

Teens and Their Health

The brain goes through dynamic changes during adolescence. Studies have shown that judgment is the last area of the brain to develop. A person who begins drinking as a teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to consume alcohol.

Teens who drink alcohol are more likely to become sexually active, placing them at greater risk of HIV infection and other sexually transmitted diseases. Short-term or moderate drinking impairs learning and memory in teens. Teens only need to drink half as much alcohol as adults to suffer the same negative effects.¹



¹*Harmful Consequences of Alcohol Use on the Brains of Children, Adolescents, and College Students. American Medical Association, 2004.*



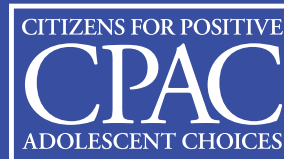
Chestnut Health Systems

For more information about community efforts, campaign materials, and resources please visit:

chestnut.org/prevention

Havana Area
PREVENTION TEAM

[Facebook.com/HavanaPreventionTeam](https://www.facebook.com/HavanaPreventionTeam)



[Facebook.com/CPACpostiviechoice](https://www.facebook.com/CPACpostiviechoice)

Funding provided in whole or in part by the Illinois Department of Human Services and the Substance Abuse Mental Health Administration.

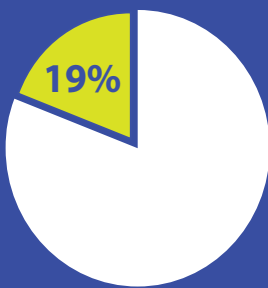
YOUR *Actions* MATTER

As a resident of Mason County your actions matter when it comes to preventing underage drinking of Mason County youth.

19% of

Mason County 10th Graders

reported getting alcohol from a non-parental adult with that adult's permission.*



* 2014 Illinois Youth Survey, Mason County data

Why does it matter?

Alcohol use is the most widespread substance of abuse among youth in our country. Underage drinking is a major societal problem with enormous health and safety concerns.

Research shows that a teen's decision to use alcohol is influenced by several factors. Some of these factors include what adults say and do about youth drinking. These factors can either protect youth from alcohol use or place them at risk.

EVERYONE *was* A PART

Alcohol use by young people is not an acceptable rite of passage but a serious threat to youth development and health. Let's work together to create a community where young people can feel good about themselves without drinking.

Parents

- Talk with your teen and let him or her know your expectations. Teens need clear behavior guidelines and boundaries.
- Ask questions about your teen's daily life. Listen to his or her opinions and concerns.



- Chat with your teen. Get to know your teen's friends and their parents. Always know what your teen is doing and who he or she is with.
- Have your teen check in with you regularly.
- Monitor alcohol use in your home.
- Spend time on a regular basis with your teen doing one-on-one or family activities.

Community

- Deliver the message that underage drinking is not a rite of passage but a serious threat to teens' health.
- Know the law: In Illinois, if you allow or host a party at your house and provide alcohol to people under age 21 you are guilty of a Class A misdemeanor. Note that you are held responsible regardless if you are the one who provides the alcohol AND regardless if you are home or not.
- Secure and monitor the liquor in your home.

Promote Responsibility

What happens in your home affects the community. Help parents of teens in your neighborhood by not allowing teens access to alcohol. Help teens to understand that alcohol is a drug and consuming it as a teen is harmful to their health and well-being. It is illegal for teens to drink, and for adults to provide alcohol to teens.

Parents and other adults need to remember that they are the greatest influence on the decisions teens make.