

TRADING SPACES

Social and Emotional Skills that will ensure your
child's success
in high school

Panelists

Betty Frank Bailey, LEAD Executive Director
John Maher, Lake Forest High School Social Worker
Kamy Daddono, Director, CROYA
Barb Kesman, Parent
Emma Faucher, Senior
Tucker Wilson, Freshman

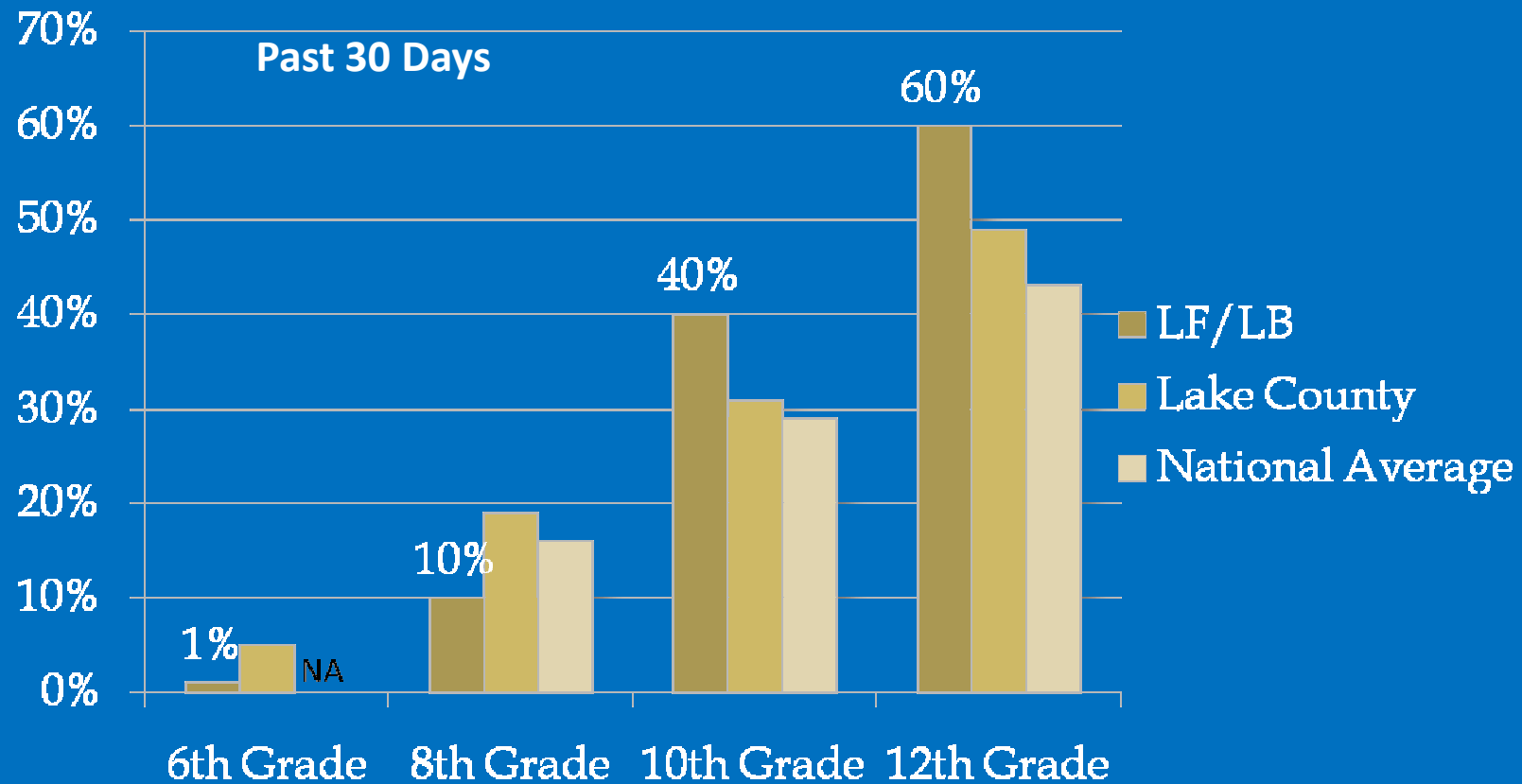
Merry Quinn, Ed.D, Director of Student Services

Why do teens drink?

- *Peer Pressure*
- *Culture is Accepting*
- *Many Unsupervised Places*
- *Easy Access*
- *Perception of Use is Greater than Reality*

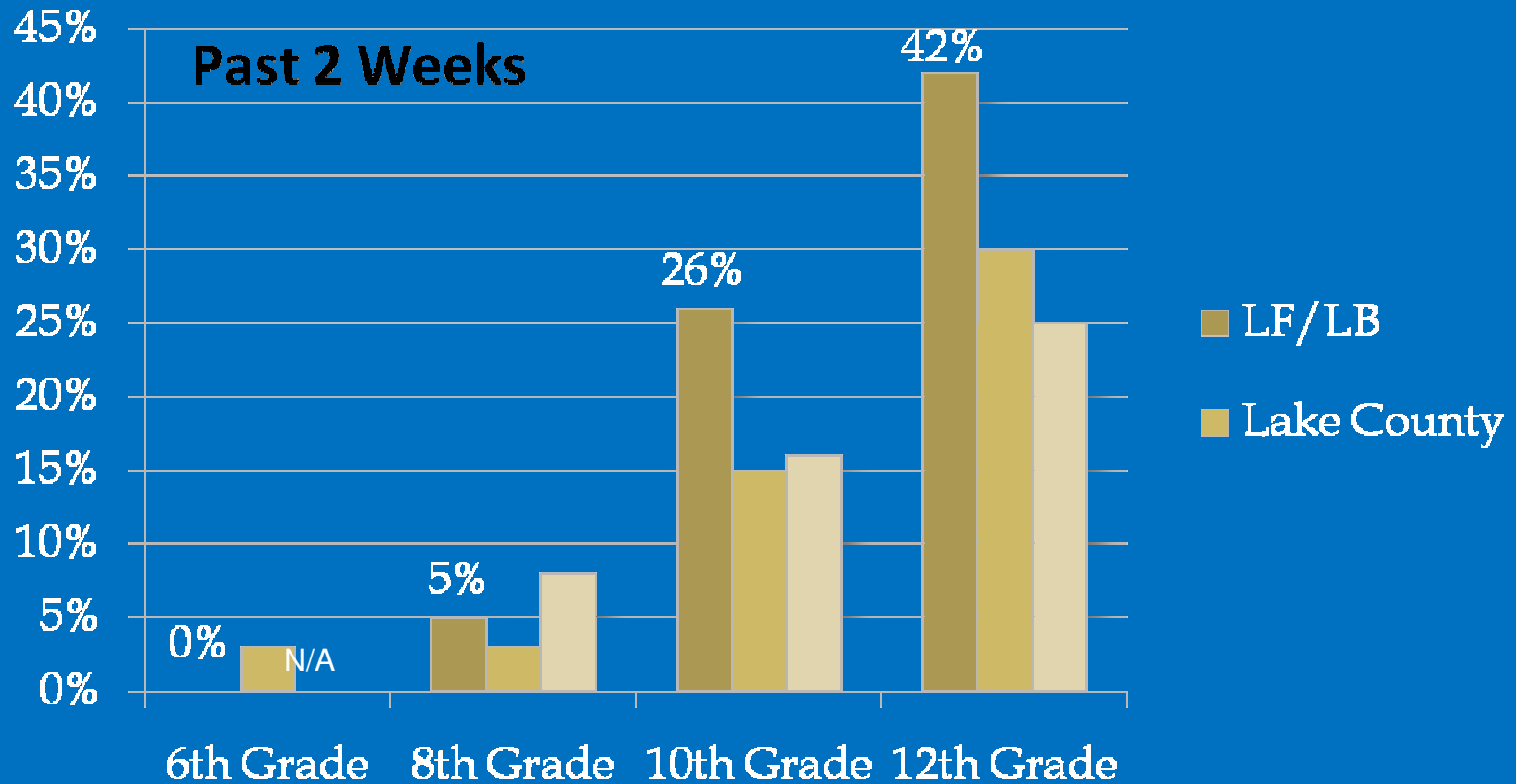
Everyone is Not Doing It & It Is Not OK

LF/LB Youth Alcohol Use



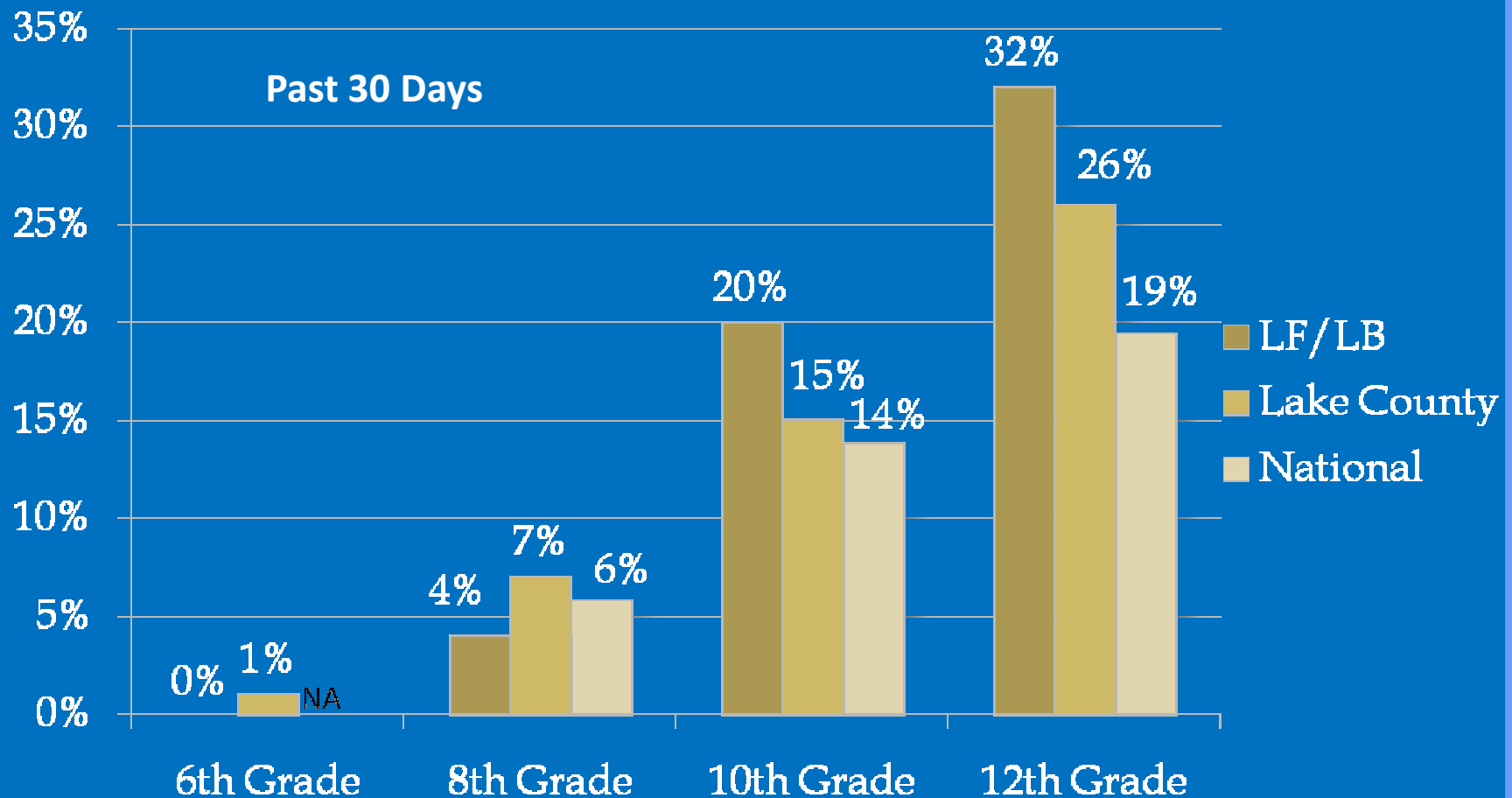
**A Dramatic Progression &
Far Exceeding Local & National Averages**

LF/LB Youth Binge Drinking



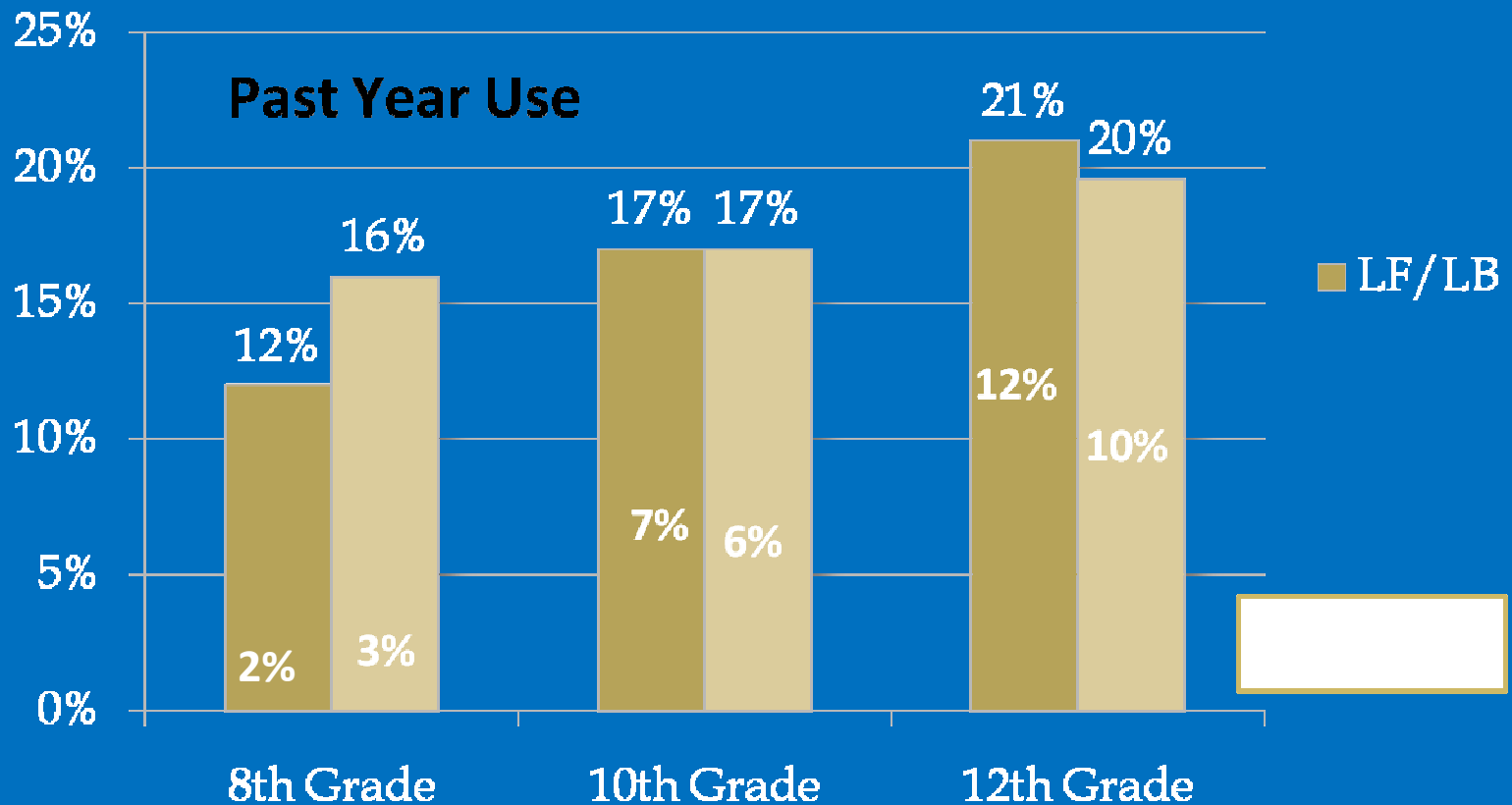
Two-Thirds of Youth Drinkers Are Binge Drinking

LF/LB Youth Marijuana Use



Marijuana is #2 Drug of Choice

Prescription and/or Over-The-Counter* (OTC) Drug Misuse



Rx/OTC is an Emerging Issue



Attitudes Change ...

“It’s Wrong or Very Wrong
For Kids My Age to Drink Regularly”

	<u>LF/LB</u>	<u>Lake County</u>
6 th Grade	92%	85%
8 th Grade	59%	59%
10 th Grade	50%	67%
12 th Grade	26%	50%



Source: Illinois Youth Survey (Spring 2008)

Parental Influence

	My Family Has Clear Rules About Alcohol Use	My Parents Have Talked to Me About Not Using Alcohol
6th Grade	96%	76%
8th Grade	81%	63%
10th Grade	77%	65%
12th Grade	66%	61%

.... Teens w/ Clear Rules & Regular Conversations Are 50% Less Likely to Have Used Alcohol in Past 30 Days

New Findings: Alcohol Does Harm the Teen Brain

- **Teens who begin drinking at age 13 have a 45% chance of becoming alcohol dependent** & the more you drink you'll tend to develop dependence faster and have more serious problems than those who wait until 21

<Hingson, 2006>

- **Heavy drinking during adolescence reduces brain performance by about 10%**

- For girls – affects spatial functions

- For boys – affects attention span

<Tappert, 2010>

- **The brain's hippocampus** (responsible for learning & memory) can be **10% smaller in underage drinkers** <Grant, 1997>



We Want to Hear from You!

FrankBaileyLEAD@aol.com

847 295 9075

www.SpeakUpLFLB.com

www.LEADweb.org



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John Maher, Social Worker

Students' Concerns:

- Pressure/Competition
- How to focus on self vs “fitting in”

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John Maher, Social Worker

Student Opportunities

- New space/choices
- Extra-curricular opportunities
- Able to pursue personal goals

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Kamy Daddono

CROYA

Student's Perspective:

- Changes from middle school to high school
 - What students want/need from parents
 - Great things kids are doing

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Barb Kesman, Parent

Focus on:

- How your child paces him/herself
 - Letting Go
- Something available for EVERY student
- Difference from September to May of Freshman year

DON'T BE AFRAID OF HIGH SCHOOL!

TRADING SPACES

Merry Quinn, Ed.D, Director of
Student Services

- Dates and Timelines
 - Summer School
- Services available at LFHS
- Partnering with LEAD, CROYA, LFHS
parents