## April/May 2016







A Poisonous Cocktail



It was a typical Friday night for Ashley. The 16– year old high school junior said goodbye to her parents, then took off with some friends to go to a party in another neighborhood.

Ashley's friends brought her home later that night and she passed out in the living room.

When Ashley's parents couldn't wake her up, they called 911. It was too late, though—Ashley, an honor student who dreamed of attending an Ivy League college, died on her way to the hospital.

The cause of death? A lethal combination of alcohol mixed with energy drinks.

Consuming energy drinks that contain or are mixed with alcohol may mask the signs of impairment and INCREASE YOUR RISKS OF INJURY

WARNING:

The reason this combination is so lethal is because you are experiencing "wide-awake drunk," which is the feeling that most people get when they drink an alcohol and energy drink combo. This feeling can be deadly— people who drink alcohol and energy drinks don't feel drunk because of the caffeine, but they're far from sober and they're more likely to take big risks and make bad decisions.



What does is mean to live above the influence? There might come a point when you ask yourself, who am I really? Am I being real? Am I still the kid my parents think I am? And more importantly, who do I want to be?

The truth is, you're a lot of things to a lot of people – you're interesting like that. You can be one thing online and still be kind of different in person. You can be someone to look up to, and know what it

feels like to get rejected. You can be righteous in your decisions and still slip up and make mistakes.

But, with so many versions of yourself, it's easy to forget the one thing that keeps you real– the pure-grade, original first edition of yourself.

The point is, when you reach the moment when you have to ask yourself, who am I really? Press pause. Hit reset. And remember, you're Above the Influence.

\*\*http://abovetheinfluence.com/living-above/

## Walking away

Saying no sounds easy in theory, but what can you do if you're at a party and all your friends are drinking?

You can simply tell them "NO"- no explanation required! If your friends keep pressuring you, however, it helps to prepare a line or two. Try one of these:

- "That stuff is really dangerous."
- "No thanks. I'm driving tonight."
- "I'm not in the mood to feel jittery and drunk tonight."
- "My mom would kill me if she found out."
- "That stuff makes me sick."



## Sticker Shock Campaign

Since 2008, many county teens have helped with the Center's Sticker Shock Campaign, by applying bright stickers that say "Keep it Legal!" on multi-packs of alcohol at participating liquor stores. The mission of Sticker Shock is to increase the awareness of the penalties for providing alcohol to underage persons and discourage customers of legal age from doing so. This fun and collaborative activity sends a great message to customers, law enforcement, store owners and employees and peers: that not all youth drink underage.

These events are typically held close to holidays such as Memorial Day, 4th of July, Labor Day, Thanksgiving or New Year's Eve or near prom and graduation season. If you are interested in helping with Sticker Shock or finding out how your youth group could organize your own event, please call Ayla at 973-383-4787.





## Sussex County Teens Drink Less Than National Average

- 14.8% of Sussex County 6th-12th graders report using alcohol in the past year.
- 24.2% of students nationally reported using alcohol in the past year.

WHEN
YOU RISE ABOVE
THE NOISE FROM EVERYONE ELSE, IT GETS EASIER TO
LISTEN
TO
YOURSELF.

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