

## HISTORY

- In this rural community, drinking is normalized as entertainment. Activities in the community that involve alcohol may not affect all, but do affect some.
- Our youth may not always have the capacity to make the best choices to stay safe. **SALT's goal is aimed at supporting our community with opportunities to reduce youth substance use.**
- These prevention efforts lead to healthier and safer youth lives.

**JOIN**  
A LOCAL YOUTH  
COMMUNITY  
ORGANIZATION

\*CONTACT SALT  
FOR INFO

## TRUE OR FALSE

1. Young people don't drink alcohol! Research shows that almost **82% of 12-20 year olds haven't had a drink in the past month.** True or False?
2. A 12-ounce beer, a 5-ounce glass of wine, and a 1.5 ounce shot of liquor all have the **same amount of alcohol.** True or False?
3. **Brain development** is not complete until a person's of high school age. If someone drinks before then they could experience developmental difficulties. True or False?
4. **Why do youth drink:** to belong, de-stress, entertain themselves, and appear mature as they see in movies. True of False?

Answer key below...

**JUST  
SAY  
NO  
OUTSIDE!**

— Nicole Slevin

SOURCE: SAMHSA Brochure: Myths vs. Facts

Answer Key: 1. True 2. True.  
3. False: it's their mid 20s. 4. True.

**SALT**

Sullivan Allies Leading Together

**WE CAN·WE WILL**

## ALCOHOL AWARENESS

How do **adult perceptions** of alcohol use, promote or discourage youth perceptions of alcohol use?

Local residents working in health care share tips on how adults can more easily communicate with youth about substance use - making growing up a little easier and safer for our beloved youth.

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## YOUTH NORMS

What Makes Youth Vulnerable to Underage Drinking & Drinking to Excess?

- Youth pour large amounts per drink and do not realize what they are actually consuming.
- Youth drink to excess to alleviate stressors.

What is the difference between different kinds of alcoholic drinks... including seltzer?



### DID YOU KNOW?

Youth's brains process information differently from adults because their brains are still forming.

## ALTERNATIVES TO SUBSTANCE USE

- Walk the track with some friends.
- Talk to a trusted friend.
- Host a game night or outside game.
- Volunteer
- DIY Projects
- Game night
- Movie night
- Journaling (Bullet)
- Begin an Art project (painting, scrapbooking)

## RESPOND WITH...

**H**EAR WITH YOUR WHOLE BODY  
**E**NGAGE  
**A**SK QUESTIONS  
**R**EFLECT  
**T**HANK THEM FOR SHARING

Artist of Heart: Azharo Mohammed

## CONVERSATIONS ABOUT ALCOHOL

When faced with scare tactics a youth's natural defense might be:

- **Denial** - "That won't happen to me."
- **Avoidance** - "I don't care. I don't want to think about it."
- **Blunting/Numbing** - generally looks like they can't receive the message. "I don't understand."
- **Skepticism** - "I know people who do it, and they seem fine."
- **Making Fun of a Message** - "They say marijuana is a gateway drug. To what? The fridge?"

Teens are hardwired to test boundaries, this is scary to parents. Don't scare youth into making their decisions, engage in conversation - offer them the facts. **Have real conversations early and often.**

*What worked for you?*

Teach your kids to make you the excuse,  
**"My mom would kill ME!"**