



- Communication
- Encouragement
- Negotiation
- Setting Limits
- Supervision



Dear Parent or Guardian:

In 2012, nearly three-quarters (72%) of students nationwide had consumed alcohol by the end of high school, and more than a third (37%) had done so by eighth grade.

In January 2013, Manhasset Public School students in grades 8, 10 and 12 participated in the Bach Harrison Online Prevention Needs Assessment Survey which evaluated current youth substance abuse conditions and factors among our youth. Students reported

- **Past 30 Day Use of Alcohol**
 - 69.1 % 12th Grade Students
 - 38.8% for 10th Grade Students
 - 4.4% for 8th Grade Students
- **Binge Drinking** (*Having five or more drinks of alcohol in a row in the past two weeks*)
 - 53.8% for 12th Grade Students
 - 23.4% for 10th Grade Students
 - 1.5% for 8th Grade Students

While most kids under age 14 have not yet begun to drink, parents should keep in mind that adolescence is a critical time of special risk for teens to experiment with alcohol. Research by the National Institutes on Drug Abuse (NIDA) continues to show the critical role parents play in preventing their children from using alcohol.

The enclosed Family Checkup booklet is provided to you to highlight parenting skills that are important in preventing the initiation and progression of alcohol and drug use among youth. Along with the booklet, online video examples are available at www.drugabuse.gov/family-checkup. The site provides parents with how-to and how-not-to emulate each skill with their own children. The tools were developed by the Child and Family Center at the University of Oregon.

Summer is here and it is the perfect time to connect with your child about the dangers of underage drinking. Talk. They Hear You.

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