



Facilitation Guide

Parent-Connect: Alcohol and High Risk Drinking

The following discussion guide is designed to actively involve parents in processing the information learned through the webinar.

I) Goals

- To engage and involve parents in the learning process.
- To increase awareness regarding teen use of alcohol and high risk drinking.
- To continue the discussion started in the Campus Outreach Services Webinar on Alcohol and High Risk Drinking.

II) Facilitating The Discussion

Facilitators should make every effort to:

- Create a comfortable environment in which it is safe for parents to express the full range of feelings they may have following the presentation. Having clear ground rules (found below) can help to create a safe environment.
- Keep the dialogue moving. Try not to let one person dominate the conversation. If someone is, gently ask for other volunteers or say that you'd like to hear from others as well.
- Present accurate and factual information without feeling pressured to be an expert on alcohol. It is better to say, "I don't know" than to take an erroneous guess about something.
- Have resource information available to parents should they want to get more information or need support after the discussion. Some good resources to have are a campus resource such as the counseling center or health center, as well as national resources.

Facilitators should be prepared to encounter participants:

- Who find some statistics and information to be shocking or confusing. It is important to allow participants to express fear, apprehension, confusion, or frustration evoked by the webinar's content.
- Who may disclose personal experiences during the discussion. Should this occur, it is important to thank the participant for his or her disclosure, and make an effort to comfortably steer the conversation back to the discussion content. Do not allow other participants to direct questions specifically to this person. If people do direct questions or comments right to this person, jump in and ask that the conversation be kept general.

- Who disagree with parts of the webinar or opinions/statements given by the presenters. Allow participants to debate their beliefs, opinions, and thoughts. For example, some parents may believe it is not a big deal to let their underage teen consume alcohol as long as the drinking occurs within the confines of the home or under parental supervision.

Facilitators should establish the following ground rules prior to discussion to create the framework for a respectful dialogue. All discussion participants will:

- Actively listen.
- Be tolerant of others' experiences.
- Speak to only their opinions rather than making sweeping generalizations (e.g. saying "I think" rather than saying "people think").
- Encourage respectful dialogue and acknowledge that there may be people in the group who have experienced difficulties with alcohol or have alcoholism in their family or personal history. Also acknowledge that there may be people in the audience who completely abstain from alcohol use.
- Keep confidentiality. If you hear something personal about someone in the room, please keep that confidential. Any factual information you hear, please share that with others.

III) Webinar Review

- What did they think of the information presented?
- Was any of it surprising (i.e. prevalence of underage drinking, social host laws, drinking games)?
- How did hearing Shelly's stories or examples make them feel?
- Can they name two ways they learned to better communicate with their teen about alcohol?

IV) Exercise

Alcohol Scenarios

This exercise can be done as a large group or in small groups (preferably small groups). Divide the following scenarios evenly (available in Appendix I) among the groups. Ask the participants to read their scenario(s) and to discuss the following questions:

1. Is this person abusing alcohol?
2. If yes, what warning signs exist? If no, how can you tell?
3. If necessary, what can you as her/his parent do to help?
4. Will your intervention make a difference?

Leave about 15 minutes to report back to the large group about their discussions.

Warning Labels

We've all seen warning labels on products and packages. Some even seem silly, including the "Warning! Coffee is hot!" labels on coffee cups at McDonald's. With this in mind, have parents draw warning label

posters for beer and alcohol. These posters can then be hung up around the classroom or in the hallways of your school. Consider having students then vote on their favorite, on the funniest, on the best design, etc.

Sample Warnings:

- WARNING: The consumption of alcohol is a major factor in dancing like an idiot.
- WARNING: The consumption of alcohol may lead you to believe that your ex is really dying for you to telephone them at four in the morning.
- WARNING: Alcopops might taste sweet at night, but you might feel sour in the morning.

V) Wrap Up

- Thank them for being interactive and thoughtful about these issues.
- Remind them that discussing these issues can bring up concerns and that support is available (refer back to on and off-campus resources).
- Encourage parents to keep a “Webinar Journal” where they can write about what they learned and their reactions to each session. To increase their engagement, it is important for participants to reflect on what they are learning.

National Resources for Alcohol and High Risk Drinking

Compiled by Campus Outreach Services



For Support

- **Alcohol & Drug Referral Hotline**, 800.252.6465 (24 hours)
- **Alcohol Abuse and Crisis Intervention**, 800.234.0246, www.collegerecovery.org. Portal for college students in recovery from across the country to connect with each other, get support from each other, and to learn more effective ways to stay sober while staying in college.
- **Association for Behavioral and Cognitive Therapies**, www.aabt.org. Has a nationwide listing of therapists.
- **Moderation Management**, www.moderation.org. Behavioral change program and national support group network for people concerned about their drinking and who desire to make positive lifestyle changes.
- **Al-Anon, Alateen Family Group Hotline**, 800.344.2666. Support for relatives and friends of alcoholics who share their experience, strength, and hope.
- **Alcoholics Anonymous (AA)**, www.aa.org. Learn more about AA as well as find times and places of local AA meetings or events. The primary purpose is to stay sober and help other alcoholics to achieve sobriety.
- **Association of Recovery Schools**, www.recoveryschools.org. Advocates for the promotion, strengthening, and expansion of secondary and post-secondary programs designed for students and families committed to achieving success in both education and recovery. Exists to support such schools which, as components of the recovery continuum of care, enroll students committed to being abstinent from alcohol and other drugs and working a program of recovery.

For More Information

- **Alcohol Problems & Solutions**, www.alcoholinformation.org. Discusses state and local laws as well as controversies surrounding alcohol, zero tolerance laws, drunk driving, and health issues. Fun facts and a “Bar Exam” to test your knowledge of alcohol issues.
- **College Drinking: Changing the Culture**, www.collegedrinkingprevention.gov. Created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), One-stop resource for comprehensive research-based information on issues related to alcohol abuse and high risk drinking among college students.

- **Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention**, www.higheredcenter.org. Helps schools and community leaders develop, implement, and evaluate programs and policies to reduce student problems related to alcohol and other drug use. Has many fact sheets.
- **Mother's Against Drunk Driving**, www.madd.org. From its humble beginnings 25 years ago, MADD has evolved into one of the most widely supported and well-liked non-profit organizations in America. Learn about how MADD first started, the history of their fight against drunk driving and for victims' rights, and some of their victories along the way.
- **Sober Coaching Your Teen**, www.sobercoachingyourteen.com/. Real help for parents of teens in recovery. Shelly Marshall's website offers free downloads and guidance for parents reaching out to their at risk teens.
- **Young, Sober, & Free**, www.youngsoberfree.com. Shelly Marshall's website offers links to recovery tools and inspirational songs. For the young in recovery (even the young at heart), this is your recovery connection online.

Other Helpful Articles and Websites

Compiled by Campus Outreach Services



- **British Medical Association Article**, www.bma.org.uk/ap.nsf/Content/physioeffechighalcointake. Analyzes the physiological effects of high alcohol intake.
- **The Century Counsel and Nickelodeon “How to Talk to Your Adolescent about Alcohol” Handout**, www.centurycouncil.org/lib/downloads/all_brochure-parents.pdf. 3 page handout detailing advice for parents on addressing the topic of alcohol with their teenage son or daughter.
- **The Century Council “Prom Tips for Parents” Handout**, www.centurycouncil.org/lib/downloads/PromTipPoster.pdf. 10 tips for parents about alcohol and prom night.
- **College Drinking, “A Snapshot of Annual High Risk Drinking Consequences” Article**, www.college.drinkingprevention.gov/StatsSummaries/snapshot.aspx. Lists the consequences of excessive and underage drinking which affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.
- **College and University.net Article**, www.collegeanduniversity.net/index.cfm?event=c.p.show&catid=18&pageid=2293. Each year, American college students spend \$5.5 billion on alcohol. Read first person accounts of alcohol use in college today and learn other interesting statistics about alcohol use in America.
- **Enhanced Online News Article**, eon.businesswire.com/releases/alcohol/franklincovey/prweb534377.htm. With the deluge of recent press and attention on Paris Hilton, Lindsay Lohan, and Britney Spears, one might think that Hollywood celebrities are the only young people in the world who are in trouble with the law and who revisit rehab because of their struggles with drugs and alcohol. Unfortunately, they are not alone.
- **Family Guide: Keeping Youth Mentally Healthy and Drug Free**, family.samhsa.gov/talk/alcohol.aspx. Read statistics from the Substance Abuse and Mental Health Services Administration's National Household Survey on Drug Use and Health (NSDUH) and learn tips on how to talk to your teen.
- **Interactive Body**, www.collegedrinkingprevention.gov/CollegeStudents/anatomy/InteractiveBody_flash.aspx. Details the way alcohol affects various organs in the human body.
- **The Lantern, The Student Voice of Ohio State University: “ABC’s ‘Greek’ Causes Concerns” Article**, media.www.thelantern.com/media/storage/paper333/news/2007/07/31/Campus/Abcs-greek.Causes.Concern-2928445.shtml. Delves into a look at the new ABC Family show about Greek life which premiered this past summer.

- **The Michigan Daily: Alcohol, “Red Bull Mix may lead to Death” Article**, media.www.michigandaily.com/media/storage/paper851/news/2002/02/05/News/Alcohol.Red.Bull.Mix.May.Lead.To.Death-1404453.shtml. The popular new mixed drink is debated in terms of its health risks.
- **Southern Methodist University Social Norms Campaign**, www.smu.edu/healthcenter/alchooleducation/adp_socialnorms.asp. Examines the misinformed beliefs about alcohol and partying held by many college students vs. the reality that exists on many campuses across the United States.
- **The Sydney Morning Herald: “How Alcopops Lure the Young” Article**, www.smh.com.au/news/national/revealed-how-alcopops-lure-the-young/2007/08/05/1186252546948.html. An alcohol industry insider has admitted companies deliberately target young people by sweetening ready-to-drink alcopops to mask the taste of alcohol and appeal to the "younger palate".
- **Time Magazine: “Women on a Binge” Article**, www.time.com/time/2002/wdrinking/story.html. A look at women on college campuses and the pressure women face to drink as much as men. Also mentions role models such as the characters on HBO’s Sex and the City show and media influence on drinking.
- **Washington Post: “Party Host Mom Set for VA Jail Term” Article**, www.washingtonpost.com/wp-dyn/content/article/2007/06/08/AR2007060802795.html. News story featuring case of Elisa Kelly and her husband who are serving time in jail for hosting a 16th birthday party where alcohol and underage drinking were present.



CAMPUS OUTREACH SERVICES

Retention Quiz:

1. Identify two signs that your teen has been drinking alcohol.
2. Name at least one sign that your teen is abusing alcohol.
3. Are high risk drinking and underage drinking on the rise or decline?
4. What is the difference between harm reduction and prevention?
5. What are some possible consequences for hosting a party where your teen and his or her friends are engaging in underage drinking?
6. Why are drinking games, Red Bull and vodka drinks, and alcopops dangerous?
7. What kind of effects do movies like Old School, American Pie, and Beer Fest have on my teen? What kind of effects do celebrities like Paris Hilton, Nicole Ritchie, and Fergie have on my teen?
8. Identify one available support resource at your teen's school and at the national or local level.



Appendix I: Exercise I – Alcohol Scenarios

1. I am a sixteen year old student from Ohio. I have some friends who are older than me. When we hang out, they always offer me a beer, but I always say, "No, thanks."
2. I celebrated my birthday last night. My friends took me to dance at a bar and bought me a few rounds of Long Island iced teas. I got pretty wasted and woke up with a bad hangover.
3. On Fridays, my friends and I put a six-pack of beer into the car and hang out at the beach. On Saturdays, we usually go out dancing. I tend to drink when I'm out at the clubs. I think that I am less shy with guys and more fun to be around after I have had a drink or two.
4. Things are not going too well. My friends are on my case because I got into a fight at a party last weekend and woke up in a strange girl's room. I can't seem to keep up with my school work. I also got a \$50 fine for being intoxicated in public last night. I don't know what everyone's problem is though. I'm just trying to have a good time and blow off some steam. Everyone gets into fights and gets hit with fines every once in awhile.
5. School can be stressful. I had my first drink at 11am today after my morning exam. I tried to get my friends to start drinking with me too, but they all just kind of looked at me funny. Sometimes when I drink I can't stop drinking and I don't remember what I do. My friends want me to go out with them tonight. I told them I would go if they brought the beers.
6. I have been feeling pretty guilty and depressed. Sometimes I just sit in my room and drink until I can't feel the pain. When I don't drink, I get the shakes. When I do drink, I have blackouts. Lately, I have needed more and more alcohol to get drunk.
7. I have a hard time sleeping at night and I've stopped going to my classes because I often oversleep. Needless to say I am failing most of my courses. I have stopped going out with my friends lately, because I would rather stay in my room and drink a case of beer in front of the television. Everyone thinks I have no ambition, but they don't know what it's like having a hard time sleeping and feeling how I do.
8. I drink two or three nights every week with my roommates and friends. Usually I drink at the bars around campus or at friend's apartments while playing drinking games. I don't always get drunk, but every so often, probably once or twice per semester, I have a hard time remembering who I spoke with or what I did all night.
9. One of the bouncers confiscated my fake ID last night. I heard about a website online where I can order another one, but I don't have a credit card. I have to figure out a way to borrow my parent's credit card and get the ID shipped to me before prom. We're planning to go the beach afterwards and I've heard there are a lot of great bars. I also need to figure out if my parents would notice anything missing out of their liquor cabinet.
10. When my friends ask me if I want to drink, I can't say no to them. I accept anything they make for me without question, but sip it very slowly and never have more than two or three drinks on any one occasion. I like my friends and want to be cool, but I don't really like the taste of alcohol and don't see why it's such a big deal.