

Family pledge



As a family we pledge to do our part to reduce youth access to alcohol and create a healthy family and community by:

- Planning fun, safe and alcohol-free family activities.
- Inviting family and friends to be a part of our fun, safe and alcohol-free activities.
- Serving as a positive role model with regard to any alcohol use.
- Communicating with other families about our family's pledge and commitments.
- Supporting community enforcement of underage drinking laws.
- Supporting our schools' enforcement of underage drinking policies.
- Knowing where my children will be: getting the address, phone number, and name of the host.
- Expecting that my child will call if any of the plans change or if the activity location changes.
- Telling the host of the event our family's expectations.
- Setting a time when my child will be home: be awake or ask to be awakened when he/she returns home. Avoid agreeing to requests for any last minute "sleep-overs."
- Urging my family members NEVER to ride with any driver who has been drinking.
- Talking to my parents about where I'm going and what I'm doing.
- Talking to my parents about what happens at the party: if alcohol was provided and who provided.

PARENT COMMITTED

TO STOPPING UNDERAGE DRINKING

**NOTICE
CHOOSE
ACT**

Parent pledge

I pledge to create an alcohol-free environment that is fun and safe for my children and their friends. As part of this pledge I will:

- Actively chaperone all underage parties/activities in my home. It is illegal to host or allow teen drinking parties in your home.
- Not serve or allow alcoholic beverages to be served or be on the premises at underage parties/activities at my home. It is unhealthy, harmful and illegal for anyone under age 21 to drink.
- Not permit any teenager who arrives or appears to be intoxicated to drive and I will alert appropriate parents. It is unsafe and illegal for teens to drink and drive.
- Welcome calls from other parents whose children have been invited to my home. Commit to talking with other parents about not providing youth with alcohol.

What YOU need to know:

- It is illegal to give alcohol to your teen's friends under the age of 21 under any circumstances, even in your own home, even with their parent's permission.
- It is illegal to purchase alcohol for anyone under the age of 21.
- YOU can be held liable if you give alcohol to anyone under 21, and they, in turn hurt someone, hurt themselves or damage property.
- Parents can be prosecuted under the law. Everything associated with a violation, such as personal property, can be confiscated.



I REFUSE
TO BUY
ALCOHOL,SERVE

I REFUSE
TO BUY
ALCOHOL,
SERVE
ALCOHOL OR
ALLOW ANY
UNDERAGE
DRINKING IN
MY HOME

For more information please call (916) 228-2418

Sacramento Friday Night Live Partnership
Sacramento County Office of Education • Prevention and Student Services Department

PARENT COMMITTED

NOTICE CHOOSE ACT

TO STOPPING UNDERAGE DRINKING

ABOUT THIS PROGRAM

The greatest influence on a young person's decision to drink alcohol is the world they live in. The number one protective factor against youth alcohol abuse is a strong parent-child relationship - a PARENT COMMITTED.

It is time to stop accepting teen drinking as a rite of passage and to understand the threat it poses to healthy development. Parents play a vital role in replacing pro-alcohol messages with clear messages urging young people not to drink!

- Today, nearly 10.8 million youth, ages 12-20, are underage drinkers.
- 34% of Folsom 9th graders reported their first drink of alcohol was before the age of 14.

It takes a Community COMMITTED to eliminate underage drinking!

CHOOSE Make The Best Choice For Your Family

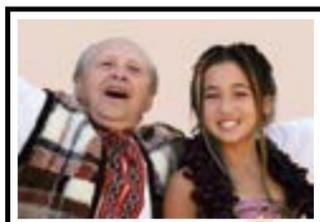
Do you feel a little overwhelmed by today's teen culture, including what's happening on the internet? Choose to be involved and aware of the information your child is accessing and experiencing.

Some of the hottest music teens listen to today is about drug use and other risky behaviors. Which songs/artists does your teen listen to? How often are they referring to drugs and alcohol? Check out the music lyrics that are streaming into teens' headphones by visiting this website: <http://music.yahoo.com/lyrics>

Learn more about what teen text messages really mean, as well as lots of other teen topics by going online to www.theantidrug.com. You'll find information on every aspect of today's teenagers. Ask your teen what they know about some of the most popular online searches.

Ask your teen to show you the photos he/she has taken with his/her cell phone, or view the music and videos he/she has downloaded onto their electronic devices. Go to the "25 Most Played" list. Is there anything you are surprised by and should talk about?

Visit social networking sites, such as Facebook.com and/or Instagram and browse the profiles of teens who are your child's age to see what they say, what their interests are and what they are doing online.



NOTICE BE AWARE OF THE FACTS

Alcohol use by young people is most often made possible by adults buying it, providing it or allowing it to be consumed in their homes.

- 1 in 4 or 24% of Folsom 7th and 9th graders report having at least 1 drink of alcohol during the last 30 days.
- 1 in 3 or 34% of Folsom 9th graders reported their first drink was before the age of 14 years old.
- 30% of Folsom 7th graders feel it is fairly easy to get alcohol.
- 38% of 7th graders in Folsom report they have not or do not talk about the dangers of alcohol with their parents or guardians.

CHOOSE TO EAT TOGETHER

- Parents who frequently eat with their children are much more involved in their kids' lives.
- The more you eat dinner together as a family, the less likely your children are to engage in high risk behaviors.
- Parents who frequently have family dinners are more likely to say they know the parents of their teen's closest friends, know the names of their teen's teachers and believe they have a good relationship with their teen.
- The top three reasons given for not having more frequent dinners were that parents work late, are too busy and that family members have conflicting schedules.

BOTTOM LINE: MAKE IT YOUR CHOICE

Do not let other parents choose when your child will drink alcohol. If the parent community does not unite to eliminate underage drinking, the result may be that other parents will choose to buy alcohol, serve alcohol or allow underage drinking with your child in their homes.

ACT Follow A Family Plan of Action

Once you have more information and know more about the world your teen lives in, you are ready to act. Below are suggestions for parents to help close the generation gap and help their teens make good decisions.

- Get to know your teen's friends. As teens enter high school and expand their social circles it is important to meet their new friends. You can also reach out to your teen's friends' parents - meet them at school events, sports practice, PTA meetings or other school-related activities. As you establish ties with like-minded parents, you will create your own "parent community," allowing you to collectively set and reinforce rules for your teens.
- Help your teen realize the difference between the credible and incredible. Get "savvy" about the media that are available to youth today. Help your teen critically analyze the messages he/she receives through ads, music, movies and television.
- Be a good role model. Before judging your teen too harshly, it might be time to re-evaluate your drinking behaviors. If you are overdoing it with alcohol, your kids are going to pick up on it. If you laugh at a drunk or stoned person on TV, you may be sending the wrong message to your child. Be the person you want your teen to be.
- Set clear and reasonable boundaries for your child and family - create the boundaries with your child. Talk about your no-use expectations and set clear consequences for use.
- Engage in activities with your children - family game night, going to the park, sitting down to help them with homework, or just hanging out.

OPPORTUNITIES FOR INVOLVEMENT

- Friday Night Live (high school) and Club Live (middle school) are youth-led action groups that meet on school campuses. Young people build leadership skills, broaden their social network and initiate projects that improve school climate and reduce youth access to alcohol.

What's up in Folsom?*

- 30% of Folsom 7th graders report it would be fairly easy or very easy to get alcohol.
- 38% of Folsom 7th graders report they have not or do not talk about the dangers of alcohol with their parents or guardians.

(*2011-2012 Folsom Cordova Unified Healthy Kids Survey)

Brain Activity



8hrs of sleep no sleep

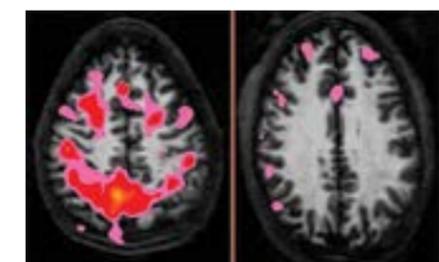
Rested Brain / Tired Brain

There is no way to make up for lack of sleep, and sleep deprivation affects can take over one year to recover from.

The blue area indicates brain activity.

Tips For Deep Restful Sleep:

- Don't use your computer right before bed.
- Don't fall asleep in front of the television.
- Sleep in a dark, quiet environment.
- Avoid stimulants and energy drinks (caffeine and sugar) for at least 3 hours before bed time.



non-user heavy user

Binging Brain Activity

This is a normal 15-year-old's brain on the left with no alcohol use. On the right is a teenage heavy alcohol user.

The red and pink areas indicate brain activity.

The goal of this program is to reduce underage drinking and youth access to alcohol by increasing support to parents and families with teens.