

For BHS Seniors and Guardians – May 10, 2023

The Belmont Wellness Coalition Presents:

- Understanding the Social Host Liability Law
- Strategies to Prevent Substance Misuse
- Tips for Students
- Consent

Presenters:

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Social Host Liability Law.

It is illegal to serve alcohol to anyone under 21.

If you (or your teen) supplied, provided or allowed anyone under the age of 21 to consume alcohol in your home, and anything goes wrong, you will be held responsible.

Social Host Liability Law

Codifies that you are *legally responsible* if anything happens at your home w/ underage drinking

- This applies even if you're *unaware* the drinking is happening
- You can face fines (\$2,000), imprisonment or sued for injuries/accidents

Aside from the law ...

Negative Impacts of Alcohol Use:

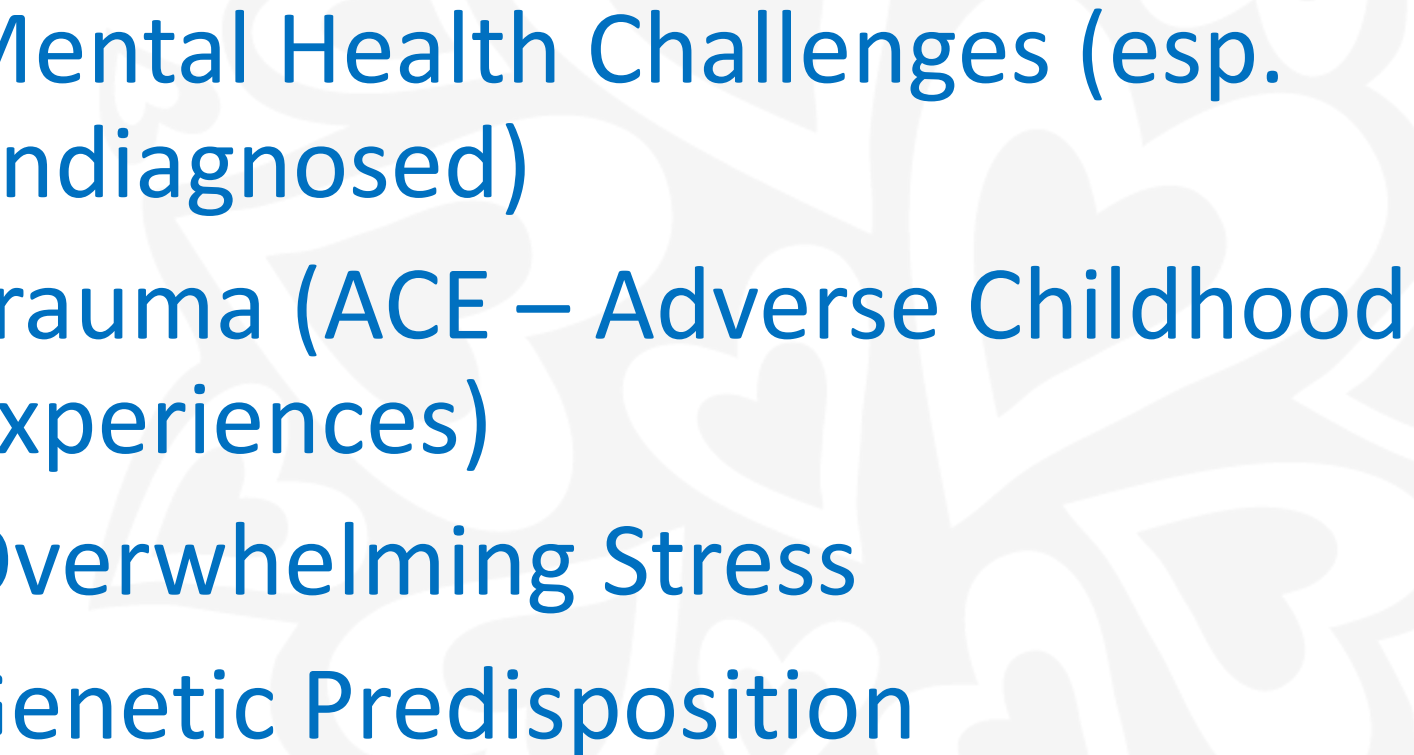
- Impacts *developing* brains
- Higher risk of sexual assault, accidents, drownings, etc.
- Impairs judgement
- Frequent use can trigger an addiction

Marijuana Impacts

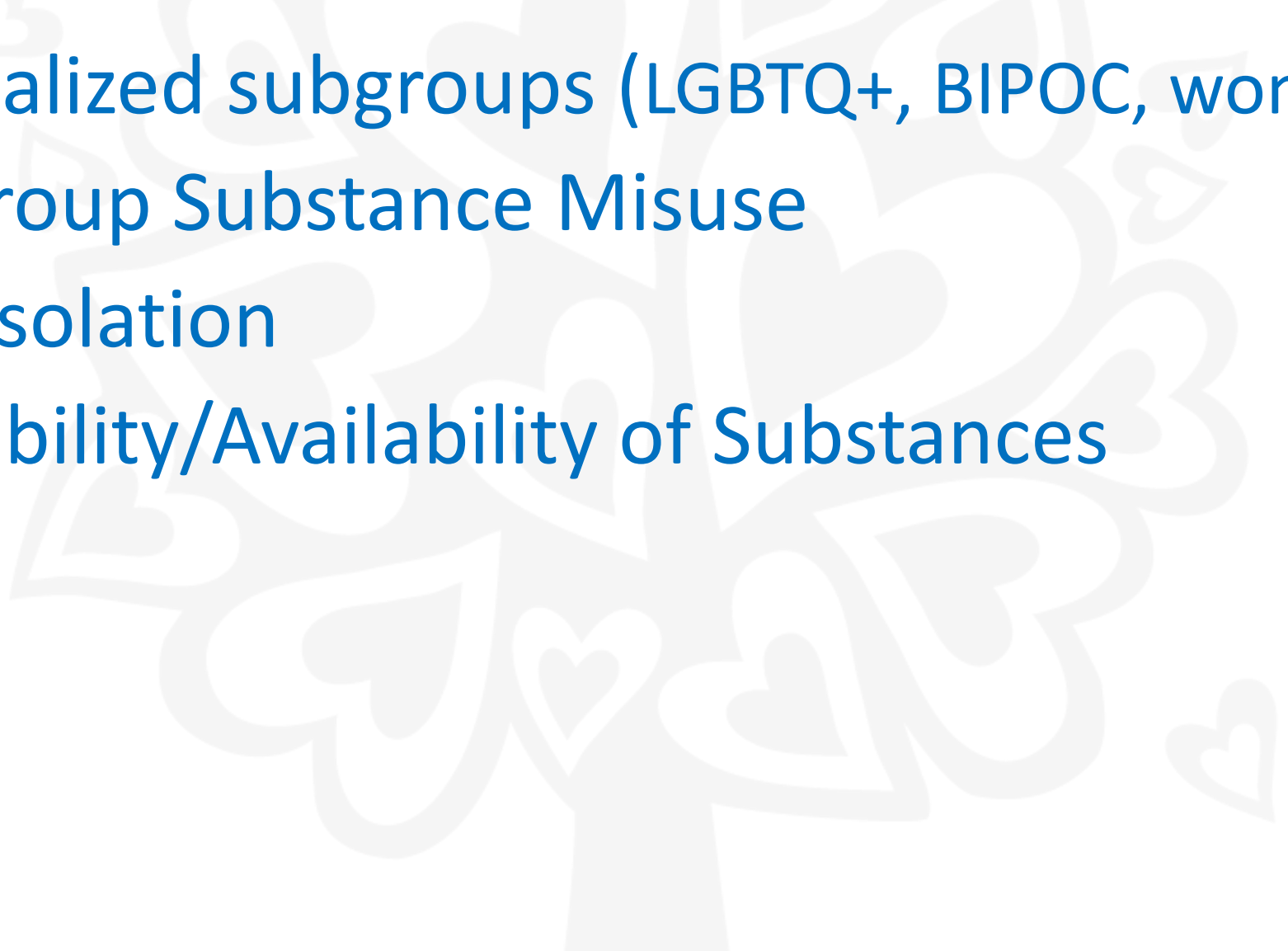
Negative Impacts of Marijuana Use:

- Impacts *developing* brains
- Habitual weed use can lead to apathy, less motivation
- Today's marijuana is MUCH stronger = *stronger effects*
- Impacts timing, movement, coordination

Risk Factors for Use/Addiction:

1. Mental Health Challenges (esp. undiagnosed)
 2. Trauma (ACE – Adverse Childhood Experiences)
 3. Overwhelming Stress
 4. Genetic Predisposition
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Risk Factors Con't:

5. Marginalized subgroups (LGBTQ+, BIPOC, women)
 6. Peer Group Substance Misuse
 7. Social Isolation
 8. Accessibility/Availability of Substances
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Protective Factors:

- Family provides: structure, limits, rules, monitoring, and predictability
- Supportive relationships with family members
- Clear parental expectations for behavior and values (family, community, etc.)

Protective Factors Con't:

- Emotional self-regulation
- Positive self-esteem
- Good coping + problem-solving skills
- Engagement + connections at school, with peers, in athletics, employment, religion, culture, etc.

2021 YRBS Substance Misuse Data

- About 20-25 % of teens report using alcohol or marijuana on weekends
- The older the teen, the more the use
- Many teens do not believe substances are all that harmful, esp. weed

How are they Accessing Substances?

- ✓ Can obtain high-quality fake IDs and purchase substances
- ✓ In their own homes
- ✓ Through older friends/siblings

Practical Tips for Parents:

LISTEN, TALK, LISTEN

Engage in *ongoing* conversations about substances:

- **Talk About the Harmful Impacts**
- **Express Your Concerns**
- **Seek to understand why (root causes)**
- **If concerned, talk with a professional**

Tips for Parents

- **Listen and ask questions**
- **Make your expectations very clear!**
- **If you intend to have consequences, do follow through**

Tips for Parents:

- Role Modeling – drink responsibly
- **Stay Up at Curfew Time**
- Be involved:

Know: Who, What, Where and When

More Parental Tips:

- Communicate with their Friends' Parent
- Create a plan for higher risk situations:
 - Texting, calling, going to safe space
- Help them to identify other coping mechanisms

Tips for Parenting Older Kids

- Even if they've been away, it's OK to have "at home" rules
- Be specific re: your expectations
- Discuss: you expect them to use good judgement at home + when living outside the house (stress moderation)

Suggestions for Students:

- Make a plan, before you go
- **Remember that substances impair you**
- Respect the rules
- Be aware of your environment
- Look after your friends
- **Use Good Judgement ...**

Good Judgement Guidelines:

- ✓ Never Use and Drive
- ✓ Do not binge drink (drinking quickly)
- ✓ Do not mix substances
- ✓ Use the buddy system
- ✓ Cover your drink (of any sort)
- ✓ Have an escape plan

Tips for Saying No:

Be confident, clear, and direct:

- **Say:** *“No thanks – I’m driving tonight.”*
- **Delay the decision:** *“Not right now, maybe later.”*
- **Make parents the bad guys:** *“My parents would kill me.”*

A word about *enthusiastic agreement* (Consent):

- Need ***explicit + enthusiastic agreement***
- It's never okay to *pressure or coerce* someone
- Flirting is not the same as consent!

More About Consent:

- o *Consent can be withdrawn* at any time
- o Consent cannot be given if “*under the influence*”
- o A lack of **NO**, never means **YES**

Asking for Agreement:

ASK open ended questions:

- *“How do you feel about this?”*
- “What do you need to feel comfortable or safe?”

Questions?

Q and A

