

INSIDE
alcohol and
judgment

parental
influence on
use of alcohol

proven skills to prevent
underage drinking

how alcohol affects
the teenage brain

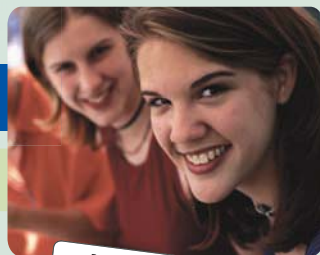
Underage

drinking



Think underage drinking doesn't affect a teen's brain? Think again.

IT'S A FACT. New research shows alcohol affects a teenager's developing brain differently than an adult's. Memory, learning and impulse control can be impaired seriously. The risk of addiction goes up dramatically. So talk to your kids about the dangers of alcohol and set clear rules about no alcohol use.



Know where your kids are
and what they're doing.

For a chance to win a **\$50 GAS CARD** take a quick survey
about this tabloid at www.monadnockvoices.org





JOHN H. LYNCH
Governor

State of New Hampshire
OFFICE OF THE GOVERNOR

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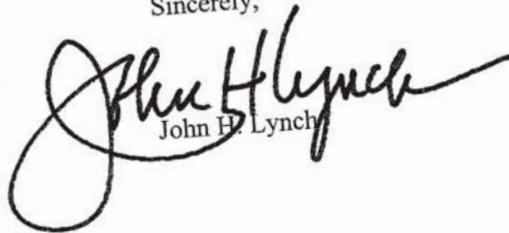
Dear New Hampshire Families,

New Hampshire's children and families are greatly impacted by underage drinking. We must work together to educate children about the dangers of underage drinking and of substance abuse, and help provide them with the skills and support they need to stay safe.

In New Hampshire, one in five high school students had their first drink of alcohol before the age of thirteen. People who begin drinking before age 14 are five times more likely to develop alcohol dependence than those who wait until they are 21. In addition, children's brains are rapidly developing during their adolescent years, and drinking can have a serious impact on their learning, memory and comprehension. We can help protect children with frequent and open discussions in our homes and communities about the dangers of underage drinking.

To learn more, including effective ways to talk to your children please visit www.dhhs.nh.gov/DHHS/ATOD/teenatod.htm. We wish you and your family all the best.


Sincerely,


John H. Lynch

TDD Access: Relay NH 1-800-735-2964

Teen brain development and

alcohol



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

**THINK UNDERAGE DRINKING
DONES'T AFFECT A TEEN'S BRAIN?
THINK AGAIN.**

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

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

Alcohol affects a teen brain differently from an adult brain.

It can actually cause serious damage to the still-developing adolescent brain (10-21 years).

NEW RESEARCH SHOWS that alcohol affects a developing teen brain differently from 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, 2003).

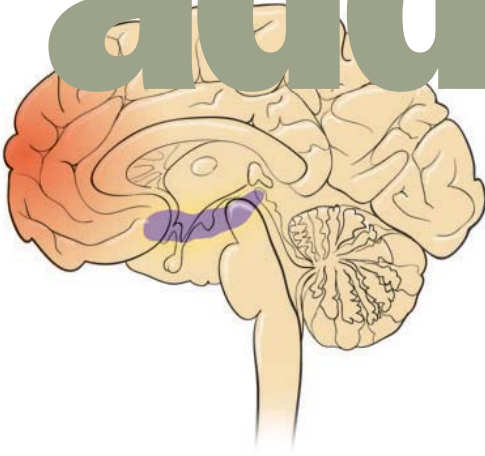
Alcohol use may impair memory, learning, decision-making and impulse control; and it greatly increases the risk of addiction. In addition, alcohol use can cause young people to develop social problems, have poor judgment, get into trouble, do poorly in school and experience failure in achieving lifelong 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 the active involvement and help of a parent. All children need help from their parents to guide them through their teenage years. Staying bonded to parents is critical to the process of teenagers emerging healthy, safe and alcohol-free.



Increased risk of

addiction



THE BRAIN REWARDS positive actions with feelings of pleasure so we want to repeat them. We remember pleasure from dopamine, a “feel-good” brain chemical, or neurotransmitter, which connects the pleasure to the thing we enjoyed. Alcohol affects our brain’s pleasure-reward system by pretending to be a neurotransmitter. It tricks the brain into generating pleasure-reward feelings from a harmful chemical instead of a real experience.

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

If a teen continues drinking, the brain changes and adapts to the presence of alcohol and soon the teen needs more and more alcohol to create the same amount of pleasure. If a teen still continues drinking, he or she will begin to feel a craving for it and feel uncomfortable – sometimes even extreme discomfort – without it. He or she becomes addicted. Getting their next drink becomes more important than family, grades or even sports.

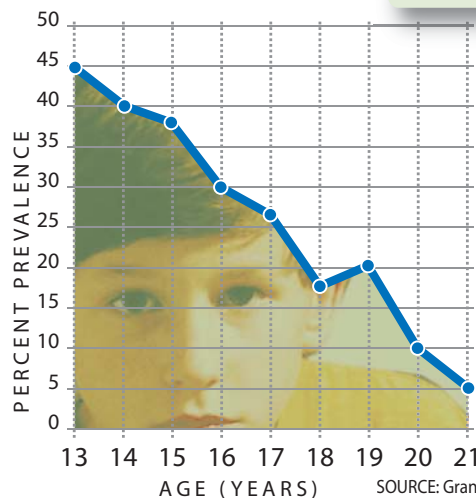
Because the teen brain produces an abundance of dopamine, it can go rapidly from liking, to wanting, to needing alcohol, programming it for alcoholism. Alcohol can also damage the brain’s ability to sense pleasure from normal, healthy things and experiences – leaving a young person feeling “flat” about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

Youth who drink before they turn 14 are five times more likely to develop alcohol dependence during their lifetime than those who start drinking at 21. Each year of delay reduces the risk (Hingson et al., 2006).

Children who begin drinking at age 13 have a 45 percent chance of becoming alcohol dependent.

Research shows that parents consistently underestimate teenage binge drinking.

Alcohol dependence BASED ON AGE DRINKING STARTS



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

Parental

influence on alcohol use

ACT NOW

BEFORE
THEY

HOST A PARTY

Ensure that youth will be safe when left home alone. Law Enforcement can support your rules while you are away.

Parent & Police consent forms are available in many area towns.

Contact your local police department or go to www.monadnockvoices.org to download the form.

or

Anonymously Report Underage Alcohol Parties by Dialing Toll-Free 2-1-1

New Hampshire
2-1-1
Get Connected. Get Answers.
United Ways of New Hampshire- Lead State Partner

Binge drinking now begins as early as elementary school, and parents are often unaware of their child's use of alcohol.

In NH, 15% of 14 year olds report binge drinking in the past 30 days.

Parents & Police: A Community Partnership

PROGRAM GOALS

The Parent & Police Consent Form and conditions can be found on the Police Department's web site or at the police station. Complete the form and sign it with the specific dates that you will not be home. Our officers will make every attempt to patrol your neighborhood looking for evidence of underage drinking activity. If the officer observes illegal underage drinking activity based on his or her reasonable suspicion, they will stop to investigate.

Officers will approach your residence, knock on the door, and ask to speak with your teenager. Officers will then explain their belief that an underage drinking party may be going on within your residence and ask to enter the home to look for underage drinking activity. At no time will our officers use force to enter your home.

1.

Provide officers information where young teenagers will be left unsupervised who may be tempted to have drinking parties

2.

It provides the parents with an instrument that may keep a teenager in check from such temptations

3.

Give parents a sense of relief that the Police are looking out for your child and home while you are away.

We hope this program will be a helpful for you and your child to ensure they will be safe while being left alone at home as well as to give extra support to your rules while you are away.

Underage

drinking



► In NH, 10% of all youth report having had an alcoholic drink before age 11. Talk to your children before age 8 about not drinking.
2008 NHYRBS

About the brain:

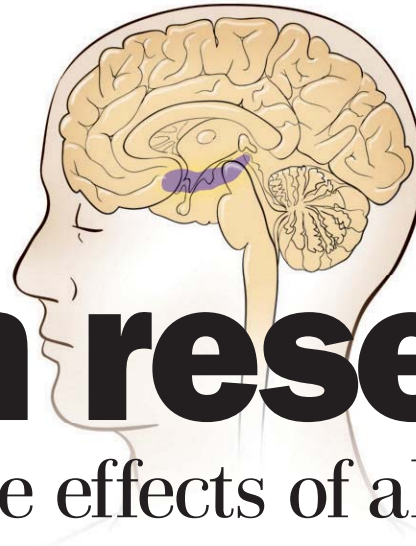
The **brain** is the major organ of the central nervous system and the control center for all the body's voluntary and involuntary activities. It is responsible for everything we think, feel, see, say and do.

The **brainstem** controls vital body functions, such as breathing and digestion. The **cerebellum's** main functions are the maintenance of posture and the coordination of body movements. The **cerebrum**, which consists of the right and left cerebral hemispheres, is the site of most conscious and intelligent activities.

New

brain research

and the effects of alcohol



The brain is still developing through our early 20s. Drinking during this critical period may permanently harm the brain. (White and Swartzwelder, 2003)

ALCOHOL AFFECTS a teen brain differently than it affects a mature adult brain. The brain goes through rapid development and "wiring" changes during the ages of 12 through 21. Teen alcohol use can damage this brain wiring, which is essential to become a mature, thoughtful, responsible adult.

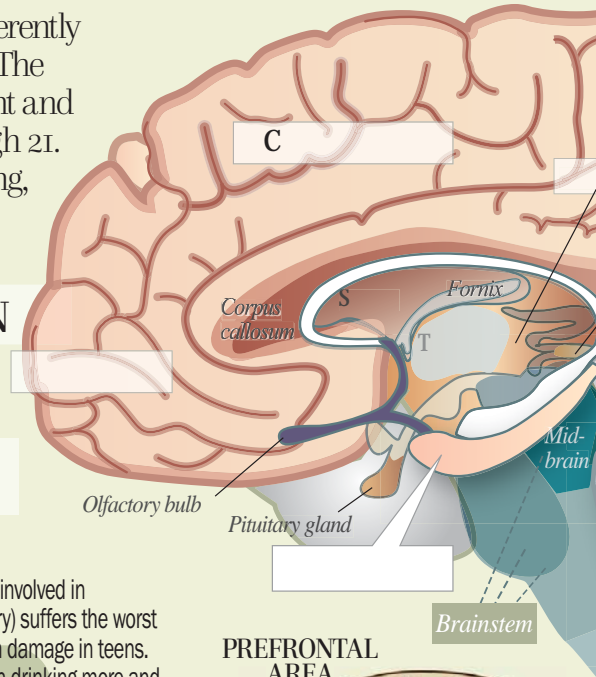
THE BRAIN

► Alcohol can damage two key brain areas:

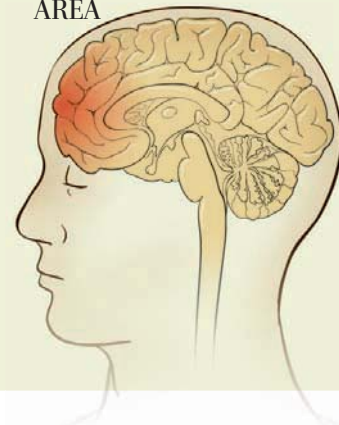
"The prefrontal area (responsible for thinking, planning, good judgment, decision-making and impulse control) undergoes the most change during adolescence. Researchers found that adolescent drinking could cause severe changes in this area ... which plays an important role in forming adult personality and behavior. Damage from alcohol at this time can be long-term and irreversible."

"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 Fact Sheet, 2003



PREFRONTAL AREA



"... 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

"Teens, through their choices and actions, have the power to direct the development of their own brains."

DR. JAY GIEDD, CHIEF OF BRAIN IMAGING,
NATIONAL INSTITUTES OF HEALTH

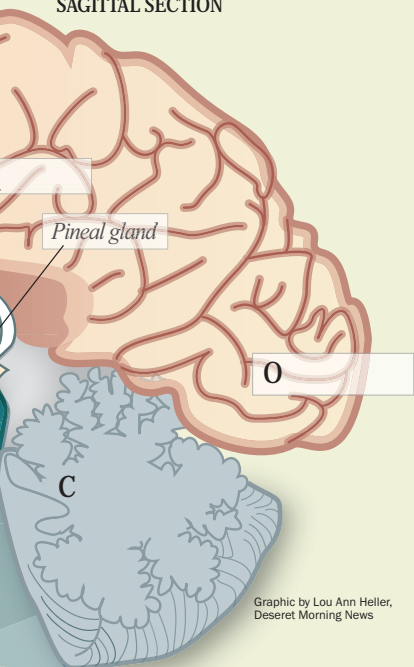
"The use of alcohol, by itself or with other drugs, can retard the normal growth and development of young people."

AMERICAN ACADEMY OF PEDIATRICS,
ALCOHOL: YOUR CHILD AND DRUGS

"In sometimes subtle and sometimes dramatic ways, underage alcohol use can sidetrack the trajectory of a child's life - or end it."

THE U.S. SURGEON GENERAL'S
CALL TO ACTION, 2007.

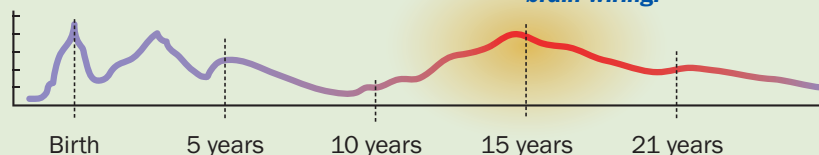
SAGITTAL SECTION



Graphic by Lou Ann Heller,
Deseret Morning News

Peaks of brain plasticity

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

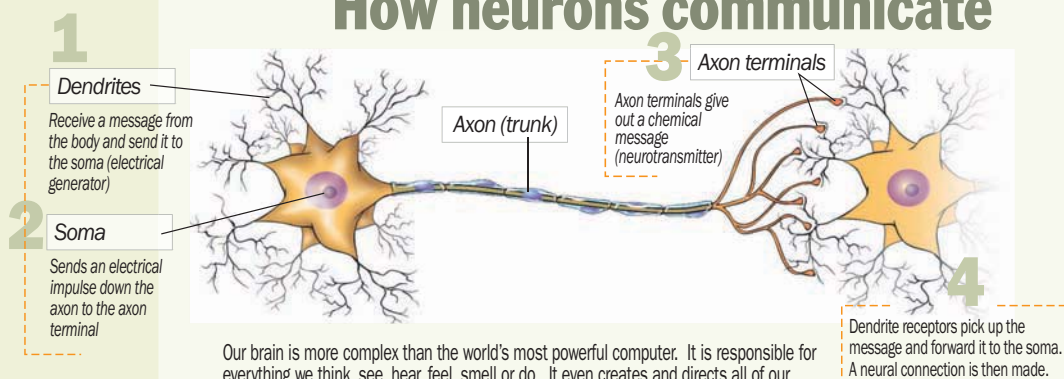


Neural plasticity refers to the ability of circuitry in the brain to physically change and grow new dendrites as a result of new learning and experiences.

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.

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 can 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 tip of each "root" contains tiny sacks of powerful chemicals called 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 bushy tree instead of a spindly tree. It becomes a dominant neural pathway.

40 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 connections or "wiring." When we learn new things or do new activities, new "NEURAL CONNECTIONS" are made in our brain. This is referred to as "wiring" 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 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 that 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 that can result in illness, injury and even death.



Risks associated with underage 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.

ALCOHOL POISONING

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.

ACT NOW

BEFORE THEY HOST A PARTY

Parent & Police Consent To Search forms are available in 14 area towns.
Info: www.monadnockvoices.org

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

Teens who use alcohol have higher rates of academic problems and poor performance than non-drinkers. 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.

- 64% of youth in NH who drank alcohol before age 15 used marijuana at some time in their life.
- High School students in NH who drank (in the past 30 days) are 16 times more likely to use marijuana than those who didn't binge drink.
- NH high school students who drank alcohol (in the past 30 days) were 24 times more likely to use cocaine than those who did not drink alcohol.

2008 NH YRBS



Stay in contact

Be aware that studies show kids are more at risk for alcohol use 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.

Visit www.monadnockparents.org and www.monadnockteens.org



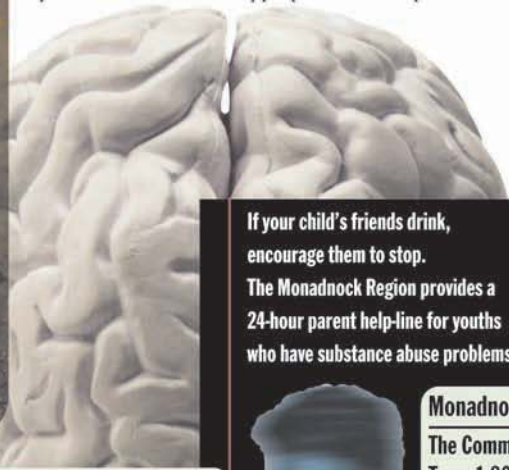
UNDERAGE DRINKING CREATES A SERIOUS ECONOMIC BURDEN ON OUR STATE

Research suggests that underage alcohol consumption costs the state of New Hampshire \$180 million per year when considering violence, traffic crashes, high-risk sex, property crime, unintentional injuries, poisonings and psychoses, fetal alcohol syndrome, and alcohol treatment (PIRE, 2006).



Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.



If your child's friends drink, encourage them to stop. The Monadnock Region provides a 24-hour parent help-line for youths who have substance abuse problems.

Monadnock Region:
The Community Network
Team 1-866-826-2340
or 352-2340
Statewide:
Call NH 211
or go to www.211nh.org

Friends and peers

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.

Students with high-refusal-assertiveness skills are less likely to drink underage. Decide 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

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

Buying or supplying tobacco to anyone under 18 is also a punishable offense.

Peers

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

Encouraging news

Central to the effort to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

- Set clear rules about no underage drinking
- Know where your children are and who they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

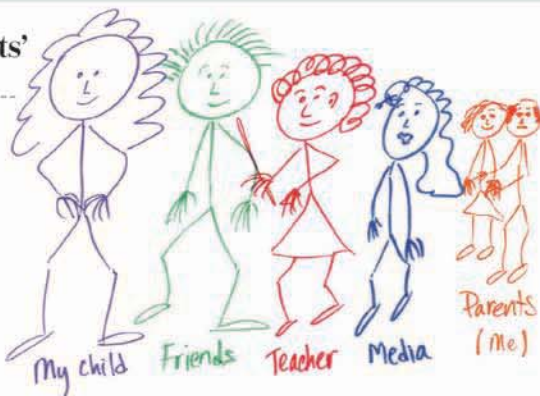
Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.



Most parents don't realize they are the No. 1 influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.

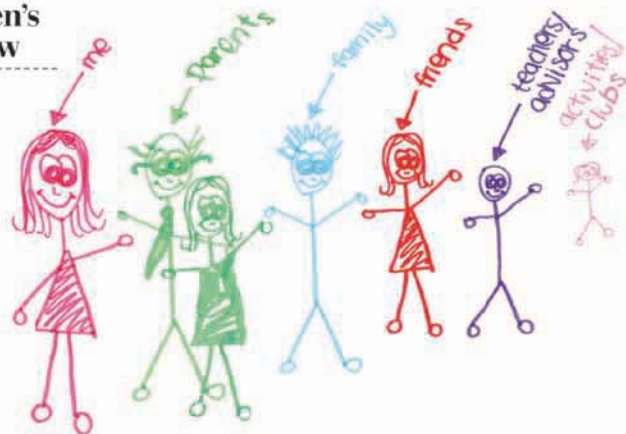
Parents' view



Learn more at www.monadnockparents.org
www.monadnockteens.org

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view



You have more power over the choices your children make than you may realize.

BECOME A **PARENT ADVOCATE.**



We all can do many things to support our children to make good choices about alcohol. In fact, every day citizens in communities across NH/The Monadnock Region are working together to reduce the availability of and access to alcohol by youth, to reduce the opportunities for youth to drink, and to provide an environment where the demand for alcohol is lessened. Some of the issues that community groups are working on include:

Alcohol at underage parties: When adults allow minors to drink, or provide alcohol to minors, they are committing a criminal offense. In addition, teenagers interpret it as being given permission to drink – even when adults aren't around. Adults should not allow underage drinking in their presence, in their homes, or on their property under any circumstances.

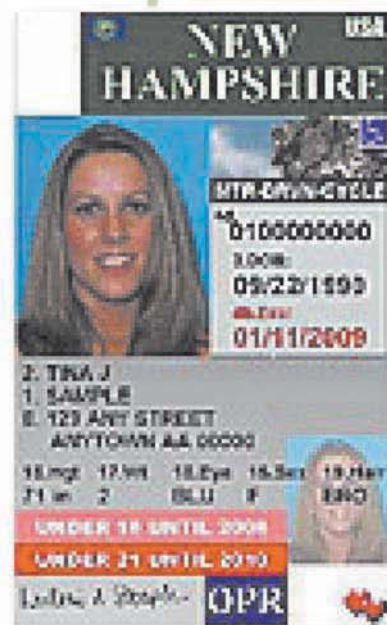
Alcohol advertising: Americans are subjected to \$4 billion in alcohol marketing each year in the form of advertising and product placements on youth-oriented television and radio shows, internet sites and billboards.

Alcohol and Minors: Do not purchase or provide alcohol for people under 21. Compliance checks are done throughout the Monadnock Region for both retailers and buyers. Purchase or give alcohol to a person under 21 and face a \$2,000 fine and a year in jail.

Alcoholic energy drinks: A new wave of “energy” drinks have hit the market that both contain alcohol and stimulants (e.g. caffeine) and are marketed directly at teenagers. It can be very difficult to distinguish the beverages containing alcohol, and the percentage of alcohol in the drinks can be as high as 11%. Know what your child is drinking. Go to www.marininstitute.org/alcopops/energydrinkreport.htm

Checking of IDs: Every time alcohol is purchased, the sales clerk should check the ID of the purchaser. NH Drivers licenses or IDs are distinctly different for individuals under 21. See example above.

Theft of Alcohol: The theft of alcohol by young people is a serious problem and “beer runs” are a common occurrence. Sometimes the easiest place to get alcohol is right next to the milk in the refrigerator, so parents need to ensure that any alcohol in the home is inaccessible.



Under 21 IDs are vertical. (Over 21 is a horizontal ID).

Have you heard about an un

HELP PREVENT

tragedy



United Ways of New Hampshire- Lead State Partner



What is 2-1-1?

2-1-1 is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

2-1-1 NH is an initiative led by the United Way of New Hampshire (UWNH), an organization that represents the ten United Ways across the state, in partnership with the State of New Hampshire, Citizens Bank Foundation, the New Hampshire Charitable Foundation, Exeter Hospital, and Public Service of New Hampshire (PSNH).

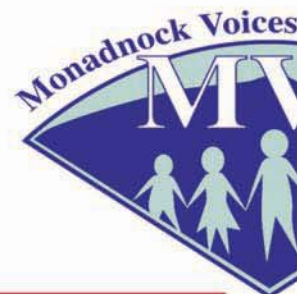
Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state, or 1-866-444-4211 from out of state.

How does it work for reporting an underage drinking party?

2-1-1 NH and the NH State Liquor Commission provide a service for callers wishing to make a report of an underage drinking party. Calls made to 2-1-1 anonymously by concerned citizens can provide the names of people hosting such parties.

When a call is made, 2-1-1 will log this information and relay the underage drinking party information to the appropriate law enforcement agency.

2-1-1 will also relay the reported information to the appropriate law enforcement agency to address the party. The agency will then perform education and enforcement activities.



Underage party being planned?



**BUYERS
BEWARE**

Providing Alcohol to Minors
is a Criminal Offense.

NEW HAMPSHIRE STATE LIQUOR COMMISSION

Reporting party?

The Division of Enforcement have formed a partnership to provide a planned underage alcohol parties 24/7, 365 days a year. Calls can be made by anyone who has information regarding dates, times, locations and the

information into a database, contact the law enforcement agency local to the area with the information to them for further investigation.

The Division of Liquor Enforcement who will work with the local law enforcement. The Division will also leverage resources to the local law enforcement to help them to reduce instances of underage drinking parties in the community.

The goal

of this new program is to provide a preventative measure for underage drinking parties.

“Every time a concerned citizen calls 2-I-1 to report an underage drinking party, there’s an opportunity for intervention”

said the Division of Liquor Enforcement’s Lt. James Wilson.

“Having this information will provide law enforcement officials with the opportunity to educate people, prevent underage drinking parties from occurring and potentially save lives.”



Monadnock Voices for Prevention

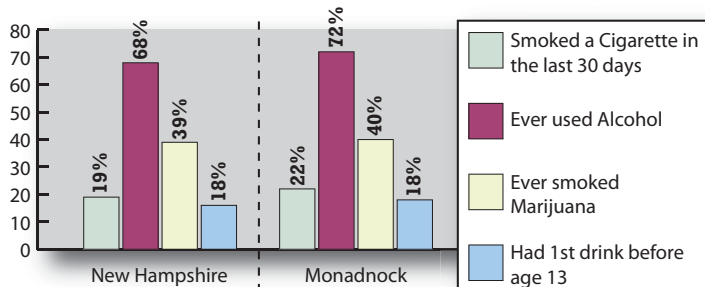
105 Castle Street, Keene, NH 03431

kmcmillan@mc-ph.org • (603) 357-1922 x125 • www.monadnockvoices.org

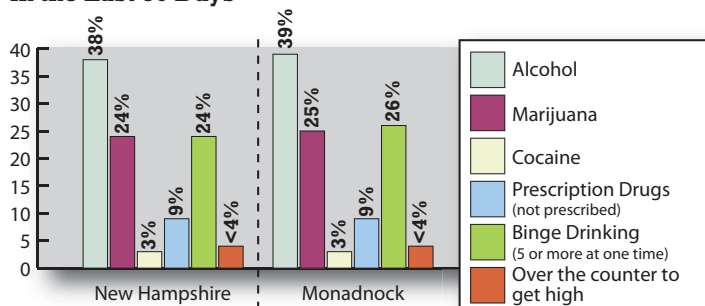
Teen Health Risk behaviors

Youth Risk Behavior Surveys (YRBS) were conducted in all six regional high schools in the Monadnock Region in the Spring 2009. A total of 3,568 students in grades 9 through 12 responded to questions regarding drugs, tobacco, and alcohol.

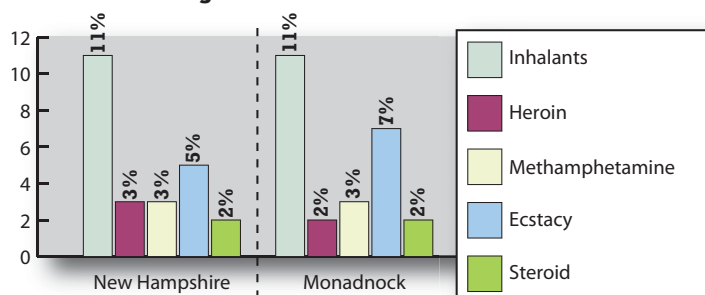
Percentage of Respondents Who Have Ever Used Drugs



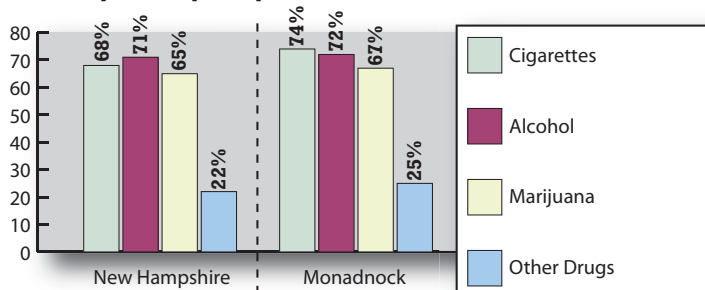
Percentage of Respondents Who have Used Drugs in the Last 30 Days



Percentage of Respondents Who Have Ever Used Other Drugs



Percentage of Respondents Who Say Drugs are Easy or Very Easy to Get



Risk and Related Factors

Some behaviors are related to alcohol and substance use and are considered “risk” factors. That does not mean the risk factor caused them to drink or use drugs; however, they are so frequently associated that lowering one factor tends to lower the others as well.

% of 9-12 Graders Who Report Behaviors That Place Them at Increased Risk		
	New Hampshire	Monadnock Region
Get D's or F's mostly in school	6%	6%
Rarely wore a seat belt	11.4%	12.6%
Were bullied at school	22%	21%
Carried a knife, gun or club to school	8%	11%
Got in a physical fight in the last 12 months	26%	25%
Never or rarely wore a helmet riding a bicycle	63%	64%
Have had sexual intercourse	43%	44%
Had sexual intercourse before age 13	4%	4%
Had sexual intercourse with 4 or more people	11%	11%
Forced to have sex	6%	7%
Hit, punched, or hurt on purpose by boyfriend or girlfriend	8%	9%
Felt so sad or hopeless almost every-day for two or more weeks (major sign of depression)	24%	24%
Made a plan to commit suicide	10%	11%
Drank or used drugs before sex	20%	21%
Used no birth control	8%	8%

Please go to
www.monadnockvoices.org
for more information on regional
teen drug use.

Healthy Teen Behaviors & Attitudes Associated with Lower Alcohol or Drug Use

Strong Families + Safe, Supportive Communities = Better Protected Youth



Youth across the nation have identified that individual, family, community and environmental behaviors and attitudes are influential in their belief in a positive future for themselves.

What our young people have shared is that caring, supportive relationships at individual, family, community, state and national level empower them by building an environment where they feel valued and believe they can make a difference. A sense of purpose and a belief in a positive future are examples of “positive attitudes and beliefs” that increase the ability of young people to resist activities or behaviors that may get them into trouble.

On the previous page we talked about the things that put a young person at risk. But what helps “protect” our young people? Is there anything we can do as a family or community member, friend, and/or individual? You will see on the charts young people have identified important “protective factors” that can help lower the risk of substance use and/or abuse.

Individual

- Ability to act independently
- Sense of control over environment
- Commitment to learning and education
- Sense of purpose
- Belief in a positive future
- Adaptable & flexible
- Have empathy
- Care for others
- Solve problems
- Plan for future
- Resourceful in seeking out support
- Ability to resolve conflict
- Critical thinking skills

Family

- Frequent in-depth conversations and communication between parent/guardian and young person
- Offering support and affection
- Parental monitoring of children’s activities and peers
- Clear structure and rules of conduct
- Consistent actions when rules are violated
- Involvement of parents in the lives of their children
- Emphasis on the importance of education
- Strong bonds with institutions, such as school and religious organizations
- Adoption and modeling of healthy behaviors and attitudes about drug use

Community

- Create opportunities for youth to participate in activities where they have decision making power, shared responsibility and choices
- Build youth self-confidence
- Empower youth to be part of making a difference and value their opinion

Environment

- Local, state and national policy
- Opportunities for caring, supportive relationships
- Positive norms or behaviors that hold each other accountable

% of 9-12 Graders Who Report Behaviors that Protect Them	New Hampshire	Monadnock Region
Agree or strongly agree that their family has clear rules and standards for their behavior	82	80
Performed community service	39	38
Spent time in a club or organized youth activity	40	41
Feel like they matter to people in their community	43	40
Perceive great risk if they smoke cigarettes daily	66	64
Perceive great risk if they smoke marijuana occasionally	24	22
Perceive great risk if they drink five or more alcoholic drinks every weekend	34	33
Think their parents think it is wrong for someone their age to drink alcohol	88	86
Believe it is wrong for someone their age to drink alcohol regularly	50	47
Think it is wrong for someone their age to smoke marijuana	58	55
Believe their parents think it is very wrong for someone their age to smoke cigarettes	87	86

For adults, youth, parents and/or guardians interested in knowing more about the behavior and attitude factors that protect young people, please visit
www.monadnockvoices.org

Don't Stunt Your BRAIN

Keep it alcohol & tobacco free

Your brain is growing as fast as the rest of your body. In fact, a teen's brain is still developing nearly as fast as a baby's. Alcohol can literally stunt the way it grows,

making it harder to think, remember things and make good judgements. Let your brain grow up with the rest of you. Stay alcohol & tobacco-free.

Funded by
NHDHHS
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CCAN
Cheshire County
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Cheshire County
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NEW FUTURES Working together
to reduce alcohol, tobacco and other drug problems in New Hampshire

C.A.S.T.
Community and
School Together