

# USA NOTES

University/Schools Alliance—Partners in Prevention [www.udel.edu/usa](http://www.udel.edu/usa)

Volume 6, Issue 4

March 2008

## ABC's of Teen Alcohol Use

**A**ttitude: Teens have an attitude about alcohol—you tell them they're not allowed, and they say "everyone does it!" Actually, in Delaware, about 45% of high school students have had a drink in the past 30 days, and a bit more than half of those are binge drinkers, drinking at least 5 drinks in a row.

**B**ehavior: The teen years are not known for use of good judgment—hormones, brain development, whatever the reason, teens sometimes make imprudent decisions. Alcohol doesn't help. A lot of alcohol can lead to really bad decisions. Delaware teens who are current drinkers (i.e., had a drink in the past 30 days) are:

- Ø Sixteen times more likely to **get in a car** with a driver under age 21 who has been drinking (and less likely to wear a seatbelt)
- Ø Two and a half times as likely to vandalize someone else's property and twice as likely to **hit someone** with the intention of hurting them
- Ø Five and a half times more likely to have used **marijuana** in the past 30 days and six times more likely to have used other **illegal drugs** in the past 30 days (Parents who think if their kids are drinking, at least they aren't using drugs need to rethink that philosophy.)
- Ø Almost twice as likely to be **sexually active** (but only a little more than half as likely to have used a condom the last time)
- Ø Three times as likely to have been **forced to have sexual intercourse** when they didn't want to and three times as likely to have been hit or physically hurt by a boyfriend or girlfriend

**C**onsequences: Delaware teens who are current drinkers are almost **twice** as likely to report having been **pregnant** or gotten someone pregnant at least once, **three** times as likely to have been in a **fight**, and **four** times as likely to have been **arrested**.

### Do Something:

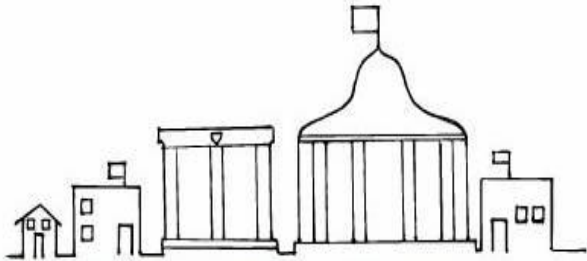
- ✓ **Ask**—ask your teen where they will be and who they will be with; ask other parents if they will be home during parties and if alcohol will be available; ask your school, church and community center for programs and activities
- ✓ **Be There**—Spend time talking with your teen about school and future plans and make sure they know you disapprove of their drinking; check up on where they are, make sure they know what you expect of them, and always offer a safe ride home whenever it's needed, no questions asked
- ✓ **Consequence**—make it clear to your teen what the rules are about alcohol and what the punishment will be for drinking, and then make sure you follow through if you need to



University/Schools Alliance thanks the Delaware Drug and Alcohol Tracking Alliance (DDATA) for data analyses and other information. Information concerning substance use in Delaware for youth and adults is available at: [www.udel.edu/delawaredata](http://www.udel.edu/delawaredata).

University/Schools Alliance is a coalition of New Castle County public, private and Diocese high schools and the University of Delaware working together to:

- *Reduce substance use among Delaware secondary school students*
- *Create and support networks of students, parents, school and community sharing resources, strategies and support to sustain youth substance use reductions*



University of Delaware  
Center for Drug and Alcohol Studies  
University/Schools Alliance  
77 E. Main Street  
Newark, DE 19716

Contact Us:

**Roberta Gealt, Project Manager**

Phone: 302-831-3204  
Email: [basha@udel.edu](mailto:basha@udel.edu)

**Mary Perno, Project Coordinator**

Phone: 302-831-4470  
Email: [mperno@udel.edu](mailto:mperno@udel.edu)

[www.udel.edu/usa](http://www.udel.edu/usa)

## UPCOMING EVENTS:

### Executive Committee Meetings:

April 3, 2008 8:30 Buena Vista Conference Center

### Parent Chats:

Transitioning to College—Date, Location TBA

### Town Hall Meetings on Underage Drinking

**April 2, 2008-- 7 pm at**

Newark High School  
Dickinson High School  
Salesianum High School  
Sanford High School

### DuPont Experimental Station Health Fair

April 2, 2008

### Christiana High School Pre-Prom Event

April 24, 2008

### Shue-Medill Middle School Health Fair

April 25, 2008

University/Schools Alliance is a federally funded Drug-Free Community (Office of National Drug Control Policy and U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention. Data from the 2006 Delaware School Survey, University of Delaware, Center for Drug and Alcohol Studies