

# Know the Facts



The Illinois Youth Survey (IYS) is a **statewide questionnaire** given to **students** in 8th, 10th, and 12th grade **every even year** during the spring (For example in: 2018, 2020, 2022, etc).

The survey is **self-reported** and optional, but often encouraged to take, regarding **substance use** and **related issues** among **middle** and **high school students**.

The higher percentage of students who participate, the more accurate results for the school will be. The information gathered helps schools provide more **effective solutions** to **prevent** youth substance use and related problems.

## A CLOSER LOOK: The most recent data in 2018 showed...

Almost half of 12th grade students in Schaumburg, Hoffman Estates and Palatine, reported that their parents/guardians have not talked to them in the past year about staying away from alcohol.



47% of alcohol users reported obtaining alcohol from parents, with their permission. This is also known as Social Hosting and is against the law.

## WHO WE ARE

The Communities for Positive Youth Development (CPYD) is a collaboration of community partners who share the common goal of positive youth development, including a lifestyle that is free of alcohol, drugs and other substances and promotes diverse recovery support services across the lifespan.

## GET INVOLVED

Want to contribute your ideas to current underage drinking prevention efforts in Schaumburg, Hoffman Estates, Palatine, and Elk Grove Village, Illinois?

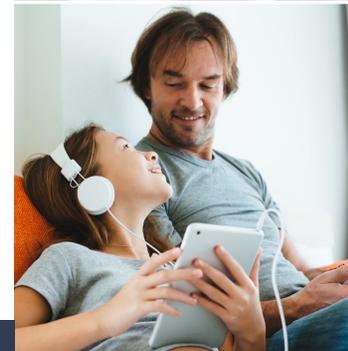
Visit us at [cpydcoalition.org](http://cpydcoalition.org)

### USE A LOCAL ONLINE GUIDE FOR MORE HELP

If you are in recovery or have a family member that is in recovery, check out the CPYD Recovery Resource guide which displays support services in the Northwest Suburbs dedicated to substance use prevention, treatment and recovery:  
[www.cpydcoalition.org/resource-guide](http://www.cpydcoalition.org/resource-guide)



Funds provided by the Substance Abuse and Mental Health Services Administration (SAMHSA)



## Caregivers—

A guide to start comfortable conversations with teens about alcohol

## STARTING SHORT CONVERSATIONS

### WHEN

**START EARLY-** The sooner you talk to teens or preteens about alcohol, the greater chance you have of influencing their decision not to drink. About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent.

### HOW

1. Find a "natural" opportunity such as having lunch or dinner, walking, or folding laundry.
2. Start by asking what they would do if faced with a decision of having alcohol.
3. Keep it low-key. Don't worry, you don't have to get everything across in one talk. Have short and consistent conversations.
4. Practice active listening, even if that means keeping some thoughts to yourself until the next conversation. Avoid sounding judgmental.
5. Continue finding natural opportunities to keep short conversations going.
6. Reinforce and make clear family rules.

### WHAT ELSE CAN YOU DO?

- Be aware of risk factors; know the facts
- Support your kids and give them space
- Spend quality time
- Be involved with schools or community groups
- Commit to not provide alcohol to teens or other minors until they are 21

**"It is never too early to talk to them about alcohol"**

- Local parent from Hoffman Estates, IL

## HELPING TEENS DURING COVID-19

### The Impact

Teens may feel worried, stressed, anxious, frustrated or lonely during events like the current COVID-19 outbreak. The social distancing rules and other limitations may contribute to more stress and feeling bored at home. Here are a few recommendations you can do to help teens relax while staying away from alcohol or other substances:

- Encourage reaching out to friends by phone, text, video chat, and social media
- Learn a Tik Tok dance with them
- Sign up for a virtual class together
- Binge watch their favorite series
- Create new topics of conversation
- Be a positive adult role model, manage stress in healthy ways yourself and minimize alcohol consumption

## THE CONSEQUENCES

Children who drink alcohol are more likely to:

Use drugs

Bad grades

Alcohol poisoning

Traumatic injury

Risky sexual activity

Impaired decision-making

CHILDREN WHO DRINK BEFORE THE AGE OF 15

ARE

**4x**

MORE LIKELY TO DEVELOP ALCOHOL DEPENDENCE