

April 2009 Events in the Region

Week 1 (1st-4th)

April 1st : SADD Chapter Meeting Darien Depot

April 3rd: Alcohol Awareness Activities Greenwich High School

Week 2 (5th-11th)

Is my drinking risky? Take a quick test at:

www.alcoholscreening.org.

For additional info: www.rethinkingdrinking.niaaa.nih.gov

Week 3 (12th-18th)

April 16th: Latino Parent Presentation Turn of River Middle School, Stamford. 7:30 pm. All are welcome!

For more info: Contact Paola Torres Ph: 356-1980 ext. 7915.

April 17th: Bernie McGrenahan Comic with a message www.happyhourcomedy.com. For students at Greenwich High School.

April 18th: Bernie McGrenahan Fathers' Forum; Greenwich YMCA, 50 Putnam Ave.; 8:00 am. All are welcome (mother's too)!

For more info: <http://www.dawsondesign1.com/FathersForum/index.html>

Week 4 (19th–25th)

April 21st: Greenwich Sticker Shock

April 25th: New Canaan Sticker Shock

Sticker Shock is a MADD Youth in Action project to prevent the sale of alcohol to minors. For more info: Contact Amy Badini Ph: 203-253-2160.

Week 5 (26th-30th)

How much does alcohol abuse cost all of us? Problem drinking drains \$185 billion from the nation's economy each year. To calculate your community's risk visit the Cost Calculator at www.alcoholcostcalculator.org.

**** For more information on prevention, early intervention, treatment and recovery support, visit www.LFCRAC.org.**

^{1,2} Hawkins, J.D., Graham, J.W., Maguin, E., Abbot, R., Hill, K.G. and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial risk factors on subsequent alcohol misuse, *Journal of Studies on Alcohol*, 1997.

³ www.ensuringsolutions.org

April is Alcohol Awareness Month

Did you know...

- Parents who had clear discussions with children around the risks of underage drinking before the age of 10, had children who were less likely to initiate alcohol use early.¹
- Children who drink before the age of 15 are 5 times more likely to develop a lifelong dependency on alcohol.²
- As an adult, how much is too much? What is moderate drinking? Find out at www.alcoholscreening.org.
- Problem drinking is the third leading cause of preventable death in the United States.³
- It is illegal to allow minors to possess alcohol or "host" underage drinking parties. For more information, visit www.housepartybill.org.



This publication is courtesy of
**Lower Fairfield County
Regional Action Council**
www.LFCRAC.org

WEBSITES

FOR PARENTS

- www.theantidrug.com / www.LaAntidroga.com (Spanish)
- www.drugfree.org/Parent
- www.family.samhsa.gov
- www.nida.nih.gov/parent-teacher.html
- www.nida.nih.gov/nidaespanol.html (Spanish)
- www.alcoholfreechildren.org
- www.madd.org

FOR TEENS

- www.nida.nih.gov/students.html
- www.checkyourself.com
- www.freevibe.com
- www.thecoolspot.org

FOR PROFESSIONALS

- www.samhsa.gov
- www.jointogether.org
- www.niaaa.nih.gov
- www.ensuringsolutions.org

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Source: www.ncadi.samhsa.gov/seasonal/aprilalcohol/

TAKE ACTION

There are six actions you can take today to help keep your child alcohol free.

1. TALK EARLY AND OFTEN WITH YOUR CHILD

- Establish and maintain an open line of communication.
- Get into the habit of talking with your child every day. This will make it easier for you to have conversations about serious subjects when necessary.

2. GET INVOLVED

- Talking with your child about his or her activities opens up an opportunity for you to share your interests and values.
- Young people are much less likely to have mental health and substance abuse problems when they have positive activities to do and when caring adults are involved in their lives.

3. BE A ROLE MODEL

- Think about what you say and how you act in front of your child. Your own actions are the most powerful indicator to your children of what is appropriate and acceptable in your family.
- Do not take part in illegal, unhealthy, or dangerous practices related to alcohol, tobacco, or drugs or your child may believe that these practices are OK no matter what you say.

4. TEACH KIDS TO CHOOSE FRIENDS WISELY

- Teach your child how to form positive relationships.
- Help your child to understand what qualities to look for in a friend.

5. MONITOR YOUR CHILD'S ACTIVITIES

- Know where your children are and get acquainted with their friends.
- Limit the amount of time your children spend without an adult being present. Unsupervised children have more opportunities to experiment with risky behaviors, including the use of alcohol, tobacco, and illegal drugs, and they may start substance abuse at earlier ages.

6. SET RULES

- Make clear, sensible rules for your child and enforce them with consistency and appropriate consequences.
- Following these rules can help protect your child's physical safety and mental well-being, which can lower his or her risk for substance abuse problems.

Be aware of what is going on in your home. Two out of three teens aged 13-18 said it is easy to get alcohol from their own homes without their parents knowing it.

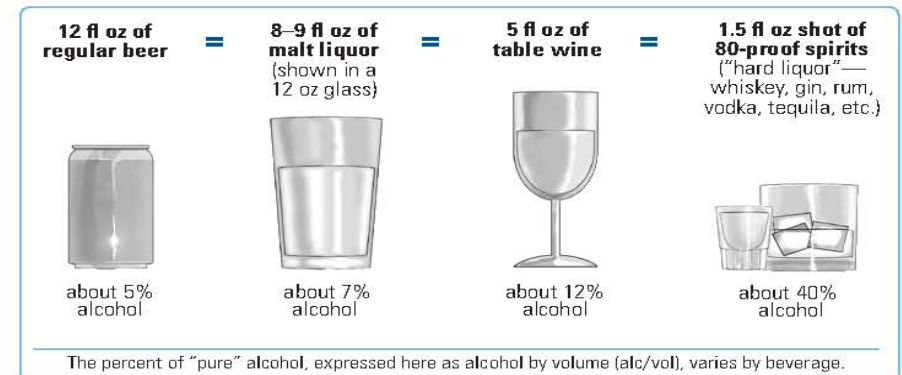
Source: www.ctclearinghouse.org/Topics

HOW MUCH IS TOO MUCH?

Source: www.rethinkingdrinking.niaaa.nih.gov

What counts as a drink?

Many people are surprised to learn what counts as a drink. In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol. Although the drinks pictured below are different sizes, each contains approximately the same amount of alcohol and counts as a single drink.



How many drinks are in common containers?

Below is the approximate number of standard drinks in different sized containers of

regular beer	malt liquor	table wine	80-proof spirits or "hard liquor"
12 fl oz = 1	12 fl oz = 1½	750 ml (a regular wine bottle) = 5	a shot (1.5 oz glass/50 ml bottle) = 1
16 fl oz = 1½	16 fl oz = 2		a mixed drink or cocktail = 1 or more
22 fl oz = 2	22 fl oz = 2½		200 ml (a "half pint") = 4½
40 fl oz = 3½	40 fl oz = 4½		375 ml (a "pint" or "half bottle") = 8½
			750 ml (a "fifth") = 17