

DEBRET NEWS
Classroom Connections
PROVIDING A COMMUNITY OF LEARNING

UNDERAGE DRINKING

Lake County

CELEBRATING
RED RIBBON
MONTH



Alcohol
does to a teen's brain what
rain
does to a newspaper.



Sponsored by the Lake County Underage Drinking and Drug Prevention Task Force



Dear Parents:

You are a powerful influence in your child's life. **Research has shown that parental disapproval is the number one reason teens choose to abstain from alcohol and substance use.**

Many of our youth are making positive choices regarding their use of alcohol and other substances. However, the troubling fact remains: underage substance abuse is a serious problem across Lake County. Young people are first trying alcohol at ages as young as 11, and alcohol is a leading factor in the three most common causes of death for teens: automobile crashes, homicides, and suicides. Plus research shows that exposure to alcohol and other substances, especially at tender ages, interferes with brain development, causing loss of memory and cognitive skills. The fact is that underage substance abuse puts youth at risk!

This booklet contains information and resources to help you to learn more about alcohol and substance abuse and how to help your child make healthy choices. Your child needs you to discuss the issues of underage drinking as well as the use of other substances to set family rules that help him/her make good choices.

Some effective parenting strategies are quite simple, including:

- Establish clear family rules about no underage drinking and substance abuse
- Get to know child's friends and their families
- Know where your child is spending his/her time
- Make sure your teen's social environments are alcohol and substance free
- Get involved in your child's life – talk together about school, sports, friends, music...

Together, we can make a positive difference in the lives of our youth in Lake County.

Young people deserve to have the brightest possible future we can give them, so **please start talking before they start.** We wish you and your family the very best for the future.

Bruce Johnson
President and CEO of NICASA
Chair, Lake County Underage Drinking and Drug
Prevention Task Force

Mike Nerheim
Lake County State's Attorney

Sherriff Mark Curran
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Top 10 Lake County Facts from the Illinois Youth Survey

- 1 30 day use rate for alcohol amongst 12th graders has declined by 4% in the last 2 years, and by 6% among 10th graders.
- 2 Marijuana use is down 2% amongst 10th graders, and down 1% with 12th graders. (13% and 24%)
- 3 Prescription drug use has dropped by 1% in 10th and 12th graders to 3% and 5% respectively.
- 4 Lake County's Parental perception of harm to their 12th graders with alcohol use has declined from 76% in 2008 to 69%. But parent's perception of risk is holding steady at 88% with 10th graders.
- 5 Casual Marijuana use (once in last year) is trending down for 10th graders but up for 12th graders.
- 6 Casual alcohol use (once in last year) is trending down for 10th graders and for 12th graders, since 2006 (10% for 10th graders, and 6% total reductions for 12th graders).
- 7 Perception of harm for Marijuana plunged to 48% for 12th graders. Similar declines are also visible in 10th grade numbers.
- 8 91% of 12th graders and 92% of 10th graders associate a high risk with the use of prescription drugs.
- 9 17 of the 28 Lake County High Schools participated in the IYS. 31 of 67 elementary and middle schools took the survey as well.
- 10 18,327 total youth were surveyed in Lake County in 2014.

About the Illinois Youth Survey

The Illinois Department of Human Services (IDHS) has funded the administration of the Illinois Youth Survey (IYS) biennially since 1993. The IYS is a self-report survey administered in school settings, and is designed to gather information about a variety of health and social indicators including substance use patterns and attitudes of Illinois youth.

The survey is completed in even years by Illinois 6th, 8th, 10th and 12th graders. The most recent data is from 2014. In 2014 slightly more than 18,000 Lake County students took the 150 question survey that examined substance use, bullying, diet and many other things.

IYS allows us to look at trends for individual participating schools as well as the county, region, and state. It's a valuable prevention tool for all of us. For more detail on the IYS please review the IYS website at iys.cprd.illinois.edu.

Parent Resources

As your child becomes curious about alcohol, he or she may turn to you for answers and advice. Use this opportunity to start an open, honest conversation about drinking. Because some questions can be difficult to answer, it is important to be prepared. The following are some common questions and answers about underage drinking.

“I got invited to a party. Can I go?”

Ask your child if an adult will be present at the party or if he or she thinks children will be drinking. Remind your child that even being at a party where there is underage drinking can get him or her into trouble. Use this time to establish or reinforce your rules about alcohol and outline the behavior you expect.

“Did you drink when you were a kid?”

Don't let your past stop you from talking to your child about underage drinking. If you drank as a teenager, be honest. Acknowledge that it was risky. Make sure to emphasize that we now know even more about the risks to children who drink underage. You could even give your child an example of a painful moment that occurred because of your underage drinking.

“Why do you drink?”

Make a distinction between alcohol use among children and among adults. Explain to your child your reasons for drinking: whether it is to enhance a meal, share good times with friends, or celebrate a special occasion. Point out that if you choose to drink, it is always in moderation. Tell your child that some people should not drink at all, including underage children.

“What if my friends ask me to drink?”

Helping your child say “no” to peer pressure is one of the most important things you can do to keep him or her alcohol-free. Work with your child to think of a way to handle this situation, whether it is simply saying, “No, I don't drink,” or saying, “I promised my mom (or dad) that I wouldn't drink.”

“You drink alcohol, so why can't I?”

Remind your child that underage drinking is against the law, and for good reason. Point out that adults are fully developed mentally and physically so they can handle drinking. Children's minds and bodies, however, are still growing, so alcohol can have a greater effect on their judgment and health.

“Why is alcohol bad for me?”

Don't try to scare your child about drinking or tell him or her, “You can't handle it.” Instead, tell your child that alcohol can be bad for his or her growing brain, interferes with judgment, and can make him or her sick. Once children hear the facts and your opinions about them, it is easier for you to make rules and enforce them.

Source: SAMSHA Resources for Parents.

Parents E-Newsletter

We are creating a way you can subscribe to a quarterly e-newsletter that will give you parenting tips and information that can help you with strategies for dealing with teens and substance abuse. In addition, we will make sure to include Lake County Specific information for you to make informed choices. Please use the following QR code or visit www.drugfreelakecounty.org to sign up.



- Most parents talk to their kids about drinking two years too late. Age 8 is not too early.

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



Teen brain development and alcohol

NEW RESEARCH SHOWS that alcohol affects a developing teen brain differently than an adult brain. “The brain goes through dynamic changes during adolescence, and alcohol can seriously damage long- and short-term growth processes” (American Medical Association Fact Sheet, 2003).

Alcohol use may impair memory, learning, decision making and impulse control; and it greatly increases the risk of addiction. In addition, alcohol use can cause young people to develop social problems, have poor judgment, get into trouble, do poorly in school and experience failure in achieving lifelong goals.

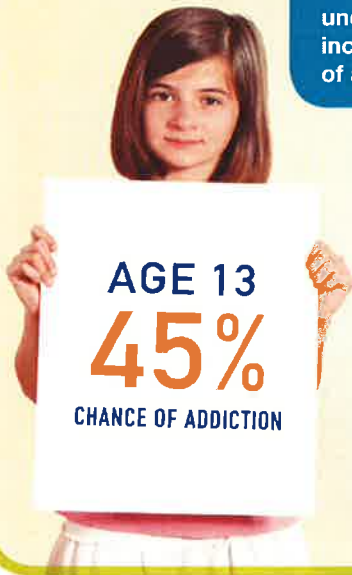
To compound this problem, research shows that parents generally underestimate the extent of teen drinking and its negative consequences. Thirty one percent of youths who said they had been drunk in the past year were said by their parents to be non-drinkers. Others may view underage drinking as inevitable, but it isn't. To be alcohol free, a teen needs parents who are trained in **BONDING** (creating a warm, loving relationship), setting **BOUNDARIES** (clear, firm rules about no-underage alcohol use) and **MONITORING** (knowing where your kids are and making sure they stay in an alcohol- and drug-free social environment at all times).

Alcohol affects a teen brain differently than an adult brain.

- The brain's hippocampus (responsible for learning and memory) can be **10% smaller** in underage drinkers.
- It can actually cause serious damage to the still-developing adolescent brain (10-21 years).

Increased risk of addiction

● Research shows more than half of Illinois parents don't know that underage drinking increases the risk of alcoholism.



ALCOHOL HIJACKS THE BRAIN'S PLEASURE-REWARD SYSTEM

THE BRAIN REWARDS positive actions with feelings of pleasure so we want to repeat them. We remember “feel-good” brain chemicals, or neurotransmitters, which connect the pleasure to the thing we enjoyed. Alcohol hijacks our brain’s pleasure-reward system by tricking the brain into generating pleasure-reward feelings from a harmful chemical instead of a real experience.

If teens continue drinking, the brain changes and adapts to the presence of alcohol and soon they need more and more alcohol to create the

same amount of pleasure. If they continue to drink they will begin to crave it and feel uncomfortable — sometimes even extreme discomfort — without it. They become addicted. Getting their next drink becomes more important than family, grades or even sports.

Because the teen brain produces an abundance of dopamine, it can go rapidly from liking, to wanting, to needing alcohol, programming it for alcoholism. Alcohol can also damage the brain’s ability to sense pleasure from normal, healthy things and experiences — leaving a young person feeling “flat” about things he/she previously enjoyed.

● Alcohol-dependence

● BASED ON AGE DRINKING STARTS



SOURCE: Grant, BF and Dawson, DA. *Journal of Substance Abuse* 9:103-110, 1997

● If your family has a history of alcoholism, your children need to know that they are at a greater risk for problem drinking.

Alcohol and judgment

The teenage brain is still developing. Alcohol can impair the parts of the brain that control the following:

Motor coordination

This includes the ability to talk, drive and process information.

Impulse control

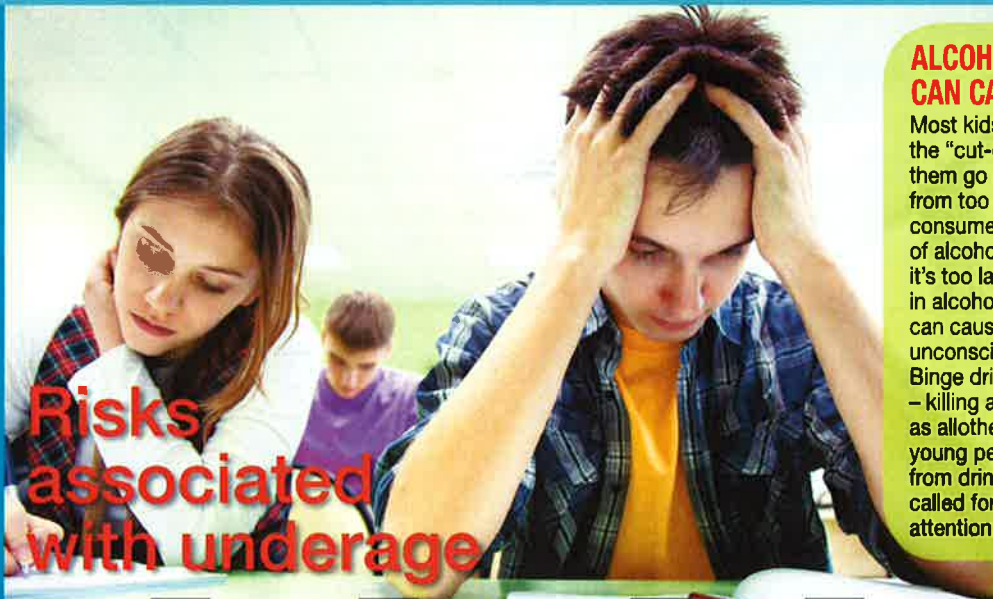
Drinking lowers inhibitions and increases the chances that a person will do something they will regret when they are sober.

Memory

Impaired recollection and even blackouts can occur when too much alcohol has been consumed.

Judgment and decision-making capacity

Drinking may lead young people to engage in risky behaviors including getting into a car with someone who has been drinking. These behaviors can result in illness, injury and even death.



drinking

Alcohol use among children is strongly correlated with violence, poor academic performance and other harmful behaviors. Education alone will not keep your kids from using alcohol because there are constant pressures and opportunities to drink. Further, the areas of the brain that encourage impulsivity and risk-taking develop early in a teen, while the areas that improve self-control don't develop until the very late teens or early twenties. You must stay actively involved as a parent in bonding with your teen, setting boundaries and monitoring to help your teen remain alcohol-free.

Violence

Children who start drinking before age 15 are 12 times more likely to be injured while under the influence of alcohol and 10 times more likely to be in a fight after drinking, compared with those who wait to drink until they are 21.

School failure

Teens who use alcohol have higher rates of academic problems and poor performance than nondrinkers. Among eighth graders, higher truancy rates are associated with greater rates of alcohol use.

Promiscuity

Alcohol use by teens is a strong predictor of unprotected sexual activity and unwanted sexual advances.

Illicit drug use

More than 67 percent of young people who start drinking before the age of 15 will try an illicit drug. Children who drink are 7.5 times more likely to use an illicit drug, 22 times more likely to use marijuana and 50 times more likely to use cocaine than children who never drink.

ALCOHOL POISONING CAN CAUSE DEATH

Most kids have not yet developed the "cut-off" switch that makes them go to sleep or pass out from too much drinking. They can consume dangerous amounts of alcohol before they realize it's too late. This can result in alcohol poisoning, which can cause difficulty breathing, unconsciousness and death. Binge drinking can and does kill – killing as many young people as all other drugs combined. If a young person ever passes out from drinking, 911 should be called for immediate medical attention.

Monitoring

Be aware that studies show kids are more at risk for drinking alcohol between the hours of 3 p.m. and 6 p.m., while many parents are still at work.

Find ways to check on your kids when you are not around, either with phone calls, text messaging or through a neighbor dropping by.



New brain research

and the effects of alcohol

Brain plasticity

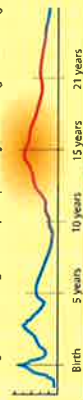
During peaks of plasticity, the adolescent brain is "wiring" two important brain areas: the **prefrontal cortex** (responsible for planning, decision making, good judgment and impulse control) and the **hippocampus** (involved in memory and learning). During this period of development, the brain must make the key neural connections to wire itself to become a responsible, thoughtful adult. Alcohol, which acts as a depressant, slows down brain activity and hinders development.

The brain's hippocampus (responsible for learning and memory) can be **10% smaller** in underage drinkers.

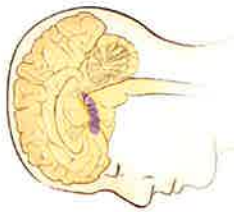
Neural plasticity refers to the ability of circuitry in the brain to physically change and grow new dendrites as a result of new learning and experiences.

Peaks of brain plasticity

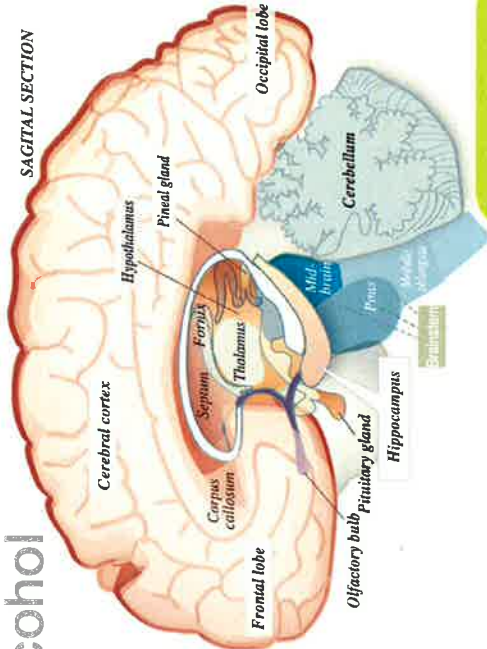
Drinking alcohol during times of peak plasticity can damage brain wiring.



Alcohol affects a teen brain differently than a mature adult brain. The brain goes through rapid development and "wiring" changes during the ages of 12 through the early 20s. Teen alcohol use can damage this brain wiring, which is essential to become a mature, thoughtful, responsible adult.



SAGITAL SECTION



Alcohol can damage three key brain areas:

- 1** The **prefrontal area** (responsible for planning, good judgment, decision-making and impulse control) undergoes the most change during adolescence. Researchers found that adolescent drinking could cause severe changes in this area...which plays an important role in forming adult personality and behavior. Damage from alcohol at this time can be long-term and irreversible.
- 2** The **hippocampus** (involved in learning and memory) suffers the worst alcohol-related brain damage in teens. Those who had been drinking more and for longer had significantly smaller hippocampi (10 percent). In addition, short-term or moderate drinking impairs learning and memory far more in youths than adults. Frequent drinkers may never be able to catch up in adulthood, since alcohol inhibits systems crucial for storing new information.

American Medical Association. Fori Sherer, 2003

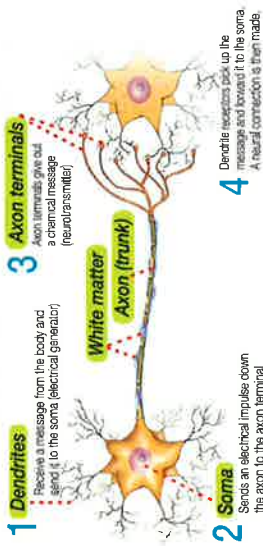
Brain white matter damage

The brain is made up of gray matter (neurons) and white matter. Because alcohol suppresses brain activity, it prevents the teen brain from properly developing its essential "white matter" — the fatty-waxy coating which insulates the part of neurons that send electrical signals. Impaired white matter can negatively affect thinking and memory skills. — *Dr. Susan Tapert*

(<http://www.amsap.com/amsap/vol/vol04no1.php?docId=122765390>)

The brain is the major organ of the central nervous system and the control center for all the body's voluntary and involuntary activities. It is responsible for everything we think, feel, see, say and do. The brainstem controls vital body functions, such as breathing and digestion. The cerebellum maintains posture, coordination of body movement and provides long-term storage for memories of how to do things that involve our body — like riding a bike. The cerebrum, which consists of the right and left cerebral hemispheres, is the site of most conscious and intelligent activities.

How neurons communicate



Our brain is more complex than the world's most powerful computer. It is responsible for everything we think, see, hear, feel, smell or do. It even creates and directs all of our emotions. The brain is divided into different areas that direct different parts of our body. Like a complex computer, all the different parts of the brain work at the same time — like parallel processing.

It does this through more than 100 billion brain cells called neurons. A neuron looks sort of like a tree, with "branches" called dendrites, a "trunk" called an axon, and "roots" called axon terminals. The axon terminals contain neurotransmitters. At the top of the "trunk" is a tiny electrical generator called a soma.

The brain neurons communicate by sending electrical and chemical messages from the "roots" of one neuron to the "branches" of

another. If a thought or action is repeated often, the "roots" of one neuron send more chemical, and the receiving neuron makes more "branches" to receive it. The neural connection is strengthened until it begins to look like a busy tree instead of a spindly tree. It becomes a dominant neural pathway.

Forty percent of our neurons are "wired" at birth. They perform automatic functions such as breathing, heart and lung functions, digestion, etc. The other 60 percent are waiting to be stimulated by our learning and experiences to make higher-order "NEURAL CONNECTIONS" in our brain. It is like loading new software into a computer so it can do more things. The more neural connections we make, the smarter and more capable we become. Alcohol suppresses brain development.

"... it has become clear that, during adolescence... the brain is highly plastic and shaped by experience... Alcohol appears to interfere with the changes in circuitry that occur during learning." — *Dr. Aaron White, Duke University*

START TALKING BEFORE THEY START DRINKING

Sharing values and family history regarding alcohol will create an environment of trust and understanding.

If parents drink, they should:

Be clear that they do not want their children to drink alcohol until they are 21 years old and then only in moderation.

Tell their children that some people should not drink alcohol beverages at all. These include:

- Children and adolescents.
- Individuals of any age who cannot restrict their drinking to moderate levels.
- Women who are pregnant.
- People who plan to drive or take part in activities that require attention or skill.
- People using prescription and over-the-counter medications.

If parents don't drink, they should:

Explain their reasons for not drinking, whether they are religious, health-related or due to family history.

- Encourage children to talk about concerns and questions about drinking.
- Be clear that they do not want their children to drink.
- Explain that when their children are 21, if they should decide to drink, they should do so in moderation.

Parents

are the #1 reason kids don't drink

E DUCATION ALONE is not enough to deter teens from drinking as they enter difficult social transitions to adulthood, because there are many pressures and opportunities to drink. Parents who are actively involved can have a powerful influence on their child's decision to remain alcohol-free. Teen perceptions of parental disapproval are great deterrents. What parents may not realize is that children say parental disapproval of underage drinking is the key reason they have chosen not to drink. Research indicates that children are less likely to drink when their parents are involved in their lives and when they and their parents report feeling close to each other. Family conflict and lack of bonding are associated with an increased risk of drinking. Mixed messages, and unclear rules and expectations also leave children more vulnerable to underage drinking.



How parents can help their children remain

ALCOHOL-FREE

- 1 Explain the risks**
Learn and explain the risks of underage drinking. Emphasize that drinking alcohol is not a "rite of passage" but a dangerous drug for a teen brain.
- 2 Talk early and often**
In Illinois, surveys indicate some youths binge drink in the sixth grade, and a few may start even earlier.
- 3 Set clear rules**
Set clear rules about no alcohol use. Be specific: "Absolutely no underage drinking in our family."
- 4 Know your children's friends**
Get to know your children's friends and their parents. Help them choose friends who support your family rules.
- 5 Monitor children's activities**
Always know where your children are, whom they are with and what they are doing. For example: "If alcohol is at a party, call me and I'll come and get you."
- 6 Make alcohol unavailable**
Ensure that alcohol is not available to your child at home or from others when your child is away. Ensure that your children's social environment is alcohol-free.
- 7 Be involved**
Develop close bonding experiences and have daily positive interactions with your child. Express love often.
- 8 Stay in contact**
Studies show children are more likely to drink between the hours of 3:00–6:00 pm, when unsupervised by parents. Give your kids a call.
- 9 Eat dinner together**
Studies show that kids who eat dinner with their family 5-7 times per week are 33 percent less likely to drink alcohol underage.



Children often think that other people their age are drinking regularly, but most are not.

- If your child's friends drink, encourage them to stop.
- The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.
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Peers' influence on alcohol use

Students with high-refusal-assertiveness skills are less likely to drink underage. Decide on good ways to say "no" and practice them often in role-play situations. Some ideas are:

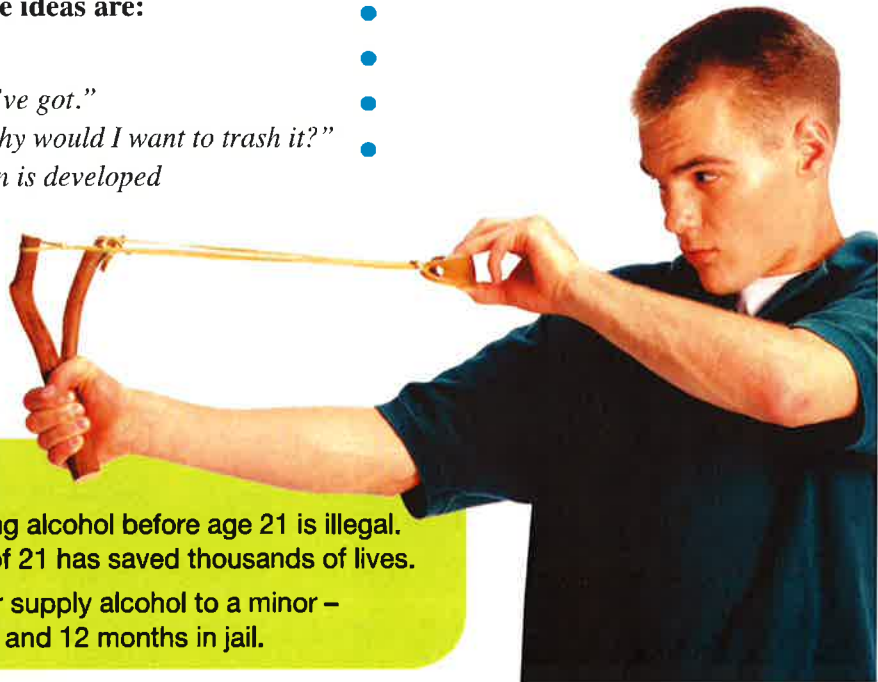
- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."



If there is alcohol at a party, **LEAVE.** Keep your social environment alcohol-free.

The law

Possessing, purchasing or drinking alcohol before age 21 is illegal. The minimum legal drinking age of 21 has saved thousands of lives. It is illegal for anyone to furnish or supply alcohol to a minor – punishable by up to a \$2,500 fine and 12 months in jail.



Preventing underage drinking

is as easy as

1-2-3



Start early and stay involved.

Like many parenting skills, monitoring your children's online activities is easiest when you establish policies and expectations early. Although the tendency is for parents to become less involved as their children age, even older teens need their parents' help to stay alcohol-free.

1 ► BONDING

Developing a strong relationship with your child is important.

Research shows that family conflict and a weak parent/child bond increases a child's risk of drinking underage.

Bonding can be as simple as going out and having fun together, talking about school, and making time each day to listen to your child's concerns. Studies show that even making the effort to eat dinner as a family five times each week reduces the chance that a child will use alcohol or drugs by as much as 33 percent.

2 ► BOUNDARIES

Parental disapproval is the number one reason why teens say they don't drink. When parents set clear rules about not using alcohol, kids usually follow them.

It's important, however, that your kids know why you don't want them to drink. Explain how underage alcohol use can change how their adolescent brains develop—imparing memory and learning capabilities while increasing their risk of addiction. Also, make sure to establish consequences for breaking the rules, and consistently enforce them.

3 ► MONITORING

Having friends who drink is the single greatest risk factor for underage alcohol use. As a parent, it's imperative that you know whom your child is with, where they are, and what they're doing.

Make it a habit to ask questions as your child leaves the house. Get to know his or her friends, and ensure that alcohol isn't available to them at your house or their friends' homes. Checking in with your child can be as easy as sending a text message, and if alcohol shows up at a party or event, being ready to pick your child up.

Don't forget to monitor your child's online activities, too. Today, teens spend more time interacting with each other on social media sites like Facebook than they do talking on the telephone.

Alcohol

and the developing brain



True or False? **Now that you've read this booklet, try answering these questions to test your knowledge.**

- T I F 1. Alcohol affects a teen's brain differently than an adult's.
- T I F 2. The brain is fully developed by age 12.
- T I F 3. Alcohol use can impair impulse control, memory, judgment and decision-making skills.
- T I F 4. Alcohol poisoning can cause difficulty breathing, unconsciousness, and death.
- T I F 5. Binge drinking kills as many young people as all other drugs combined.
- T I F 6. Having friends that drink alcohol increases the risk that you will too.
- T I F 7. If a person is unconscious or "passes out" you should immediately call 911.
- T I F 8. Damage to the brain by underage drinking can be long-term and irreversible.
- T I F 9. People that start drinking by age 13 have a 7% chance of becoming alcohol-dependent.
- T I F 10. The brain's hippocampus is responsible for learning and memory.
- T I F 11. Studies show that the hippocampus can be 10% smaller in underage drinkers.
- T I F 12. Alcohol slows down brain activity and hinders development.
- T I F 13. The brain goes through rapid development and "wiring" changes during the ages of 12 through the early 20s.
- T I F 14. Alcohol can damage the brain's ability to sense pleasure from normal, healthy things and experiences.
- T I F 15. Parents should allow their teens to have privacy in their texting and Internet activity.

Multiple Choice

LEARN MORE

- 16. The prefrontal cortex is responsible for _____.
 - a. Planning
 - b. Decision making
 - c. Good judgment
 - d. Impulse control
 - e. All of the above
- 17. Alcohol causes the most long-term damage to what two areas of the brain if a person drinks before 21?
 - a. Prefrontal area and cerebellum
 - b. Prefrontal area and hippocampus
 - c. Cerebellum and cerebrum
 - d. Brainstem and hippocampus
- 18. Underage drinking increases the risk of which type of problem(s)?
 - a. Violence
 - b. School failure and drop out
 - c. Promiscuity
 - d. Illicit drug use
 - e. All of the above
- 19. Which of the following are ways parents can show they care about their children?
 - a. Explaining the risks of underage drinking
 - b. Setting clear rules
 - c. Knowing their children's friends
 - d. Monitoring their children's activities
 - e. All of the above



CREDITS

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ANSWERS

1. True, page 3; 2. False, page 6; 3. True, page 6; 4. True, page 8; 5. True, page 8; 6. True, page 9; 7. True, page 8; 8. True, page 6; 9. False, page 4; 10. True, page 6; 11. True, page 6; 12. True, page 6; 13. True, page 6; 14. True, page 4; 15. False, page 10; 16. E, All of the above, page 6; 17. B, Prefrontal area and hippocampus, page 6; 18. E, All of the above, page 8; 19. E, All of the above, page 5.

8

Facts on Marijuana you need to know:

- 1 in 10 people who try marijuana will become addicted to it, developing a dependence that produces withdrawal, cravings.
- If marijuana use starts in adolescence, the chances of addiction are 1 in 6.¹
- Today's marijuana is not the marijuana of the 1960s; potency has tripled in the past 15 years, and according to a 2009 report from the U.S. government, it has grown 5 times since 1960.
- Marijuana use directly affects the brain, specifically the parts of the brain responsible for memory, learning, attention, and reaction time. These effects can last up to 28 days after abstinence from the drug.²
- Science confirms that the adolescent brain, particularly the part of the brain that regulates the planning complex cognitive behavior, personality expression, decision-making and social behavior, is not fully developed until the early to mid-20s. Developing brains are especially susceptible to all of the negative effects of marijuana and other drug use.³
- One of the most well designed studies on marijuana and intelligence, released in 2012, found that persistent, heavy use of marijuana by adolescents reduces IQ by as much as eight points, when tested well into adulthood.⁴
- Other studies have found that marijuana use is linked with dropping out of school, and subsequent unemployment, social welfare dependence, and a lower self-reported quality of life than non-marijuana abusing people.⁵
- According to the U.S. National Survey on Drug Use and Health, youth with poor academic results were more than four times as likely to have used marijuana in the past year than youth with an average of higher grades. This is consistent with an exhaustive meta-analysis examining forty-eight different studies by Macleod and colleagues, published by Lancet, who found that marijuana use is consistently associated with reduced grades and a reduced chance of graduating from school.⁶

MARIJUANA FOOTNOTES

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Social Hosting

The Illinois social host law comes in two sections. One section prohibits parents and guardians from hosting or permitting gatherings at their home, in vehicles or watercraft, and at other property under their control, in which underage persons are allowed to consume alcohol.

The second section prohibits any other person from hosting or permitting a gathering at their home in which underage persons are allowed to consume alcohol. This law does not require that the parent or other person to actually provide the alcohol only that they permit the activity involving alcohol and underage consumption.

The violation of the social host statute is a Class A misdemeanor which carries a potential penalty of up to one year in jail and a fine up to \$2,500.00. There is a minimum fine of \$500.00. If a person who has attended such a gathering is seriously injured or killed, the violation would be a Class 4 felony, which carries a potential penalty of between one and three years in a state penitentiary, and a fine up to \$25,000.00.

The statute allows for some relief to those persons who report the underage gathering themselves before the police become aware of the situation. The law also does not apply to legitimate religious gatherings.



Items acceptable for deposit in the collection box include:

- Prescription medications, including controlled substances
- All over-the-counter medications
- Medication samples
- Pet medications
- Vitamins and supplements
- Medicated ointments, lotions, creams and oils
- Liquid medication in leak-proof containers
- Homeopathic remedies

Items not acceptable for deposit in the collection box are:

- Needles/sharps
- Syringes with needles
- Thermometers
- IV bags
- Bloody or infectious waste
- Personal care products
- Empty containers
- Hydrogen Peroxide

The Lake County Disposal network is growing rapidly. For the most current and up to date map of municipal police disposal box locations go to www.drugfreelakecounty.org.

Locations

- Antioch PD – 433 Orchard St., Antioch, IL 60002
- Buffalo Grove PD – 46 Raupp Blvd., Buffalo Grove, IL 60089
- Deerfield PD – 850 Waukegan Rd., Deerfield, IL 60015
- Fox Lake PD – 301 S Route 59, Fox Lake, IL 60020
- Grayslake/Hainesville PD – 10 Seymour, Grayslake, IL 60030
- Hawthorne Woods PD – 2 Lagoon Dr., Hawthorn Woods, IL 60047
- Highland Park LCHD – 1840 Green Bay Rd., Highland Park, IL 60035
- Highland Park PD – 1677 Old Deerfield Rd., Highland Park, IL 60035
- **COMING SOON:** Island Lake PD – 3720 Greenleaf Ave., Island Lake, IL 60042
- Lakemoor PD – 27901 Concrete Dr., Lakemoor, IL 60041
- Lake Bluff PD – 45 Center Dr. Lake Bluff, IL 60044
- **COMING SOON:** Lake County Sheriff's Department – 25 S. Utica St., Waukegan, IL 60085
- Lake Forest PD – 255 W. Deerpath Rd., Lake Forest, IL 60045
- **COMING SOON:** Lake Villa PD – 65 Cedar Ave., Lake Villa, IL 60046
- Lake Zurich PD – 200 Mohawk Trail, Lake Zurich, IL 60047
- Libertyville PD – 200 E. Cook Ave., Libertyville, IL 60048
- **COMING SOON:** Lincolnshire – 1 Olde Half Day Rd., Lincolnshire, IL 60069
- **COMING SOON:** Lindenhurst – 2300 E. Grand Ave., Lindenhurst, IL 60046
- Mundelein PD – 221 N. Lake St., Mundelein, IL 60060
- Round Lake PD – 741 W. Townline Rd., Round Lake, IL 60073
- Round Lake Beach PD – 1947 Municipal Way, Round Lake Beach, IL 60073
- Round Lake Park PD – 215 E. Main St., Round Lake Park, IL 60073
- Vernon Hills PD – 740 Lakeview Parkway, Vernon Hills, IL 60061
- Wauconda PD – 101 N. Main St., Wauconda, IL 60084
- **COMING SOON:** Waukegan PD – 100 N. Martin Luther King Jr. Ave. Waukegan, IL 60085
- Winthrop Harbor PD – 830 Sheridan Rd., Winthrop Harbor, IL 60096
- Zion PD – 2101 Salem Blvd., Zion, IL 60099



Join our quarterly e-tips Parent Newsletter

We are creating a way you can subscribe to a quarterly e-newsletter that will give you parenting tips and information that can help you with strategies for dealing with teens and substance abuse. In addition, we will make sure to include Lake County Specific information for you to make informed choices. Please use the following QR code or visit www.drugfreelakecounty.org to sign up.

3 quick and easy ways to sign up for the e-newsletter:

- 1** Use the QR code below to sign up using your cell phone
- 2** Or Text to 22828 LAKECOUNTPARENT your@email.com to join the quarterly mailing list.
- 3** Or go to drugfreelakecounty.org and sign up with the handy sign up box on the right side of the website.

Follow us on social media at:



Lake County Underage Drinking and Drug Prevention Task Force



LakeCountyDFC



LakeCountyDFC



www.drugfreelakecounty.org

Membership in the Task Force

So many fine Lake County organizations send representatives and have supported our mission over the years that we literally don't have the space to thank them all.

Many thanks to them for their efforts and energy in making the Lake County Underage Drinking and Drug Prevention Task Force one of the best things going in Lake County.

To find out just who does help us our complete up to date list of our membership is kept on our website at www.drugfreelakecounty.org. Just look for the tab entitled membership.

We are always looking for volunteers, so feel free to contact us at volunteer@drugfreelakecounty.org

We are a 501(c)3 organization. To make a donation, visit www.drugfreelakecounty.org.

Donate Today!

