

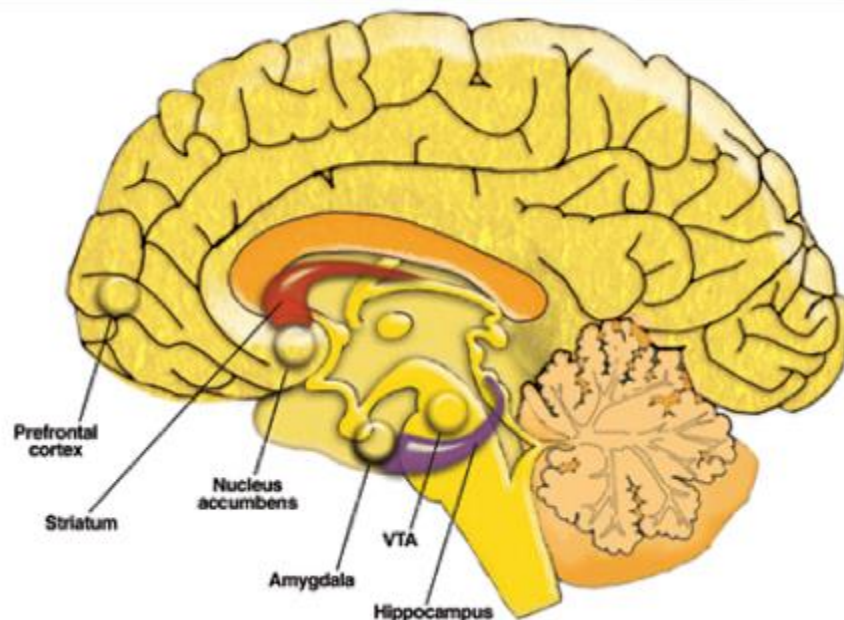
But Everybody's Doing it!

**Presented By: Columbia Middle School
Counseling Department**

Michael Deloach 6th Grade Counselor
Wanda Gibbons 7th Grade Counselor
Ursula Ross 8th Grade Counselor

How Our Brain Works

- **Prefrontal Cortex:**
Directs our judgment & decision-making (rational, mature thinking)
- **Amygdala:** Directs our emotional response (immaturity)
- **Deny, Delay, Discourage!**



Myths and Trends of Alcohol, Drugs, and Teenage Behavior

Myth #1: I need to teach my children how to drink before they go to college.

- May hinder frontal lobe development.
- Does not reduce the likelihood of your child binge drinking or becoming dependent on alcohol.
- Your child's brain is not in a place to handle alcohol as an adult would.

Myth #2: Europe has a lower drinking age and less problems with alcohol.

- Globally, the earlier young people start to drink, the worse the alcohol related consequences can be.
- Majority of European countries have higher rates of intoxication among young people than do youth from the United States
- The U.S. actually has lower rates of binge drinking for 15-18 year olds than Canada, Ireland, Poland, and the UK.

Myth #3: They are going to do it anyway. I might as well let them do it at my house so I know they are safe.

- If children are drinking in your home, you are technically breaking the law. You can be charged with contributing to a minor.
- You are sending mixed messages.
 - Adolescents may be confused about the boundaries you have set and apply the “it’s okay to drink in the home rule” to setting outside of your home and outside of your control.

Myth #4: My kid is a good kid.

- Even “good kids” make mistakes. Adolescent brains are all still developing, so there are no “bad kids.”



Myth #5: I did it when I was in high school, and I'm fine.

- Children who live in an environment where alcohol abuse or dependence is occurring are three times more likely to become dependent themselves.
- Kids today are constantly exposed to media promoting alcohol and drug use.

What are some messages your teens are getting from the media about drug and alcohol use?

Myth #6: Drinking is different than drugs.

Nope! Anything that spikes dopamine levels in the brain can become addictive.

Is marijuana a gateway drug?

The happy meal story...



Amazing Statistics

Students who wait to use drugs or alcohol until age 21, are likely **NEVER** to have problems with addiction during their lifetime.



WHY?

Students who have a genetic predisposition to addiction and wait to use until age 21, are **40% less likely** to have problems with addiction.

What trends are you seeing in teen alcohol and drug use?

- Parents allowing teens to drink at their homes
- Synthetic marijuana use
- The black out game

Alcopops



**How many
drinks fit in a
deposable
water bottle?**

If an average mixed
drink contains 1.5 fl.
oz., then a water
bottle can contain
11.27 drinks!



Marijuana Trends

Vaporizers:

- Discreet and almost odorless
- Uses multiple forms of marijuana
- Marketed as a healthy alternative



Wax:

- Marijuana concentrate
- Can contain up to 90% THC
- Used when “dapping”



Tobacco Trends

- **Hookah-** contains higher milliliters of smoke than smoking from cigarettes. WHO estimates one hour-long hookah session can equal over 100 cigarettes.
- **Snus-** an alternative to traditional chewing tobacco packaged similar to gum and comes in a teabag-like form. Requires no spitting.
- **E-cigarettes or Personal Vaporizer-** an electronic inhaler that vaporizes a liquid solution into an aerosol mist, simulating the act of tobacco smoking.

Prescription Drugs

- 3rd most commonly abused substance for Americans 14 years and older.
- Youth who abuse Rx drugs are more likely to report use of other drugs.
- Most teens get Rx drugs from friends, relatives, or someone they personally know.
- Commonly abused drugs:
 - Opioids
 - Stimulants
 - Depressants
- Common reason for use:
 - Get high (boys)
 - Loose weight (girls)
 - Help with schoolwork

MDMA/Molly/Ecstasy

- Lasts 4-6 hours
- Users believe it is “Most pure”
- Cause confusion, anxiety, depression, paranoia, sleep problems, drug cravings
- Sometimes cut with other drugs



Synthetics

Bath Salts

Tablets or a powder that users can swallow, snort or inject, producing similar effects to MDMA, amphetamines and cocaine.



Spice or Fake Weed

A mixture of leafy-looking herbs and spices that are sprayed with a chemical, then smoked. Sold as incense or potpourri.



Way's to Improve Awareness

As adults we know everybody IS NOT Doing it!

- ❖ Parents are important throughout adolescence
- ❖ We need to make ourselves aware of the current trends involving alcohol and drugs.

Way's to Improve Awareness cont....

- ❖ Facilitate an improved relationship or improved communication between the parent and adolescent

- ❖ Increase knowledge about and effectiveness of parenting practices (e.g. limit setting, monitoring, appropriate autonomy granting)

Way's to Improve Awareness cont....

The teen years are often a time to explore and learn more about themselves as they approach adulthood. Often, this involves experimenting and testing their boundaries. The desire to do something new or risky is a normal part of teen development.

Its important to always know what's going on with our children. It's up to us to stay up on the latest trends and have courageous conversations with them.

Take the opportunity to talk to your kids about drugs & alcohol!