

**POWER of
PARENTS**

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Mothers Against Drunk Driving

TALKING WITH YOUR
***MIDDLE SCHOOLER
& HIGH SCHOOLER***
ABOUT ALCOHOL

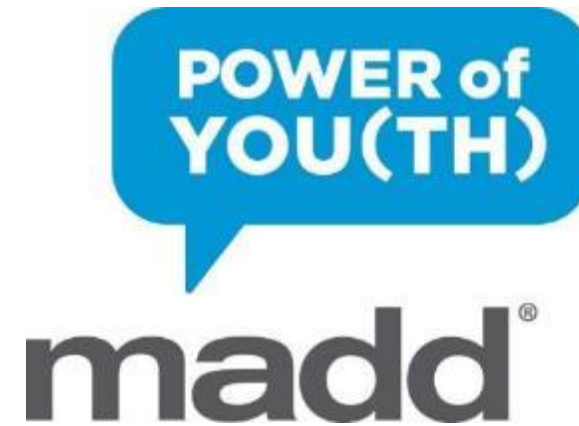
Karon White
MADD-Tennessee

MADD's Mission: NO MORE VICTIMS



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MADD's Underage Substance Use Prevention Programs



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Today's Key Objectives

1. Problem and consequences of underage drinking and Cannabis use
2. Role of teens' friends/peers
3. Role of adults
4. Role of parents
5. What you can do today, tomorrow, and in the future to keep your kids safe

**YOU Have The Power
to Make a Difference!**

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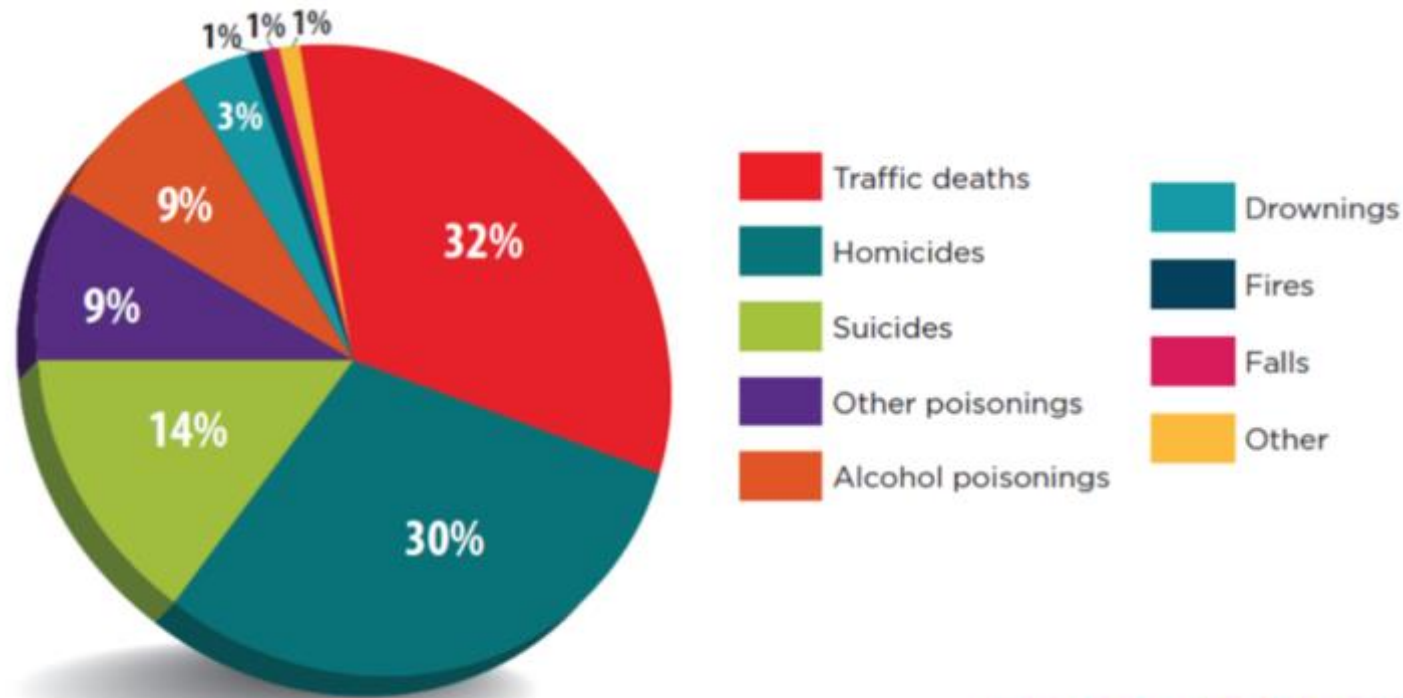
Underage Substance Use Problem and Consequences

- Alcohol is a drug.
- While cannabis and opioids are concerning for young people, alcohol continues to be the number one drug of choice among youth.
- Teen alcohol use kills more than **4,300** youth each year.
- Kids who start drinking young are **seven times more likely** to be in an alcohol related crash.



Taking Away the Keys... Doesn't Take Away the Risks

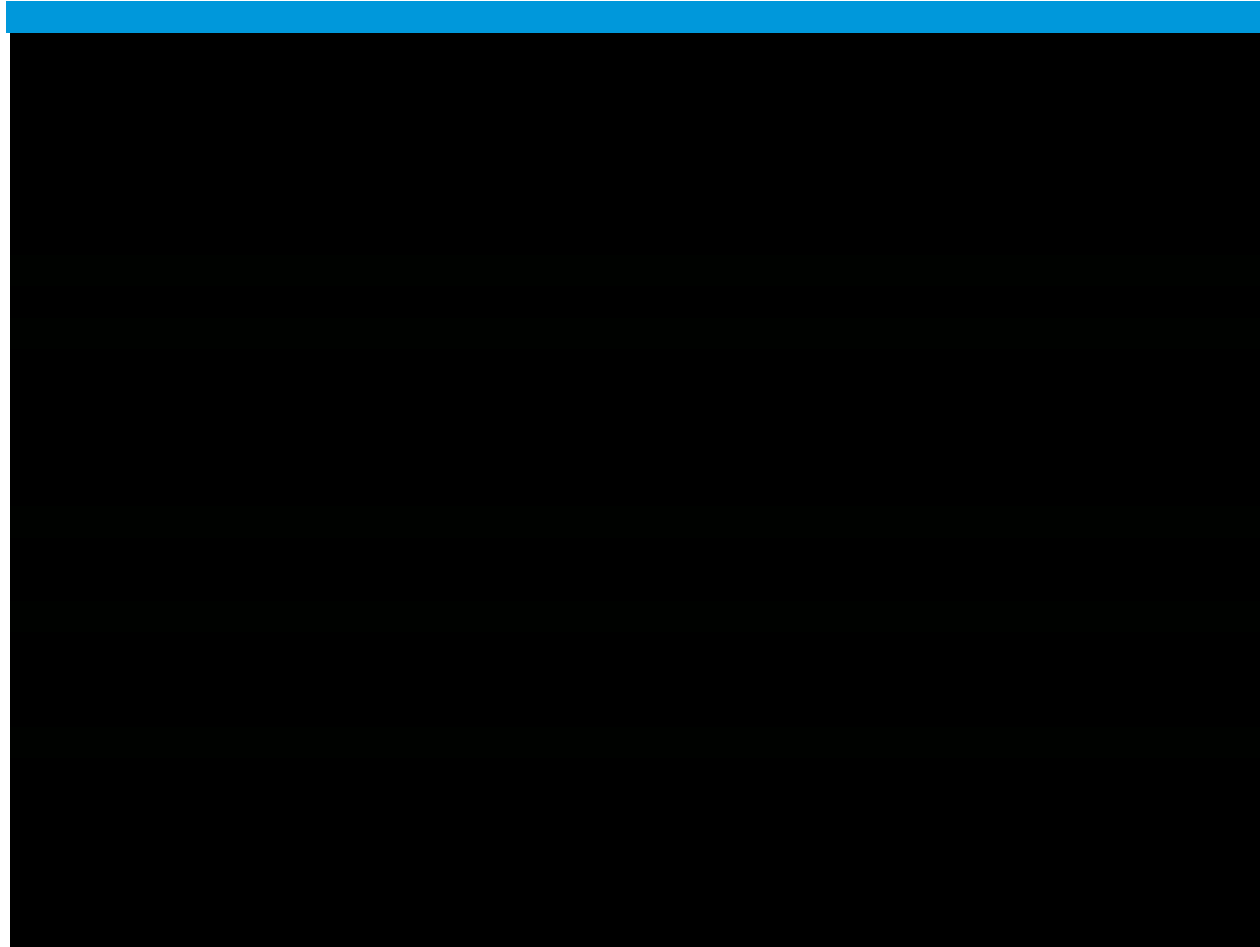
Underage Drinking Related Deaths



PowerTalk 21[®]

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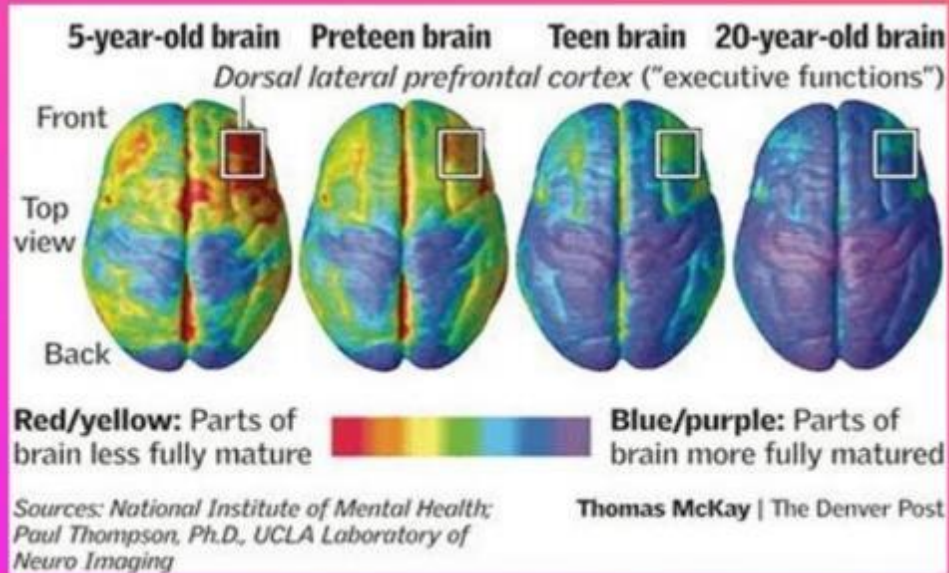
Brain Development



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The Adolescent Brain

BRAIN DAMAGE



2 weeks
alcohol free



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The Role of Friends/Peers

- Middle and high schoolers tend to overestimate ***how many*** teens drink alcohol and ***how much*** alcohol is consumed by their friends/peers.
 - “Everyone is drinking” when in reality the majority of teens don’t drink
- Teens may know the potential risks of drinking and/or using cannabis, but think, “My friends drink and use cannabis and nothing bad has ever happened.”

The Role of Adults

Some of the misperceptions of adults are:

“

Letting my teen drink at home takes away the mystery and decreases his desire to drink.

“

It's a special occasion.

“

I drank when I was a teenager and I turned out okay.

The Role of Adults

Decades of research consistently prove that:

Children/teens permitted to drink in the home, even in small amounts, do this outside of the home:



You can't teach your child/teen how to drink responsibly.

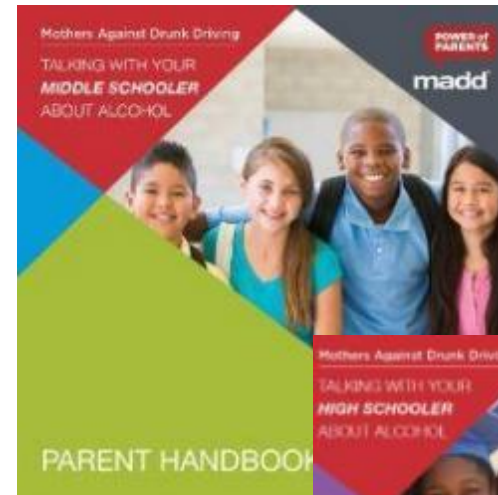
What YOU can DO

- **3 in 4 teens** say their *parents are the leading influence* on their decisions about drinking alcohol.

- **Handbooks:**

- Middle school
- High school
- English and Spanish

- **madd.org/powerofparents**



Why Talk about Alcohol & Other Drugs A Message From Dr. Robert Turrisi



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Topic: Your Middle/High Schoolers World

- Teens think in the “here and now”
- Teens desire freedom, independence and responsibility
- They encounter new moral dilemmas about risky behaviors, alcohol, cannabis, and other drugs



TIP

As a parent, your role is to help them develop and learn how to use information to think and make plans. Use questions that start with how, what, and why to help develop their thinking and planning skills.

Topic: What Style of Parent are You?

PARENTING STYLE	ATTRIBUTE
Authoritarian	Parent gives orders; “my way or the highway”
Overprotective	Parent stays in control; parent rushes in & teens do not face consequences of actions.
Permissive Rule Setting	Parent gives in; “kids will be kids”
Positive/Authoritative	Use their authority to strengthen and protect (not control) the teen. Build trust and teach teen skills to make decisions.



Topic: Talking About Alcohol



- Techniques for having the conversation about alcohol
- Knowing how to communicate family values and consequences
- Handling questions about parents' own history of underage drinking

Starting the Conversation



Simply start where you are today



Use “How”, “What”, and “Why”



Get into the habit of asking permission to ask questions



Talk. Talk a lot. Talk everyday!



Seek Discussion: Don't Lecture!

Place a special emphasis on these conversations during milestone times for your teen

PROM PROMISE

Make the Prom Promise with your high school junior or senior today!

- Promise to have a substance-free prom
- Discuss safe rides home
- Agree on consequences if promise is broken

Download the Prom Promise Contract from our website: <https://madd.org/power-of-parents/>

Topic: Helping Your Teen Make Good Choices

- Tips for dealing with peer pressure
- Finding alternatives to drinking
- Guiding them to choose friends wisely
- Set clear expectations, rules and consequences so your teen knows how you expect them to handle situations
- Getting help when teenagers have a drinking problem

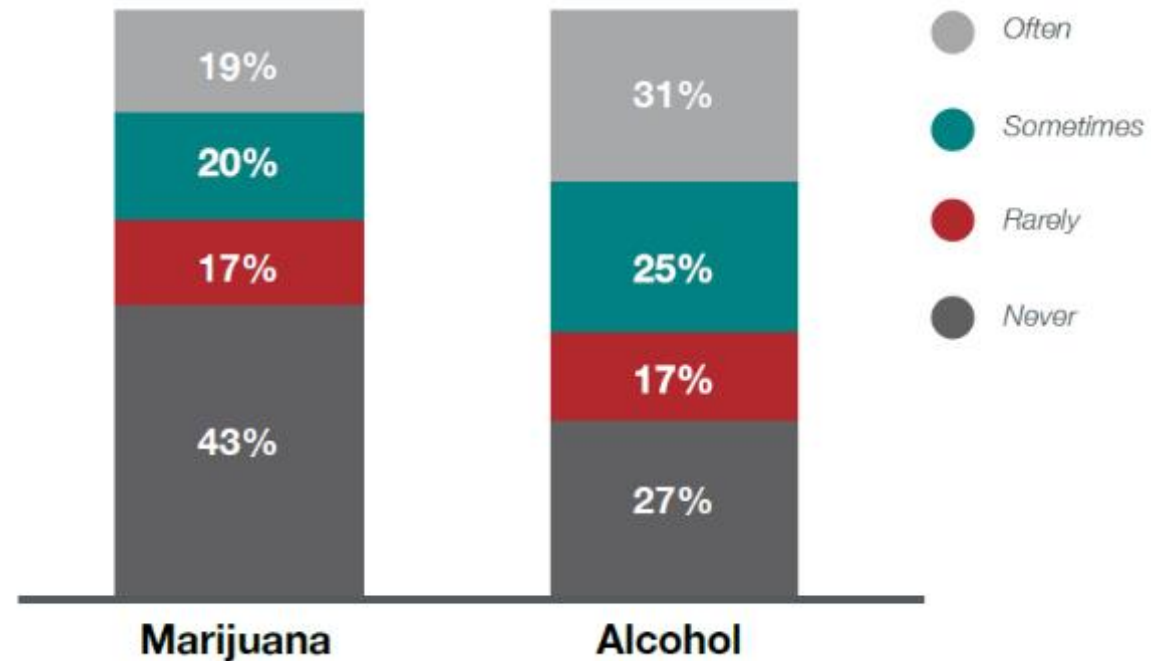


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Helping Your Teen Driver Steer Clear of Driving Dangers

- Talk to your child about the dangers and consequences of drinking and/or using cannabis and driving
- Talk to your teen about the dangers of riding in a car with someone who has been drinking or consuming cannabis/other drugs
- Create a plan on how to get home safe

FREQUENCY OF DISCUSSING WITH CHILDREN / GRANDCHILDREN
(DRIVING WITHIN 2 HOURS OF CONSUMING...)



Riding With An Impaired Driver

What is your name and
where are you from?



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Topic: Talking About Cannabis and Combining Alcohol and Cannabis



- There are differences in cannabis today vs. 30 years ago
- It's dangerous to the developing brain and studies have shown that the effects of cannabis on brain function cannot be reversed.
- Debunk the myths youth may hold about cannabis

Presentation Dedication



Olivia Pruett

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YOU Have the Power to Make a Difference



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POWER OF PARENTS®

WHAT IS POWER OF PARENTS®?

MADD's Power of Parents® program empowers parents of middle school and high school students to have ongoing, intentional conversations about the dangers and consequences of underage drinking and marijuana use.

74% of kids (8-17) said their parents are the leading influence on their decisions about drinking, according to a GfK Roper Youth Report.

Based on two decades of research, the Power of Parents® handbooks and topical guidebooks encourage and support parents in their efforts to communicate with their teenagers about drinking alcohol and using marijuana, which has been shown to reduce drinking behaviors by 30 percent.



Dr. Robert Turisi during a Power Of Parents® presentation

POWER OF PARENTS® HANDBOOKS

Middle School:



High School:



THANK YOU!

CONTACT |

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