Parents in Prevention
FCD Prevention Works
FCD Prevention Works

Prevention is a **climate**, not a program

- Private nonprofit organization
- **41** years of school-based substance abuse prevention
- **Over 2 million** students, **over 60 countries**
FCD’s Prevention Approach

Outcomes and Effectiveness Driven

- A **collaborative process** promoting healthy young people by:
  - **Nurturing** protections
  - **Reducing** risks
  - **Intervening** on unhealthy behaviors
Risk Factors for Addiction

The FACTS

- Family history
- Age of first use
- Cravings
- Tolerance
- Surroundings
How the Teen Brain Works

Process of synaptic pruning:

- *Decrease* in grey matter
- *Increase* in white matter
- *High levels of dopamine*

- Maturing
- Driven emotionally
- Primed socially
- Risk taking
- Pleasure seeking
Social Norms Approach

An Introduction

- People tend to do what they perceive everyone else is doing.
- What people think everyone else is doing becomes the norm. But...
- ...perceptions are not always accurate. Still...
- ...future behaviors are driven by false norms.
Alcohol Use: Perception vs. Reality

Percentage of Abstinence from Alcohol

- 6th grade: 29%
- 7th grade: 45%
- 8th grade: 57%

Actual vs. Perception

FCD Prevention Works
Part of the Hazelton Betty Ford Foundation
9th Grade
Alcohol - Actual vs Perceived Use Patterns

Central and South America
- Typically Never Drink: 46
- Believe Peers Typically Never Drink: 3

Far East Asia
- Typically Never Drink: 79
- Believe Peers Typically Never Drink: 25

Near East and Central Asia
- Typically Never Drink: 79
- Believe Peers Typically Never Drink: 18

USA
- Typically Never Drink: 80
- Believe Peers Typically Never Drink: 20

Western Europe
- Typically Never Drink: 55
- Believe Peers Typically Never Drink: 8

Typically Never Drink
Believe Peers Typically Never Drink
11th Grade
Alcohol - Actual vs Perceived Use Patterns

Typically Drink Twice a Month or More
Believe Peers Typically Drink Twice a Month or More
How Student Use Looks

Early Detection and Intervention
Vapes and E-Cigarettes

From Monitoring the Future – 12th Grade Use

- **34%** reported ever using electronic vaporizers
  - **13%** in the **past 30 days**

- **28%** of students reported using cigarettes
  - **11%** in the **past 30 days**
Basics

- Administered December 3-9, 2015
- Grades 6-12
- 917 Surveys

- Web-based survey
- Patterns are important
- The goal is prevention
- Building the St. John’s School vision
Reliability and Validity

**Input**
- Vetted by the experts
- Respectful and curious students
- **25 checks** for inconsistent answers

**Outcome**
- **93%** of students gave valid responses
- Data **reliable** for accurate trends
Alcohol

- 71% students have never had a whole drink of alcohol
  - 51% 10th-12th grade students have never had a whole drink of alcohol

- 14% 10th-12th grade students drank within the past 30 days

- 27 “higher-risk-drinkers” in grades 10-12 consumed 5 or more drinks on 1 or more days in the past 30 days.
Tobacco/Nicotine

- **97%** of all students have not smoked a cigarette within the past 12 months

- **90%** 10th-12th graders have not used an e-cigarette in the past 12 months

- **52%** of “higher-risk drinkers” have used an e-cigarette in the past 12 months
Marijuana

- **91%** of students report that they “have never use marijuana at all”

- **86%** of students would disapprove if a friend was regularly using marijuana.

- Alcohol use predicts marijuana use
Marijuana
Other Drugs

The vast majority of all students do not use other drugs

*In the past 12 months:*
- 0-2% use by students in all grades
- 4% over-the-counter use

*By comparison:*
- 25% alcohol use
- 8% marijuana use
- 7% e-cigarette use
- 3% cigarette use
Consequences of Higher-Risk Use

Grades Received in Relation to Alcohol and Marijuana Use

<table>
<thead>
<tr>
<th></th>
<th>Yearly or More Frequent Marijuana Users</th>
<th>Higher-Risk Drinkers</th>
<th>Non-Drinkers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly A’s</td>
<td>53%</td>
<td>63%</td>
<td>65%</td>
</tr>
<tr>
<td>Mostly B’s</td>
<td>43%</td>
<td>33%</td>
<td>31%</td>
</tr>
<tr>
<td>Mostly C’s, D’s, &amp; F’s</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
</tr>
</tbody>
</table>

- “Non-drinkers” **most likely** to receive “Mostly A’s”
- **96%** of all students say academics are important to them
Consequences of Higher-Risk Use

On one or more occasions within the past 12 months:

- **100%** got drunk
- **85%** got sick, vomited, and/or had a hangover
- **74%** forgot what happened
- **74%** did something they later felt sorry for
- **56%** rode as a passenger in a vehicle after the driver had been drinking
- **51%** had a fight or argument with a friend
- **7%** thought they had a problem
Faculty and Staff

- **90%** of students feel “valued as a person”

- **95%** feel that “teachers and school staff care about me as a student”

- **79%** feel that “my school is making a sincere effort to address alcohol and other drug use problems.”
**Family & School Connectivity**

If students feel that the faculty care about them...

- **40%** less likely to use alcohol in the past year
- **38%** less likely to use marijuana in the past year
- **78%** of students care about their school
Circumstances of use

- 95% drank in private homes in the past 30 days
  - 82% say parents are sometimes or rarely present and visible during parties

- 22% use alcohol or other drugs at home *without* a parent’s knowledge

- 23% of 9th-12th graders say their parents permit them to drink
Family

- 87% report clear family substance rules
- The majority (68%) of students have talked with a parent about substances in the past year. Only 38% have done so more than once
Family & School Connectivity

If there are clear family rules about substance use...

- 50% less likely to ever use alcohol
- 48% less likely to use alcohol in the past year
- 51% less likely to ever use marijuana
- 51% less likely to use marijuana in the past year
Take-Away Points for Faculty

Your Every Day Role in Prevention

- All student use equals risk
- Delayed use prevents later problems
- The majority of students are making healthy choices
- Adult role modeling and expectations are vital to a healthy prevention climate
What Parents Can Do

Your Role in Prevention

- Model healthy, appropriate attitudes and behaviors
- Set clear limits, expectations and consequences
- Know what is going on:
  - after school
  - on weekends
  - during breaks/vacations
  - When stress is high
- Get to know their friends
What Parents Can Do

Your Role in Prevention

- Eat together
- Talk with your teens about alcohol and other drugs
- Listen to your teens thoughts about alcohol and other drugs
- Continue to share your thoughts and concerns
- Spend the time you can with them
Common Questions

What Parents Ask FCD

- What do I say about my own history with alcohol or other drugs?
- When and under what circumstances is teen alcohol use advisable?
- What about when traveling outside the United States, where drinking ages are lower?
- What are some warning signs of use?
- What do I do if I think my child may be using drugs?
Resources

- **FCD Prevention Works**
  - Find us on Facebook
  - www.fcd.org
  - schools@fcd.org

- **National Institute on Drug Abuse**

- **Partnership for Drug-Free Kids**
  - http://www.drugfree.org/

- **Above the Influence**
  - http://abovetheinfluence.com/