

## Help Children Build Healthy Behaviors, Attitudes, And Lifestyles...Birth Through Adolescence.

Just as immunizations keep children healthy and protect them from disease, *Developmental Assets* inoculate children and adolescents from engaging in risk-taking behaviors.

They promote resiliency, help children make healthy decisions, and grow up caring and responsible.

*Developmental Assets* are the building blocks of healthy child and adolescent development that people from all community sectors can nurture.

## Give Kids the Assets They NEED TO SUCCEED:

- Support**– Children and teens need care and love from their families, schools, and community.
- Empowerment**– Children and teens need to be valued, feel safe and secure, and be given the opportunity to serve others.
- \*Boundaries & Expectations**– Children and teens need clear boundaries and high expectations for appropriate behavior.
- Constructive Use of Time**– Children and teens need clear boundaries and high expectations for appropriate behavior.
- Commitment to Learning**– Children and teens need to develop a lifelong commitment to education and learning.
- Positive Values**– Children and teens need strong values that guide their choices: caring, equality, social justice, integrity, honesty, responsibility, and restraint.
- Social Competencies**– Children and teens need skills to build positive relationships: decision making skills, interpersonal skills, conflict resolution skills, resistance skills, and multi-cultural understanding.
- Positive Identity**– Children and teens need a strong sense of their own purpose, power, worth, and optimism about the future.

\* Research has shown that **Boundaries and Expectations** are strongly related to lower levels of violence and ATOD use. ©Search Institute.

To learn more about Community Wide Asset Initiative Contact NECC: 513.489.2587 or [necc@cinci.rr.com](mailto:necc@cinci.rr.com) or visit [www.necchealthycommunity.org](http://www.necchealthycommunity.org)

## Northeast Community Challenge Coalition Mission

The **mission** of the NECC Coalition is to mobilize and coordinate all sectors of the community to work collaboratively in identifying and implementing strategies that promote Healthy Communities ~ Healthy Youth. For comprehensive prevention education to be successful, it requires the coordination and collaboration of all members of the community.



*The NECC wheel symbolizes the importance of all community sectors working collaboratively toward a vision of fostering the development of Healthy Communities ~ Healthy Youth.*

## Northeast Community Challenge Coalition

- |                                      |                              |
|--------------------------------------|------------------------------|
| Adolescent Substance Abuse Programs, | Faith Organizations          |
| Alcoholism Council                   | Girl Scouts of Western Ohio  |
| All Saints School                    | Jewish Family Service        |
| Archbishop Moeller High School       | MADD                         |
| Area Health Professionals            | Montgomery, City of          |
| Area Law Enforcement Agencies        | Montgomery Kiwanis           |
| Area Preschools                      | Montgomery Woman's Club Inc. |
| Area Schools' Parent Associations    | NECC Youth Coalition         |
| Best Buy, Fields Ertel               | Ohio Investigative Unit      |
| Blue Ash Air National Guard          | Operation Give Back          |
| Blue Ash Business Association        | Sycamore Community Schools   |
| Blue Ash, City of                    | Sycamore Parent-to-Parent    |
| Blue Ash Lions                       | Sycamore Senior Center       |
| Blue Ash / Montgomery Rotary         | Sycamore Township            |
| Blue Ash Woman's Club                | Symmes Township              |
| Blue Ash YMCA                        | TriHealth                    |
| Catholic Social Services             | UA Parent Connection         |
| Cincinnati Hills Christian Academy   | UC Raymond Walters           |
| Community Press Newspapers           | Ursuline Academy             |
| Dan Beard Council, B.S.A.            | Youth Services               |
| D.A.R.E.                             |                              |

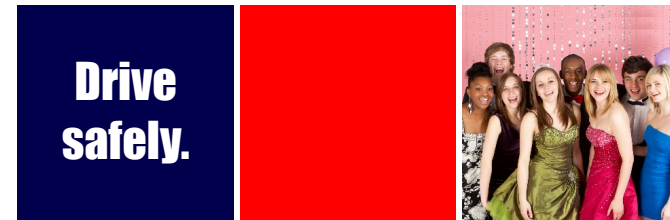
## NECC Youth Coalition

- Archbishop Moeller High School  
Cincinnati Hills Christian Academy  
Sycamore High School  
Ursuline Academy

513.489.2587 [necc@cinci.rr.com](mailto:necc@cinci.rr.com)  
[www.necchealthycommunity.org](http://www.necchealthycommunity.org)

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# Will You Teach Them About Alcohol?



## Health Consequences of Underage Drinking

- Age of first consumption is linked to development of alcohol dependence. If a person first consumes alcohol at age 13, there is a 47.3% at age 16, 30.6% and at age 21 a 10.0% chance that the individual will become alcohol dependent during his or her life.\*

\*National Institute on Alcohol Abuse and Alcoholism.

- Youth may become alcohol dependent in 6 months to 3 years vs. the 10-15 year pattern it may take for an adult to become an alcoholic.
- The majority of adolescents who begin drinking between 13 and 16 will progress to other drugs.
- Alcohol consumption may delay the onset of puberty and cause slow bone growth.
- Heavy drinking can cause impotence in males and complications with hormonal cycles in females.
- Alcohol and drug use lower inhibition for sexual activity, increasing unwanted pregnancies, dating violence, and sexually transmitted diseases.

## Psychological Consequences of Underage Drinking

- The frontal region of the brain (the judgment region) is very sensitive to alcohol. This region of the brain is not functionally mature in adolescents. When an adolescent consumes alcohol, inhibitors are relaxed, causing thoughtless, impulsive and often irrational behavior.
- Alcohol shrinks memory signals, reduces memory acquisition and harms the ability to learn at much lower dosages in adolescent and often irrational behavior.
- Youth who use substances are at higher risk than nonusers for mental health problems, personality disorders, suicidal thoughts, attempted suicide, date rape and suicide.



## Children's Images of Alcohol

- Young people report more positive feelings about their own likelihood to drink after viewing ads on television.
- Media messages about alcohol present glamorous images and ignore the risks associated with underage drinking.
- Children begin to acquire alcohol expectancies at a very young age (3-4 years old). In early childhood, alcohol expectancies tend to be negative (e.g., alcohol makes one sick, mean, and argumentative.).
- By fifth and sixth grade, these expectancies turn positive, focusing on arousing and positive effects of alcohol use (e.g., alcohol makes one social, happy, and sexy).



*Talk with your child early and frequently about the health and legal effects of alcohol and other drugs.*

## Risk Factors

- Peer acceptance and the lack of perception of harm related to the use of alcohol and other drugs have been identified as important risk factors.
- Lack of clear parental boundaries, monitoring, and communication have been significantly related to underage drinking and drug use.
- Inconsistent messages and unclear boundaries about the use of alcohol and other drugs through all community sectors decrease healthy development among children and youth.
- The characteristics of restlessness, impulsivity, and aggressiveness in children as young as three have been found to predict alcohol and other drug use in adolescence.

## Legal Consequences

- You cannot give alcohol to your children's friends under 21 years of age under any circumstances, even in your own home with their parents' permission.
- You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcoholic beverages.
- If you break the law, you can face a maximum sentence of six months in jail and/or a \$1,000 fine.



## Websites For Additional Information

*American Academy of Pediatrics*  
[www.aap.org](http://www.aap.org)

*American Medical Association*  
[www.ama-assn.org](http://www.ama-assn.org)

*Leadership to Keep Children Alcohol Free*  
[www.alcoholfreechildren.org](http://www.alcoholfreechildren.org)

*Mothers Against Drunk Driving*  
[www.madd.org](http://www.madd.org)

*National Institute on Alcohol Abuse*  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

*Northeast Community Challenge Coalition*  
[www.necchealthycommunities.org](http://www.necchealthycommunities.org)  
*Too Smart To Start*  
[www.toosmarttostart.samhsa.gov](http://www.toosmarttostart.samhsa.gov)

### Youth Sites

*The Cool Spot*  
[www.thecoolspot.com](http://www.thecoolspot.com)

*National Institute on Drug Abuse*  
[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)  
*Above the Influence*  
[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

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