

Tips for the Month

Week 1

Have 1 more dinner together per week as a family for the rest of the month.

Week 2

Send your children positive text messages about healthy expectations and choices.

Week 3

Visit www.stopalcoholabuse.gov for resources to help start discussions with teens about alcohol and drinking, including an action plan that parents can personalize for their children to help start the conversation.

Week 4

Sign a contract with your child about who'll they'll contact if they end up at a party scene and need help.

Week 5

Join your local Coalition.

If you want to get more involved in preventing underage drinking or learn about presentations for parents in your community, please contact your Local Prevention Council...

Darien

Martha Rhein

Thriving Youth Task Force
Email: martharhein@gmail.com
Phone: 203-656-1278

Greenwich

Jenny Byxbee

Greenwich Youth Services Council
E-mail: jbyxbee@unitedway-greenwich.com
Phone: 203-869-2221

New Canaan

Meg Domino

New Canaan Cares
E-Mail: mdomino@newcanaancares.org
Phone: 203-966-7862

Stamford

Terri Drew

Youth Service Bureau
Email: tdrew@ci.stamford.ct.us
Phone: 203-977-5674

For a listing of parent forums/presentations in the surrounding communities and throughout CT, please visit www.lfcrac.org/calendar.htm.

^{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 NIAAA

The Power of Parents

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 4 times more likely to develop a lifelong dependency on alcohol.²
- It is illegal to allow minors to possess alcohol or “host” underage drinking parties.
- 65% of teenagers report that they get their alcohol from family and friends.
- During adolescence, significant changes occur in the body, including the formation of new networks in the brain. Alcohol use during this time may affect brain development.³



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

Skills and Tips to Prevent Underage Drinking

The Power of Parents

"What parents may not realize is that children say parental disapproval of underage drinking is the key reason they have chosen not to drink."

Source: Charles Curie, former Substance Abuse and Mental Health Services Administration (SAMHSA) administrator, U.S. Department of Health and Human Services.

Source: www.parentsempowered.org

TAKE ACTION

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

1. Talk Early and Often with Your Child
2. Get Involved
3. Be a Role Model
4. Teach Kids to Choose Friends Wisely
5. Monitor Your Child's Activities
6. Set Rules

Source: www.ctclearinghouse.org/Topics



PARENT EDUCATION WEBSITES

- www.settherulesct.org
SetTheRulesCT is designed to provide parents and adults with information and resources to help parents keep Connecticut's youth from drinking alcohol.
- www.parentsfortheright.com
Find simple, practical, and proven ways to help your kids succeed. Take a tour to find out about their exciting new features! E-Newsletter sign-up.
- www.theantidrug.com
Basic drug information, parenting advice, newsletter and many other resources. Information is available in the following languages Spanish, Chinese, Filipino, Korean and Vietnamese.
- www.drugfree.org/Parent
Website for the partnership for a drug free America includes timetotalk.org, a great resource for starting that conversation early and often with your children.

HELP IS AVAILABLE

- **211 Connecticut Info Line • www.infoline.org**
2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.
- **SAMHSA National Drug Information Treatment and Referral Hotline 800-662-HELP (4357) • www.dasis3.samhsa.gov**
Information, support, treatment options, and referrals to local rehab centers for any drug or alcohol problem. Operates 24 hours, seven days a week.

Parent Guide:

Connecticut Laws on Alcohol and Minors

Summary	Penalty/Statute
Possession of Alcohol by Minors	
Prohibits possession of alcohol by a minor or the act of being in a position of control on any public or private property	First offense: an infraction Subsequent offenses: fine between \$200 and \$500 Sec. 30-89(b)
If on a public street or highway	<ul style="list-style-type: none">• Subject to up to a 60 day license suspension - Sec.14-111e(a)• If not licensed, must wait 150 days after eligible for license Sec.14-111e(b)
If in any other or private location	<ul style="list-style-type: none">• Subject to up to a 30 day license suspension - Sec.14-111e(a)• If not licensed, must wait 150 days after eligible for license Sec.14-111e(b)
Prohibits possession by a minor of liquor in a motor vehicle	Subject to up to a 60 day license suspension Sec.14-111a
Sale or Provision of Alcohol to Minors	
Prohibits permittee or agent of permittee from selling or delivering liquor to a minor Includes Internet sales	Fine of up to \$1500 or up to 18 months in jail or both Sec 30-86(b)(1)
Prohibits anyone from allowing minors to possess alcohol or "host" underage drinking parties	First offense: an infraction Subsequent offenses: fine of up to \$500 or up to one year in jail or both Sec. 30-89a
Prohibits anyone from giving or delivering liquor to a minor	Fine of up to \$1500 or up to 18 months in jail or both Sec 30-86(b)(2)



This publication is courtesy of the

Prevention Partnership Committee of

LFCRAC Lower Fairfield County Regional Action Council www.LFCRAC.org

For a complete list of the CT Laws on Alcohol and Minors go to:

<http://www.ctclearinghouse.org/topics/> and click on alcohol

OVER →

Youth DUI (Zero Tolerance)

Summary: Prohibits minors from operating a motor vehicle if their blood alcohol content (BAC) is higher than .02.

	1st Offense	2nd Offense Within 10yr	3rd Offense after 10yr
FINE	\$500-\$1000 and	\$1000-\$4000 and	\$2000-\$8000 and
PENALTY	<ul style="list-style-type: none"> •48hrs-6mos in jail or •Probation with 100hrs community service and •1yr license suspension 	<ul style="list-style-type: none"> •120 days-2 yrs in jail and •Probation with 100hrs of community service and •1yr license suspension & prohibited from operating a motor vehicle unless vehicle is equipped with a functioning, approved ignition interlock device for the 2yr period following completion of such suspension period 	<ul style="list-style-type: none"> • 1yr-3yrs in jail and •Probation with 100hrs of community service and •Permanent license revocation: Sec.14-227g

Persons Under the Age of Sixteen

☐ All of the above violations of the law would be considered to be “delinquent acts” when committed by a child under the age of sixteen and would be handled in the Superior Court Juvenile Matters. Children under the age of sixteen are not subject to the fines set forth in the statutes but do face a maximum commitment to the Department of Children and Families and placement out of their residence for an indeterminate period of up to 18 months with a possible extension for another 18 months if ordered by the court.

☐ Certain serious criminal offenses, such as Manslaughter in the Second Degree with a Motor Vehicle and Misconduct with a Motor Vehicle, that often involve the use of alcohol, when committed by child under the age of sixteen, could result in a period of commitment to the Department of children and Families and placement out of their residence for an indeterminate period of up to four years with a possible extension for another 18 months if ordered by the court.

☐ Any crime considered to be a felony, meaning that it has a maximum penalty of imprisonment for one year or more if committed by an adult, when committed by a child between fourteen and sixteen years of age, could be transferred from the Superior Court Juvenile Matters to the adult criminal court where the adult criminal penalties would apply.