonalcoholic drinks to keep your guests well hydrated.

**Summer will end, but consequences can endure.**You can have fun in the sun and still be safe. Avoiding beverages that cause mental and physical impairment while piloting a boat, driving a car, exploring the wilderness, and swimming or surfing is a good place to start. Be smart this summer—think before you drink, and make sure that you and your loved ones will be around to enjoy many summers to come.

Contact us at info@capedc.org for more information on how to encourage drug-free behaviors and guide good choices…

**(Source: NIH)**

**Drugged Driving: The Facts**

*Use of illegal drugs or misuse of prescription drugs can make driving a car unsafe—just like driving after drinking alcohol. Drugged driving not only puts the driver at risk, but also passengers and others who share the road…*

**Why is drugged driving dangerous?**

The effects of specific drugs differ depending on how they act in the brain. For example, marijuana can slow reaction time, impair judgment of time and distance, and decrease motor coordination. Drivers who have used cocaine or methamphetamine can be aggressive and reckless when driving. Certain kinds of sedatives, called benzodiazepines, can cause dizziness and drowsiness, which can lead to car crashes.

**What can be done about it?**

* **OFFER**: offering to be a designated driver
* **APPOINT**: appointing a designated driver to take all car keys
* **AVOID**: avoiding driving to parties where drugs and alcohol are present
* **DISCUSS**: discussing the risks of drugged driving with friends in advance

**Source: NIH**

**High School Graduation – Nostalgia, Excitement, Possibility, and Temptation**

High school graduation is an important milestone in a young person’s life, and the season is often marked with parties, outings, and other celebrations. During this time there are plenty of opportunities where teens may contemplate taking risks, especially drinking and drug use. At graduation time, teens may feel more pressure to celebrate by partying with illicit drugs, alcohol, or even prescription (Rx) drugs.

Over the last several decades, scientific understanding and knowledge of the dangers of underage drinking and substance use have increased substantially. Underage substance use is associated with various negative consequences for youth and can affect and endanger the lives of those around them (SAMHSA).

**YOUR TEEN MAY BE GRADUATING SOON, BUT THAT DOESN’T MEAN IT’S TIME TO LET GO. YOUR GRADUATE NEEDS YOU NOW JUST AS MUCH AS EVER. THERE ARE MANY WAYS TO HELP KEEP YOUR CHILD SAFE AND HEALTHY:**

* Reinforce your expectations
* Encourage your teens to make each moment count
* Provide safe alternatives
* Be aware and ask questions
* Set a good example

**Help kids celebrate in a safe and fun manner…**

**Contact us at info@cdp-sa.org/projectreach for tips on planning teen celebrations, or information about how to talk to your kids about drugs and alcohol.**

[**Teen Drinking & Driving**](https://capedc.org/2019/05/dangers-of-teen-drinking-and-driving/)**–**[**A Dangerous Mix**](https://capedc.org/2019/05/dangers-of-teen-drinking-and-driving/)

Car crashes are the #1 killer of teens, taking about 3,000 young lives every year. The most dangerous time on the road for teens is the period between Memorial Day and Labor Day each year, which is known as the “100 Deadliest Days of Summer” (NSC). As a parent, you should know that the main cause of teen crashes is *driver inexperience*. All new drivers—even high academic achievers and “good kids”—are more likely than experienced drivers to be involved in a fatal crash… It’s a fact.

**TEEN DRIVERS ARE THREE TIMES MORE LIKELY THAN MORE EXPERIENCED DRIVERS TO BE IN A FATAL CRASH, AND DRINKING ANY ALCOHOL GREATLY INCREASES THIS RISK FOR TEENS…**

* An average of one alcohol-impaired-driving fatality occurred every 53 minutes in 2015 (NHTSA)
* One in 10 high school students drink and drive (CDC)
* Young drivers (ages 16-20) are 17 times more likely to die in a crash when they have a blood alcohol concentration (BAC) of .08% than when they have not been drinking (CDC)
* Approximately one-third of all traffic crash fatalities in the United States involve drunk drivers (with BAC of .08 or higher) (NHTSA)

**AS A PARENT, YOU HAVE THE GREATEST INFLUENCE OVER YOUR TEEN’S BEHAVIOR. IN FACT, LEADING EXPERTS BELIEVE PARENTS CAN PLAY A KEY ROLE IN PREVENTING TEEN CAR CRASHES AND DEATHS. HERE’S WHAT YOU CAN DO:**

* Understand that most teens who drink do so to get drunk
* Recognize the dangers of drinking and driving and that teen drivers have a much higher risk of crashing after drinking alcohol than adults
* Provide teens with a safe way to get home (such as picking them up) or make sure they know about taxi services and other safe ride options
* Model safe driving behavior

Consider tools like parent-teen driving agreements to set and enforce the “rules of the road” for new drivers. Safe driving habits for teens include the following: never drink and drive; follow state Graduated Driver Licensing (GDL) laws; wear a seat belt on every trip; limit nighttime driving; set a limit on the number of teen passengers; never use a cell phone or text while driving; and obey speed limits.

The good news is that you can make a difference by getting involved with your teen’s driving. Learn about the most dangerous driving situations for your young driver—and how to avoid them. Get your copy of CDC’s parent-teen driving agreement and learn more about safe teen driving at [www.cdc.gov/ParentsAreTheKey](http://www.cdc.gov/ParentsAreTheKey/).

**TAKE THE FIRST STEP… TALK ABOUT IT**

Talk with your teen about the dangers of drugs and alcohol and about staying safe behind the wheel. Then, keep the conversation going. For more information and tips on how to talk with your kids about drugs and alcohol, contact us at

info@cdp-sa.org/projectreach.

**Facts About Alcohol Poisoning…**

Some people laugh at the behavior of others who are drunk. Some think it’s even funnier when they pass out. But there is nothing funny about the aspiration of vomit leading to asphyxiation or the poisoning of the respiratory center in the brain – both of which can result in death.

*Do you know the dangers of alcohol poisoning?*

*When should you seek professional help for a friend?*

Sadly, too many young adults say they wish they had sought medical treatment for a friend. Many end up feeling responsible for alcohol-related tragedies that could have easily been prevented.

**CRITICAL SIGNS OF ALCOHOL POISONING:**

* Mental confusion, stupor, coma, or person cannot be roused
* Vomiting
* Seizures
* Slow breathing (fewer than 8 breaths per minute)
* Irregular breathing (10 seconds or more between breaths)
* Hypothermia (low body temperature), bluish skin color, paleness

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking (which often happens on a bet or a dare) is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

Don’t be afraid to seek medical help for a friend who has had too much to drink. Don’t worry that your friend may become angry or embarrassed.  Remember – you cared enough to help!

**(Source: NIAAA)**

**Serving Alcohol to Teens: Unsafe, Illegal, and Irresponsible**

**THE LEGAL DRINKING AGE PROTECTS KIDS. DID YOU KNOW THAT SINCE LAWS ESTABLISHED 21 AS THE MINIMUM DRINKING AGE, THE LIKELIHOOD THAT A 15-20 YEAR OLD DRIVER WILL BE INVOLVED IN A FATAL CAR CRASH HAS DROPPED BY MORE THAN HALF?**

The “We Don’t Serve Teens” program, a national program targeting underage drinking, has developed a Website, www.DontServeTeens.gov, summarizing the available information on teen drinking and the legal drinking age. The site reveals that over the two decades following adoption of the legal drinking age of 21, drinking by high school seniors has dropped substantially. “This is important because teens that drink harm themselves and others,” says Mary Engle of the Federal Trade Commission, the nation’s consumer protection agency. “Our kids are a precious resource, and the data shows that the legal drinking age of 21 is a law that protects them.” She points to a U.S. Surgeon General report showing that about 5,000 kids under the age of 21 die each year from alcohol-related injury, including crashes, homicides and suicides.

Unfortunately, too many teens still say alcohol is easy to get, and a U.S. government survey shows that most of those who drink alcohol do not pay for it. Instead, they get it from older friends, from family members, at parties, or they take it from home without permission. Further, once kids start drinking, most engage in binge drinking, meaning that they have five or more drinks in a short time span with the goal of getting drunk. “This is why the ‘We Don’t Serve Teens’ program targets easy teen access to alcohol. The message is, don’t provide alcohol to teens because it is unsafe, illegal, and irresponsible.” Engle continues. “And most adults agree about this; in fact, only 9 percent of American adults think that it is okay for adults to provide alcohol to underage youth.”

The www.DontServeTeens.gov site provides parents with things to do and say to reduce teen access to alcohol. It recommends that parents keep track of alcohol at home and speak up when underage drinking is discussed. “Be frank and tell other parents that you don’t want them serving alcohol to your teen or condoning teen drinking,” says Engle. “And talk to adults who host teen parties. Let them know that it is not okay to serve alcohol to someone else’s teen.”

Most teens that drink get alcohol from social sources, like parties and older friends. Teen drinking is linked to injury and risky behavior. We can reduce underage drinking by stopping easy access to alcohol.

Talking to your kids about the harmful effects of alcohol and drugs is a first step towards the development of healthy lifestyle patterns. For those parents looking for ways to start the conversation with their child about drugs and alcohol, a number of great free resources are available on our website at capedc.org.

**SOURCE: FTC**

**It’s not pestering… It’s parenting**

Every day it seems that we hear about kids using a new drug, such as K2, Molly, or Bath Salts.  Although the drugs change over time, alcohol is still the most widely used substance among teens in America, followed by tobacco and marijuana. Also, kids still sniff glue to get high, but now they also sniff household products such as spray paints and aerosol sprays, shoe polish, gasoline and lighter fluid.

While news on drug trends may be discouraging to you, take heart. Two-thirds of kids say that losing their parents’ respect and pride is one of the main reasons they don’t smoke marijuana or use other drugs.

**What can parents do to monitor their teens effectively? The following are some steps you can take to monitor your teen and help protect him or her from risky behaviors:**

* Talk with your teen about your boundaries and expectations, and be clear about the consequences for breaking the rules. Talk and listen to your teen often and without judgement about how they feel and what they are thinking.
* Know who your teen’s friends are and know who they are dating.
* Get to know the parents of your teen’s friends.
* Set expectations for when your teen will come home and for calling/texting if they going to be late.
* If your teen’s behavior does not meet expectations, be consistent and fair while enforcing consequences.
* Make sure your teen knows how to contact you at all times.

Your words and actions DO matter.  Remember–silence isn’t golden, it’s permission… Have honest conversations with your teen and make sure they understand that underage drinking and drug use is unhealthy, unsafe, and not worth the risk.

**GET THE FACTS! Contact us at info@capedc.org for information about how to talk to your kids about drugs and alcohol…**

**Source: CDC**

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