

PARENTING GAZETTE

Parenting Just Got Easier



October 2009



October is National Red Ribbon Month (Youth Drug Prevention Month)

This edition of the Parenting Gazette is devoted to research-based drug prevention information.

Brain Research Indicates Negative Effects Of Alcohol Use by Youth

The teen brain is a "work in progress". New scientific research shows the teen brain is not fully developed until the early to mid-20s. The prefrontal cortex, the area of the brain that is involved in thinking and decision-making, is the last area to complete development. Brain imaging shows that alcohol use can negatively impact brain development in youth.

*Department of Psychiatry
University of Minnesota*

Teens Who Eat Frequent Family Dinners Less Likely to Drink, Smoke, and Use Other Drugs

A new study confirms prior research results. Teens who eat dinner with their families 5 or more times per week are 2 times less likely to use alcohol or marijuana now or in the future. They are also far less likely to have friends that use alcohol, marijuana and other drugs.

*National Center on Addiction and Substance Abuse
Columbia University*

Early Intervention By Parents Reduces Marijuana Use

Parents can significantly reduce the chance that their child/teen will use marijuana by talking with them on multiple occasions about the risks of use when they are young, before 13 years. For more information about talking to children/teens about the dangers of marijuana, alcohol, and other drug use visit: <http://www.theantidrug.com/>

Research into Action/CADCA

Teen Abuse of Prescription and Over-the-Counter Drugs is Rising

A recent national survey of youth found that abuse of prescription and over-the-counter medications is increasing. One in 5 confirmed abusing Vicodin; 1 in 10 admitted abusing OxyContin; and 1 in 11 stated they had abused cough medicines. Youth surveyed stated they got medications from medicine cabinets at home, from the homes of other family members, e.g. grandparents, and from other youth. **Researchers recommended that parents keep all medications secured and monitor for signs of abuse.**

Partnership for a Drug-Free America

The Chippewa Valley Coalition for Youth and Families joins parents, school and community in promoting safe, healthy and drug-free youth and supporting families. For more information, please call 586/723-2360.