

## Coalition for Healthy and Safe Communities

61 Spring Street, 3rd floor, Newton, NJ 07860

Phone: 973.383.4787 Fax: 973.383.6576

April/ May 2016

## PARENTS MAKE THE DIFFERENCE

THE CENTER  
FOR PREVENTION & COUNSELING



It's against the law.

### Social Host Liability in New Jersey

The State of New Jersey defines a social host as "a person who, by express or implied invitation, invites another person onto an unlicensed premises for purposes of hospitality" and who neither holds nor is required to hold a liquor license to legally provide alcohol at their party. The hosts; usually our friends, our families, or ourselves fall into this category of "social host" under New Jersey law. These hosts can run into major legal problems and are potentially liable to third persons that suffered injuries and/or damages that were caused by guests from the party.

Closely related to this law, social hosts whom serve or make alcohol accessible to a visibly intoxicated minor, knowing or having reason to know that the minor would drive thereafter, could be held liable for the minor's negligence which caused injury to a third party or the minor himself. Causation is still needed, but this means social hosts can be liable for the physical injury or property damage caused by the minor to third persons.

Therefore, as a host of a party or event where alcohol is served, it is extremely important to pay attention to the alcohol intake of your guests and their underage children, whom should not be consuming alcohol regardless. The question comes down to this: Would you rather deal with your upset friend/family member/guest the next day because you took their keys and have them be mad at you or would you rather them get behind the wheel of a car and put themselves and others in danger.

\*\*http://www.stamponelaw.com/legal-blog/social-host-liability-in-new-jersey



### Sussex County Students Report....

- 40.8% of seniors have used alcohol in the past 30 days.

Compared to:

- 35.3% of seniors nationally reporting alcohol use in the past 30 days

This data comes from a countywide survey that was conducted by The Center for Prevention and Counseling in local schools. National data comes from Monitoring the Future 2015.



### Why Does My Teen Act This Way?

Have you ever looked at your teenager and wondered: "Why does my teen do that?"

From mood swings to risk taking, "normal teenage behavior" can appear to be anything-but-normal to parents and other bystanders. However, new research reveals that patterns of brain development during these formative years play a significant role in shaping your teen's personality and actions.

Scientists are beginning to learn that it takes a brain about 25 years to fully develop, and that a huge burst of development happens during adolescence. That burst can explain a lot of unpredictable— and sometimes risky— teen behavior.

Ever wonder why your child says "I don't know" when you ask them why they did something? This explains why, they truly do not know because their brain is not fully developed.

Using alcohol and any other substance affects a child's brain growth. Alcohol and substance use is one risky behavior that teens may engage in. It is important that you as a parent speak to your child about the dangers of using substances.



### Celebrate Without Alcohol

Is every teen drinking? No, but every teen is at risk for using substances when they are out with their friends. Talk to your child about the expectations you have for them while they are with their friends. As a parent you have every right to say "no." Check out the back of this newsletter for information on how to speak with your child.

### The Wide-Awake Drunk

In 2010 there was greater controversy about the wide-awake drunk then there is now because the FDA has required removing the caffeine component of certain alcoholic beverages. The most well known being Four Loko.

However, this phenomenon still exists, one example would be mixing any alcoholic beverage with a Red Bull. This phenomenon is called the wide-awake drunk because they are mixing the alcoholic beverage (a depressant) with caffeine. Public health officials are and have been concerned because these types of drinks promote binge drinking.

\*\*http://www.ajc.com/news/lifestyles/health/wide-awake-drunk-alcohol-caffeine-combo-creates-na/nQnJc/



## Sussex County Coalition for Healthy & Safe Communities

### *"It's Not Pestering, It's Parenting" Tips for Parents*

1. **Communicate often and early AND listen to your kids.** 2/3 of kids say that losing their parents' respect is one of the main reasons they don't use drugs.
2. **Know where your kids are and what they are doing.** Keep tabs on your children, ask questions about where they are going and what they will be doing and have them check in with you regularly. Let your teens know that you will be monitoring their activities so they know what to expect.
3. **Know their friends.** Know their names, where they live and what their interests are. Make your child's friends feel welcome in your home and be the house where kids want to hang out (*under adult supervision*).
4. **Know their friends' parents.** Getting to know the parents is important, especially if your child spends time at their friend's home. Instead of just dropping off your child, go in and meet the parents, make sure they will be home for the evening. A counselor at The Center for Prevention and Counseling is quoted as saying, "I have never known a kid to die from embarrassment, but I have known them to die from drug use."
5. **Discourage sleepovers and campouts once your kids are in high school.** Is there any good reason your child should be up all night, unsupervised? Many youth see sleepovers as an opportunity to sneak out, drink alcohol and/or use other drugs.
6. **Take time to have fun together as a family.** Your children do want to spend time with you! While they are working towards being independent— they are listening and learning from you. Have regular family nights where you play games, watch a movie, go sledding or just spend time relaxing together.
7. **Eat dinner (or breakfast) together as often as you can.** Research by the National Center on Addiction and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use other drugs.
8. **Don't disclose what you did as a teen regarding alcohol or other drug use.** It's a no win situation; if you didn't drink or use other drugs kids think you can't understand AND if you did then they see you are okay so the message to them is that it is alright for them to use alcohol or other drugs.
9. **Present a united front with your spouse (or ex-husband/wife).** Your kids need to receive clear and consistent messages about rules and consequences. Set fair rules together and hold your children to them.
10. **If your child is using alcohol, tobacco or other drugs— address it right away.** If your child is drinking or smoking— while it might be early use— they are using drugs. Call the Center for Prevention and Counseling at 973-383-4787 for assistance! Early intervention WORKS!

**REMEMBER—** it's not pestering, it's parenting! You do matter to your kids.

They are listening; they still need you, not as a friend but as a parent.

