

STATE OF OUR YOUTH

Jo Daviess County

Alcohol and Marijuana Use
Contributing Factors for Use
Mental, Social, and Physical Health



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www.fhn.org/IYS



Our Kids = Our Future

Underage Drinking

Underage drinking is a serious public health problem in the United States. Alcohol is the most widely used substance of abuse among America's youth, and drinking by young people poses enormous health and safety risks.

Why Do So Many Young People Drink?

As children mature, it is natural for them to assert their independence, seek new challenges, and try taking risks. Underage drinking is a risk that attracts many developing adolescents and teens. Many may want to try alcohol, but they often do not fully recognize its effects on their health and behavior. Other reasons young people drink alcohol include:

- Peer pressure
- Increased independence, or desire for it
- Stress

Resources

- Talk. They Hear You. (SAMHSA)
www.underagedrinking.samhsa.gov
- Partnership for Drug-Free Kids
www.drugfree.org
- Jo Daviess County Wellness Coalition
Promoting Healthy Living
www.jodaviesscountywellnesscoalition.com
- Illinois Youth Survey
<https://iys.cprd.illinois.edu/>

We got the Facts from the youth of Jo Daviess County • 2018 Illinois Youth Survey
A survey of 517 Jo Daviess County 8th, 10th and 12th grade students.

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JO DAVIESS COUNTY UNDERAGE DRINKING PREVENTION - WHAT PARENTS NEED TO KNOW

Strategic Prevention Framework Partnership
for Success IDHS grant for Jo Daviess County



THE MAJORITY OF PARENTS SAY "NO" TO UNDERAGE DRINKING

Preventing Underage Drinking

The FHN Family Counseling Center, in partnership with the Jo Daviess County Juvenile Justice Council, is using the Strategic Prevention Framework (SPF) process to reduce alcohol use among 8th to 12th graders in Jo Daviess County. The SPF planning process is an evidence-based, data-driven approach to underage drinking prevention. Several key approaches have been found to be successful.

- **Environmental interventions** - This approach makes alcohol harder to get—for example, by raising the price of alcohol, keeping the minimum drinking age at 21 and enacting zero-tolerance laws.
- **Individual-level interventions (Youth Communication Campaign in the schools)** - This approach seeks to change the way young people think about alcohol, so they are better able to resist pressures to drink.

- **School-based interventions (All Stars Youth Prevention Education programs in all the JDC middle schools)** - These are programs that provide students with the knowledge, skills, motivation, and opportunities they need to remain alcohol-free.
- **Family-based interventions (Parent Communication Campaign)** - These are efforts to empower parents to set and enforce clear rules against drinking, as well as improve communication between children and parents about alcohol.

Information provided by the National Institute of Alcohol Abuse & Alcoholism.

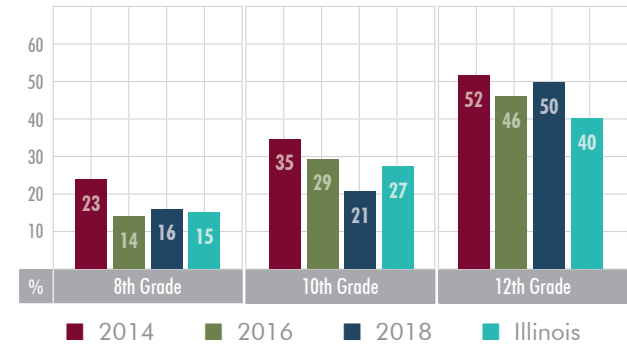
The Role Parents Play

Parents can play a big role in shaping young people's attitudes toward drinking. Parents can help their children avoid alcohol problems by:

- Talking about the dangers of drinking
- Drinking responsibly, if they choose to drink
- Serving as positive role models in general
- Not making alcohol available
- Getting to know their children's friends
- Having regular conversations about life in general
- Connecting with other parents about sending clear messages about the importance of not drinking alcohol
- Supervising all parties to make sure there is no alcohol
- Encouraging kids to participate in healthy and fun activities that do not involve alcohol

Parent expectations are the main reason that kids do not drink alcohol

Past 30 day alcohol use



Results from the JDC Illinois Youth Survey
 *Percent of respondents indicating they have used alcohol in the past 30 days.

As a Community

The majority of 12th graders believe that most adults in their neighborhood think it is acceptable for them to use alcohol. Let's change that perception.

- Support local alcohol and drug laws
- Host substance free activities and events that will appeal to youth.
- Send clear messages to the youth in your neighborhood that you do not believe in underage drinking or other substance use.
- Educate yourself as to current substance misuse and youth interests.

www.underagedrinking.samhsa.gov