

Parental Monitoring

There is much less drinking where students report high parental monitoring. This includes such parental activities as:

- Always knowing where your kids are and who they are with.
- Insuring parents are home if kids are at a friend's home.
- Always being up when your kids come in at night so they know they will face you if they have been drinking.
- Monitoring your liquor cabinet and fridge so that you can identify when some alcohol is missing.
- Being alert for "signs" when cleaning their room or doing laundry.

KEYS Program

If you work a late shift or will be out of town on vacation and you are concerned that an underage alcohol or drug party could occur during your absence, you can register your home with the KEYS program. You will then leave a key with a trusted neighbor or relative and the Police Department will check your home while you are away. If we have reason to believe an underage party is taking place, we will retrieve the key from your designated key holder and you will be notified of any actions taken.

If you have any questions or would like to register for the program call the Dover Police Department's Community Outreach Bureau at 516-3275 to get more details.

Parental Monitoring



Resources

Dover Coalition for Youth
www.DoverYouth.com
603.516.3279

Parents: The Anti Drug
www.theantidrug.com

Partnership for a Drug Free America
www.drugfree.org

Dover Police Department
Community Outreach Bureau
516-3275
To report drug information
742-4646



Underage Drinking:

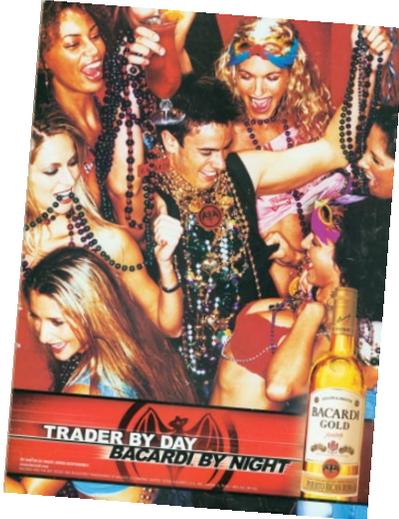
What

Dover Parents

Can Do

Why Does It Matter?

Alcohol is everywhere. It is cheap, marketed in youthful ways, glamorized in music, and advertised everywhere. It is no wonder that alcohol represents our biggest drug problem in NH and the US.



A recent survey of Dover students showed that in the past 30 days:

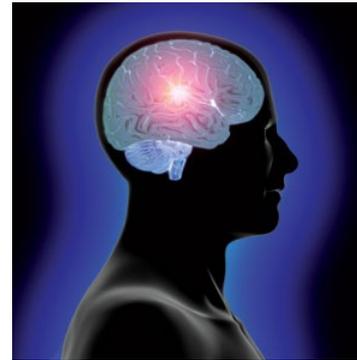
- 16% of 8th graders report having had a drink.
- 21% of freshman report drinking.
- 44% of seniors report drinking.
- Nearly a fifth of all high school students report binge drinking (heavy drinking).

The media portrays alcohol as harmless and risk free as long as you aren't driving. (Ever seen a beer commercial that used the word addicted or alcoholic?) This can cause alcohol to seem harmless and

risk free. But that couldn't be farther from the case – as you will see on the next page.

Know the Consequences

Brain development continues well into early adulthood and alcohol consumption can interfere with that development. Alcohol effects the brain in many ways, including:



- Alcohol is addictive. There are 14,000,000 problem drinkers in the US.
- Teen drinkers can damage the learning capacity of their brain by up to 10%.
- Alcohol accelerates the problems for kids with depression and emotional illnesses.
- Alcohol impairs judgment. Many teen pregnancies and STDs are the result of alcohol-clouded decisions.
- Impaired balance/coordination, combined with reduced judgment, can lead to falls or accidents.
- Teen drinkers are more likely to throw a punch or commit other violent actions.
- Teens can drink so much that the part of the brain controlling the heart/breathing is shut down.
- Teen drinkers can leave themselves vulnerable to crimes such as sexual assault.

“The younger people are when they start drinking, the more likely they are to have significant alcohol problems in their lifetime, including abuse and addiction.”

— Pediatrician Janet Williams
Chair of American Academy of Pediatrics
committee on substance abuse

What You Can Do

- Know the consequences and teach kids caution about alcohol
- Start young and repeat the caution at appropriate opportunities
- Family Rule: Underage drinking is statistically less frequent in homes where the parents have a clearly stated family rule
- Reduce or eliminate alcohol around the home
- Watch your own personal approach/attitude toward alcohol use
- Don't provide sips/tastes or have kids mix you a drink. Don't make alcohol any more familiar than the advertisers already have.



- Don't host “supervised” teen drinking parties. There is no safe way of doing so, and it is illegal.
- Watch your own attitudes and what you say: (*What a day—I need a drink!*).
- Practice parental monitoring (see back panel)

