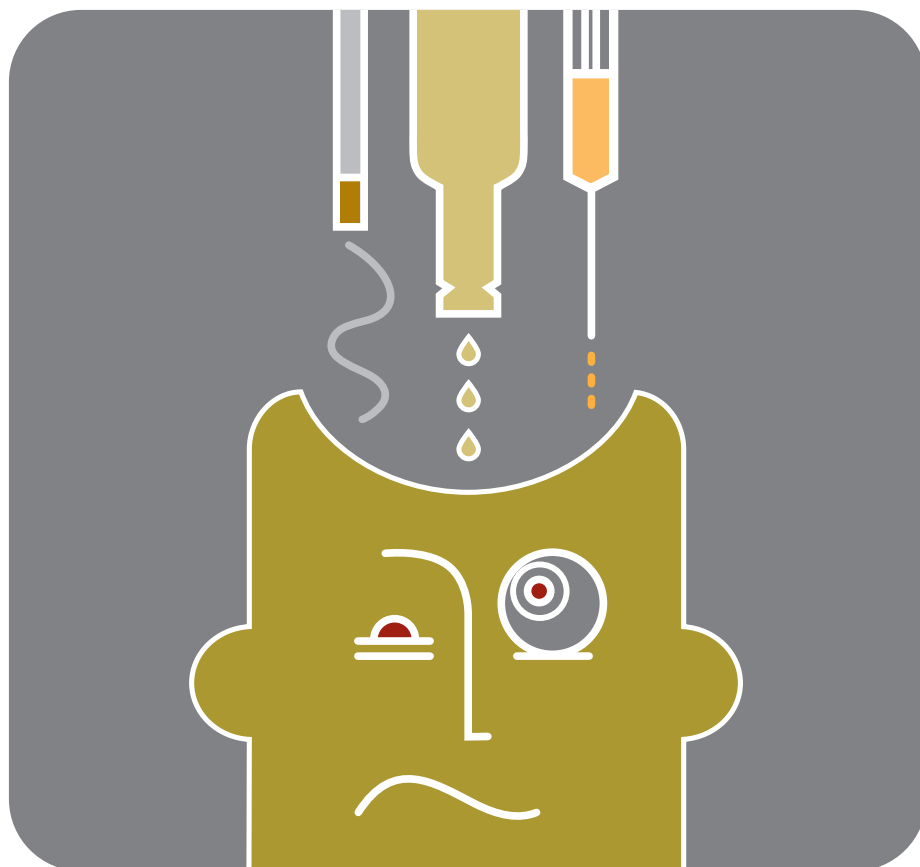


NO Alcohol, Tobacco or Other Drugs (A.T.O.D.)



Strengthening Families
Program by Dr. Karol Kumpfer



- Alcohol damages the teen brain
- Parental disapproval is the #1 reason kids don't drink
- Use the 5 Cs to handle peer pressure
- Set a clear, no-alcohol, tobacco, or drugs rule, with firm consequences

FAMILY GOALS:

1. Review "Alcohol Brain Harms" section on the DVD, and discuss "Harms" handout with your kids.
2. Make a firm "No A.T.O.D. (Alcohol, Tobacco and Other Drugs)" family rule.
3. Practice the 5 Cs using pretend situations with the handout as your guide. Create a plan to call parents if alcohol is at a party.

FAMILY FUN:

Watch the "Lives Affected" video* and have a Pledge Signing Ceremony to celebrate "Freedom from Addiction and Drunk Driving." Serve treats.

* The "Lives Affected" video can be found at <http://youtu.be/M5faKg5Fz-g>

POWER PHRASE:

"Our brains are the most awesome computers ever created. Polluting them with toxic chemicals like alcohol, tobacco and drugs harms our precious brains."

Keeping Kids Alcohol- and Drug-Free

Use these six proven skills drawn from research and experience



1. BELIEVE IN YOUR INFLUENCE AS A PARENT

- Kids say parents are the biggest influence in their lives—more than peers
- Kids say parental disapproval of drinking is the #1 reason they don't drink
- Parents influence kids not to drink when they bond, set clear “no-alcohol” rules, and monitor activities

4. BOND WITH YOUR KIDS

- Express love, empathy, appreciation
- Speak respectfully; make time to chat
- Eat dinner together, share values
- Be involved in their lives and activities; encourage good school performance
- PLAY!!! One-on-one “My-Time” daily

Try saying this: *“You mean more to me than anything else in the world. I'd really be sad if you drank or used drugs and limited your future happiness.”*

2. TEACH HOW ALCOHOL HARMS TEEN BRAIN

- Brain is not fully developed until mid-twenties; alcohol harms the developing brain
- Impairs “white matter” formation
- Harms prefrontal cortex—good judgment, impulse-control center
- Harms pleasure-reward center, creating high risk of addiction
- Harms hippocampus—learning and memory center; 10% smaller in drinkers
- Illegal drugs and misuse of prescription drugs also harm the developing brain

5. SET BOUNDARIES

- Make a firm no alcohol, tobacco, or drugs rule
- Establish firm, fair consequences; then enforce consistently if rules broken
- Kids must leave party if alcohol there
- Make a firm “no riding with driver who has been drinking” rule
- Practice “refusal skills” using the “5 Cs”

Try saying this: *“Because we love you so much, we have made a firm, ‘no using any alcohol before age 21’ rule; and no tobacco or drug use, including other peoples’ prescription drugs.’ We prefer you not hang out with kids who do use.”*

3. KNOW WHY KIDS DRINK AND WHAT TO DO

Kids drink because:

- Exposure to alcohol makes them think drinking will be pleasurable
- Impulsive; risk-taking, thrill-seeking
- Immature judgment: “drunk is fun”
- Bored; “nothing else fun to do”
- Stressed; need ways to relax
- Unhappy; want to escape
- Peer pressure; want to fit in
- Want to rebel or appear grown-up
- Genetic predisposition; e.g. children of alcoholics; mental disorders
- Easy alcohol access, availability

3 essential skills to prevent drinking:

- Bonding, Boundaries, and Monitoring

6. MONITOR

- Lock-up your liquor and beer; limit access to your prescription drugs
- Know who kids are with, what they are doing at all times (always ask the 5 Ws)
- Get to know your kids’ friends’ parents; discuss your no-alcohol rules
- Make sure kids are supervised when not in school and parents are gone
- Monitor plans and parties to make sure kids stay in alcohol-free activities
- Help plan fun no-alcohol activities

Try saying this: *“We want to get together with your friends and their parents, to plan fun no-alcohol activities.”*

Alcohol Harms a Teen's Developing Brain

Knowledge is power; share these alcohol facts with your kids



New research shows that alcohol affects a teen's developing brain differently than a mature adult brain. It can harm "white matter" formation, good judgment, memory, mental health, and greatly increase the risk of alcoholism. Share these facts with your kids, have them commit to stay alcohol-free until at least age twenty-one, and sign the "Alcohol-Free Pledge."

"The brain goes through dynamic change during adolescence, and alcohol can seriously damage long-and short-term growth processes."

—American Medical Association Fact Sheet, 2003; <http://www.ama-assn.org/ama/no-index/physician-resources/9416.shtml>

Prefrontal Damage

(Good judgment area) "Adolescent drinking could cause severe changes in this area...which plays an important role in forming adult personality and behavior..." (AMA Fact Sheet 2003)

Hippocampus Damage

"The hippocampus suffers from the worst alcohol-related brain damage in teens. Heavy teen drinkers had... 10% smaller hippocampi." (AMA Fact Sheet 2003)

Altered Pleasure-Motivation System

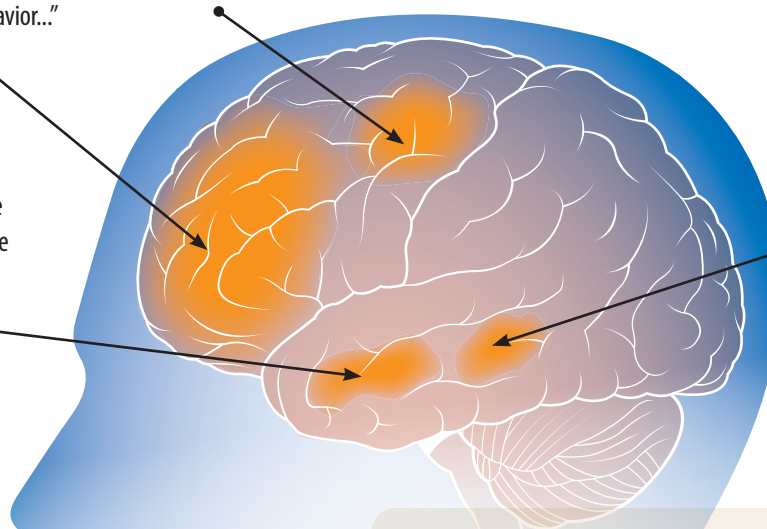
Alcohol alters the brain so it gives a pleasure response to a harmful chemical instead of a real experience. http://www.associatedcontent.com/article/5704898/addictions_alter_the_pleasure_center.html?cat=5

White Matter Damage

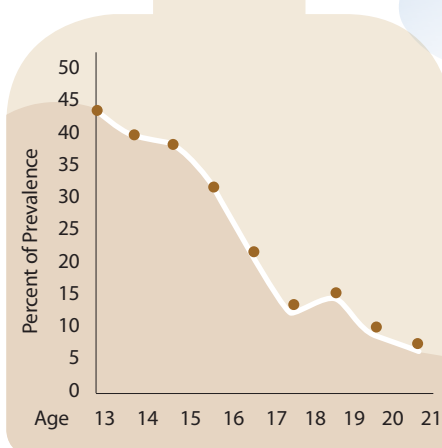
In MRI studies by Dr. Susan Tapert, binge drinking teens showed structural damage to the white matter throughout the brain—which helps transmit brain signals. <http://www.npr.org/templates/story/story.php?storyId=122765890>

Impaired Memory and Learning

"Short term or moderate drinking impairs learning and memory far more in youth than adults." (AMA fact sheet 2003)



Alcohol Can "Wire" A Teen's Brain For Addiction



Grant, BF and Dawson, DA. *Journal of Substance Abuse* 9:103-110. 1997

45 percent of kids who begin drinking at age thirteen will become alcohol dependent

Only 7 percent of those who begin drinking at age twenty-one become alcoholics

More Troubles With Teens and Alcohol

- Alcohol poisoning: Brain cut-off switch under-developed, allows teens to drink dangerous amounts; can die if pass-out with alcohol still in stomach
- Increased illegal drug use among teen drinkers
- Increase in youth suicide attempts (In eighth grade girls, 37 percent of heavy drinkers attempted suicide versus 11 percent of non-drinkers)
- Increase in teen pregnancies, STDs, Fetal Alcohol Syndrome babies
- "The younger adolescents are when they start to drink, the more likely they are to engage in risky behaviors including promiscuity, doing drugs and earning poor grades..." (NIH, NIAAA publication # 67, Jan. 2006)
- Brain altered in heavy teen drinkers to react positively to alcohol ads. (fMRI's show high brain "cue reactivity" to visual images of alcohol advertising vs. no response in non-drinking teens; meaning the brain is now programmed to respond to alcohol advertisements) http://www.csam-asam.org/pdf/misc/_Brown_-_Neural_Response_to_Alc_in_Adol.pdf
- When kids drink, their brains' ability to care if they make a mistake is suppressed.

FOR MORE FACTS, GO TO: www.ojjdp.gov/pubs/237145.pdf

Marijuana Harms Brain Development

There is no safe level of use for the developing brain



The most current research, including MRI brain scan studies have confirmed that marijuana use harms the developing brain and should never be used while the brain is still developing (until age 25).

“Teens and young adults who are heavy marijuana users are more likely than non-users to have disrupted brain development. Pediatric researchers found abnormalities in areas of the brain that interconnect regions involved in memory, attention, decision-making, language and executive functioning skills. Studies of normal brain development reveal critical areas of the brain that develop during late adolescence, and our study shows that heavy cannabis (marijuana) use is associated with damage in those brain regions.”

– Journal of Psychiatric Research, 2009; 43 (3): 189–204 DOI: 10.1016/j.jpsychires.2008.12.002

Harms Brain Development

A variety of brain scans done on college-age marijuana users showed brain damage, even with occasional use. The scans showed **structural abnormalities** in gray matter density, volume, and shape in the *nucleus accumbens* and *amygdala* parts of the brain.

(Dr. Jodi Gilman, *Journal of Neuroscience*, April 16, 2014)

Increases Risk of Mental Illness

Studies show that young people who use marijuana were **twice as likely to develop schizophrenia**, a disabling brain disorder, as those who didn't use marijuana. They were also twice as likely to develop psychosis (delusional perceptions) over the next 10 years as non-marijuana-users. Using marijuana hastened the onset of mental illness by 3 years.

(www.health.harvard.edu/blog/teens-who-smoke-pot-at-risk-for-later-schizophrenia-psychosis-201103071676)

Teenagers who use marijuana weekly have double the risk for later **depression and anxiety**.

(Degenhardt, Hall et al. 2001; Patton, Coffey et al. 2002)



Harms Learning and Memory

Marijuana impairs **learning and memory, attention, decision-making**, and causes deficits in **time estimation**.

(*JAMA*. 2002 Mar 6;287)

“Those who began using marijuana before age 18 showed significant lower IQ at age 38 than those who didn't use; or those who began using after the brain was developed.”

(*National Institute of Drug Abuse, Bulletin* August 13, 2013)

Creates Problems in Social Functioning

People who use marijuana heavily have a persistent lack of decision-making abilities and show **alterations in brain activity**.

(www.sciencedirect.com/science/article/pii/S105381190500100)

Marijuana use before age 18 resulted in **higher rates of addiction**—up to 17 percent within 2 years—and disruption to an individual's life . . . A 21-year study found that regular use was associated with increased rates of illicit **drug use, crime, depression and suicidal behaviors**.

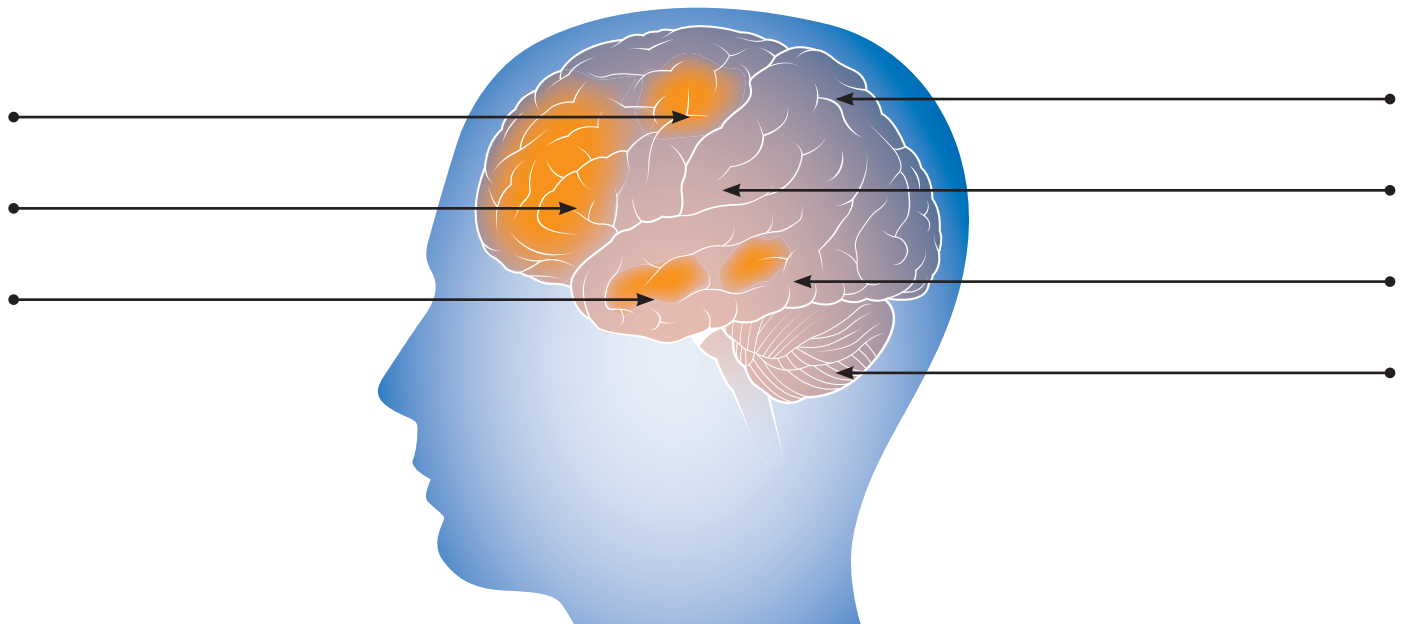
(Fergusson, Horwood et al. 2002)

I Can Have a Healthy, Powerful Brain

Staying alcohol- and drug-free keeps your brain healthy



Directions: Fill out the lines below with things that can harm your brain.



Directions: Fill out the lines below with things that help you have a healthy brain.



PLEDGE

I will value and respect my brain and I will stay alcohol- and drug-free until my brain is fully developed: _____

Family Protective Strategies

Use these to protect your children from alcohol, tobacco, and other drugs



Below are bonding, boundaries, and monitoring strategies that help protect kids from A.T.O.D. use. Put an “X” by the ones you already do; circle the ones you’d like to work on. Make a plan and start out small. Add new ones as the old ones become a habit.

BONDING

- We tell our children we love them and make a point to look for and compliment the good in each family member.
- We spend 10-15 minutes of one-on-one “My Time” with each child almost every day.
- We eat a meal together as a family at least three times a week, and make our time together pleasant.
- We have weekly family meetings.
- We spend time together as a family laughing and doing fun things.
- We talk often to our children about their dreams and goals.
- We keep up positive family customs and traditions.
- We try to go to school activities such as games and performances as a family.

BOUNDARIES

- We have family rules that are fair and consistently enforced. Write a clear “No Alcohol” rule here: _____
- We talk about our standards related to no alcohol, tobacco, or drug use; if alcohol or drugs show up at a party, kids are to call us and come home.
- We encourage and support school work, and we have set times to do homework.
- We divide household chores among family members.
- We have rules (curfew) for each kid about what time to be home.
- We encourage our kids to participate in activities that promote a positive sense of self.
- We help our children develop skills in goal-setting, communication, decision-making, and conflict resolution.

MONITORING

- We find out where our children are going, who they’ll be with, what they’ll be doing, and when they’ll be home.
- We get to know our kids’ friends’ parents and share our no A.T.O.D. rules.
- We see that our kids stay in an alcohol- and drug-free social environment.
- We make sure our children don’t have access to our alcohol or prescription drugs.
- We promote fun, positive alternative activities to teen alcohol and drug use.

The 5 Cs to Stay Smart and Safe

A smart way to say "no" and still keep your friends



1- Caution
Ask questions

2- Cool it

Name the negative behavior and say "no"

3- Change the plan
Suggest a better idea

4- Catch you later
Leave if necessary

5- Call me
Call me if you change your mind

Family Freedom Pledge

Read, commit to, and post publicly



When people want to make a serious and commitment, they often make a pledge like the one below. Here's your chance to take a public stand for your freedom to love life and live smart by staying drug- and alcohol-free.

FAMILY FREEDOM PLEDGE

.....

BECAUSE **ALCOHOL, TOBACCO, AND DRUGS CAN NEGATIVELY ALTER THE NEURO-PATHWAYS OF MY BRAIN AND CAUSE ME TO BECOME ADDICTED**

AND

BECAUSE **I VALUE MY FREEDOM AND REFUSE TO BECOME A SLAVE TO GREEDY DRUG DEALERS OR ALCOHOL AND TOBACCO COMPANIES WHO WOULD PROFIT FROM MY ADDICTION**

AND

BECAUSE I WANT TO **ENJOY LIFE** AND **PROTECT MY BRAIN'S ABILITY TO SENSE FUN AND PLEASURE FROM NATURAL HIGHS**

AND

BECAUSE **I HAVE THE POWER TO MAKE SMART CHOICES AND KEEP MY BRAIN FULLY FUNCTIONING AND ADDICTION FREE**

THEREFORE

I PROMISE TO STAY ALCOHOL, TOBACCO, AND DRUG FREE

SIGNED: _____ DATE _____

..... AND

BECAUSE **WE AS PARENTS RESPECT AND SUPPORT OUR CHILDREN IN THESE IMPORTANT CHOICES, WE WILL HONOR OUR RESPONSIBILITIES AS PARENTS AND COMMIT TO: PROVIDE A SUPPORTIVE, LOVING FAMILY ATMOSPHERE, SET CLEAR RULES, AND BOUNDARIES OF NO UNDERAGE DRINKING, DRUG, OR TOBACCO USE; HELP OUR KIDS ENJOY LIFE THROUGH SAFE, ALCOHOL-FREE FUN; AND MONITOR THEIR ACTIVITIES TO ENSURE OUR KIDS STAY IN AN ALCOHOL AND DRUG FREE SOCIAL ENVIRONMENT.**

SIGNED: _____ DATE _____

Freedom Pledge to Never Drink and Drive

No excuses—make a personal pledge and keep it



I PLEDGE

BECAUSE ALCOHOL IMPAIRS BRAIN FUNCTION WHICH CAN RESULT IN DRUNK DRIVING CRASHES

AND

BECAUSE DRUNK DRIVING CRASHES CAUSE INTENSE SUFFERING THAT IS BOTH NEEDLESS AND

BECAUSE 100% PREVENTABLE

I WILL NOT RISK FORCING OTHERS TO SUFFER LIFE-LONG GRIEF BECAUSE OF MY BAD CHOICES.

**T H E R E F O R E
I SOLEMNLY PLEDGE NEVER TO DRINK AND DRIVE.**

I WILL ENCOURAGE OTHERS TO DO LIKEWISE.

I WON'T RIDE WITH SOMEONE WHO HAS BEEN DRINKING

I WILL NOT DRINK UNDERAGE OR GIVE ALCOHOL TO A MINOR.

X _____ **DATE**

Pro-Social Skills for a Successful Life

Tips for staying alcohol-free



Helping children stay alcohol- and drug-free is a team effort involving both parents and kids. These skills cards will help you achieve that wonderful goal—allowing kids to grow up addiction free. Practice the skills aloud, using pretend situations, until they become automatic.

PARENT TIP

MONITOR ASKING THE 5 Ws

1. Where are you going?
2. Who are you going with?
3. What will you be doing?
4. When will you return?
5. Will there be alcohol there?

HOW TO

SAY NO USING THE 5 Cs

1. Caution: Ask questions before saying “yes.”
2. Cool it: Call negative behavior as it is.
3. Change plan: Suggest a better idea.
4. Catch you later: Leave if they insist.
5. Call me: Invite to join you if they change their minds.

HOW TO

PLAN FUN ALCOHOL-FREE

1. Decide as friends to party alcohol-free.
2. Make long category lists of fun things to do—things that cost money, things that are low or no cost, inside fun, and outside fun.
3. Weekly choose an activity; plan and do it.
4. Have plenty of good food and no alcoholic drinks.
5. Permit pleasant parent monitoring.

HOW TO

STOP DRINKING

1. Value your brain; make a firm decision to stop drinking.
2. Find ways to cope with withdrawals.
3. Tell your parents and friends and ask for their support.
4. Plan no-alcohol fun. Avoid drinking places and people; they will trigger a relapse.
5. “Mind-switch.” Think of something else powerful and good if you are tempted to drink or do drugs.

The Risks of Prescription Drug Abuse

Protect your brain from addiction



Prescription drug abuse is a real danger, especially when it comes to narcotic (or opioid) pain killers. They can be highly addictive and can be as dangerous as street drugs. Even when legally prescribed by a doctor, this type of drug must be carefully monitored and correctly used to avoid dependence, addiction, damage to your body and brain, overdose or even death. Please take this this issue very seriously, not just for yourself, but also for your kids. Here are five ways you can keep your family safe from prescription drug abuse:

UNDERSTAND THE RISKS

- In a study published by the CDC ¹, researchers reported that physical dependence on opioids can begin after just a few days of use.
- Opioids aren't the only type of prescription drugs that come with risks. Be aware that other legal drugs—like tranquilizers, sedatives, and hypnotics (used to treat anxiety and sleep disorders) and stimulants (like cognitive enhancers used to treat attention-deficit disorders or depression)—can also be addictive or have harmful side effects when not used properly. ²
- The biggest cause of overdose deaths in adults and youth comes from prescription drug abuse. ³

USE YOUR PRESCRIPTIONS CORRECTLY

- Only take medication that is prescribed to you—and in the correct dose.
- Never use prescriptions for any reason other than the pain or injury they were prescribed for.
- Never share your prescriptions with others.
- Ask your doctor how your prescription will interact with other medication or alcohol.
- Remember pain medication isn't like an antibiotic—you don't need to finish the whole prescription. Quit using them as soon as you can.

TALK TO YOUR KIDS

- When it comes to prescriptions, keep a close watch on your kids—and your medication. In one survey, half of teens believed prescription drugs are safer than illegal street drugs. ⁴
- According to the National Center on Addiction and Substance Abuse at Columbia University, teens who abuse prescription drugs are twice as likely to use alcohol, five times more likely to use marijuana, and twelve to twenty times more likely to use illegal street drugs. ⁵
- Talk to your kids about the risks of prescription drug abuse. Set clear rules about using medication only as it is directed by a healthcare professional.

ASK YOUR DOCTOR / DENTIST ABOUT ALTERNATIVES

- Opioids can be useful for some types of pain, such as cancer or end-of-life care. But there are many other effective (and perhaps safer) pain management options available, such as non-narcotic drugs, physical therapy, behavioral therapy, and alternative medicine.
- If you or your child are prescribed opioids, have a conversation with your doctor or dentist to find out if that choice is right for you and you understand how to use them safely. Here are some questions you can ask your healthcare provider before taking an opioid.
 1. Do I really need an opioid? Is there a safer alternative?
 2. What are the risks for me?
 3. Is my prescription for the lowest dose?
 4. How can I avoid addiction and what are the warning signs?

Screenshot these questions so you have them next time you visit a doctor or dentist.

STORE AND DISPOSE YOUR PRESCRIPTIONS SAFELY

- Store your prescriptions securely out of sight and reach of family or friends, especially kids. Keep track of the number of pills so you know if any are missing. Don't combine prescriptions in one bottle; keep them in the original container. Many problems with prescription drugs start with people getting them from family or friends, so keep yours locked up.
- Never keep or use leftover or expired prescriptions. Dispose of them safely at a medicine take-back event or location, such as a drop box at a pharmacy or police station. You can also mix them with an unappealing substance such as dirt or used coffee grounds and throw them away in a sealed bag at home. Remove your information from the bottle.

1. Anuj Shah, Corey J. Hayes, PharmD; Bradley C. Martin, PharmD, PhD, "Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015." *Morbidity and Mortality Weekly Report*. Published by the CDC. 3/17/17. 66(10):265–269.

2. Drugabuse.gov

3, 4, 5. Foundation for a Drug-Free World

The Harms of Vaping

E-cigarettes damage teens’ brains and lungs



Tobacco and nicotine products have changed over the years, but the addictive chemicals they contain haven’t. E-cigarette and vape products have fun flavors (often fruity or sweet) that seem more like candy than a harmful chemical. And the vape devices come in so many styles and designs—from pens to USB flash drive lookalikes—that it’s hard to recognize them for the danger they are. Notice some of the different shapes they come in below.

The vape industry is targeting your kids with colorful, fun, sleek products, so it is more important than ever to have the conversation early to help them have an addiction-free future. Here are some facts to discuss with your kids to keep them safe and help your family make informed choices.

DID YOU KNOW?

DAMAGES THE BRAIN

Nicotine negatively affects brain circuits that control attention, learning, mood disorders, and impulse control.

HIGHLY ADDICTIVE

Nicotine is as addictive as heroin and just as hard to quit.

DAMAGES LUNGS

Chemicals in vaping devices, which are poorly regulated, can seriously damage the lungs of users.

GATEWAY TO OTHER DRUGS

Some kids who use e-cigarettes replace the nicotine with marijuana, which causes additional harm to the teen brain.

RISK OF RELAPSE

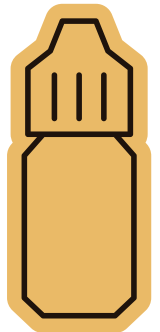
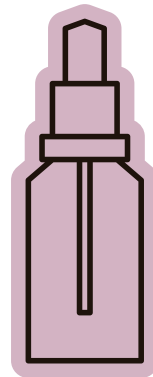
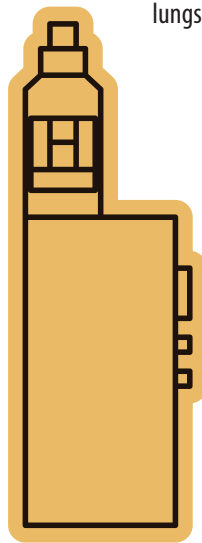
People in recovery from addiction are more likely to relapse if using nicotine.

PRIMES BRAIN FOR ADDICTION

Nicotine primes the brain to be more susceptible to addiction from other drugs kids may try, like cocaine.

LEADS TO CIGARETTE USE

Studies show that teens who start with e-cigarrets are more likely to try regular cigarettes within one year.



STEALS JOY

Nicotine harms the brain’s pleasure center so young users experience less pleasure from normal things.

SUPER JUICED

E-cigarettes and other vape devices can contain many times more the amount of nicotine than a traditional cigarette. For example, the nicotine in one JUUL cartridge (a type of vape device) is equivalent to a whole pack of cigarettes.