



# CHI SCHOOL NEWSLETTER

November 2010

## TEACHER RESOURCE –THE SCIENCE OF HOW ALCOHOL AFFECTS ADOLESCENT BODIES

The Science Inside Alcohol Project

With support from the National Institute of Alcohol Abuse and Alcoholism (NIAAA), Science NetLinks has developed and reviewed a number of resources for educators to teach middle school students about the science of how alcohol affects their bodies.

Learn more about the various programs and resources by visiting:

<http://www.sciencenetlinks.com/alcohol/index.php>

## RESEARCH ARTICLE – HEAVY DRINKING DURING TEEN YEARS & BRAIN DEVELOPMENT

Heavy Drinking During Teen Years May Harm Brain Development, Study Finds

By Elizabeth Lopatto - Oct 19, 2010

Bloomberg News

Heavy drinking as a teenager may change brain development, affecting areas involved in judgment, social skills and decision-making, according to a study.


Researchers determined that teenagers scored worse on a battery of psychological tests if they were diagnosed with substance abuse or dependence, compared with nonabusing teens, according to a study in the journal *Alcoholism*. The study also found that the adolescents who used marijuana had significantly poorer memory than those who didn't.

See the full article at: <http://www.bloomberg.com/news/2010-10-19/heavy-drinking-during-teen-years-may-harm-brain-development-study-finds.html>

## CONFERENCE/WORKSHOP ANNOUNCEMENT

Shutting Off the Tap to Teens and Young Adults

Registration information for this year's Shutting Off the Tap to Teens and Young Adults Conference to be held December 13th is available at: <http://www.emprc.org/sott2010/>










 Experts will discuss policy approaches and provide practical advice for preventing underage alcohol use. Two rounds of breakout sessions will be offered.

- Learn how to build links with youth to prevent underage alcohol use.
- Strengthen knowledge and skills needed to advocate, create and implement community and organizational policies to prevent underage alcohol use.
- Be motivated to work with policy-makers to prevent underage alcohol use.
- Be energized to continue their work to prevent under- age access to alcohol.

## CHI RESOURCES



### **CHI Parent Network Website – Website for Parents, Teachers and Caregivers**

[www.CHI-parentnetwork.org](http://www.CHI-parentnetwork.org)

-  Safe Homes Parent Network – Sign up NOW!
-  Examples of drugs and related paraphernalia with definitions and descriptions.
-  Latest information on research, trends and the effects of drugs and alcohol on adolescents
-  Signs and Symptoms of Substance Use
-  Physical and Behavioral Signs
-  How to Approach Your Child If You Think He or She is Using Drugs or Alcohol
-  Age Appropriate Info for Parents of Children
-  Starting the Conversation with Your Child
-  Local Information Regarding
  - Social Host Laws
  - Community Curfews
  - Education and Treatment Services
  - Minnesota State High School League Rules

### **CHI Coalition Website**

[www.CHI-goodhue.org](http://www.CHI-goodhue.org)


-  Get the Latest Information Regarding Chemical Health and more!
  - Links to critical information
  - Goodhue County Anonymous tip line—(866) 887-HELP (4357)
  - View a Calendar of CHI Events
  - Get links to all of the CHI Websites and Social Networking sites
-  Find out what you can do to help make a difference!
  - Check out the Prevention Info tab to learn what your community sector can do to eliminate underage drinking and illegal drug use and to promote chemical health for all Goodhue County families!

## GOODHUE COUNTY ANONYMOUS TIP LINE



**1-(866) 887-HELP (4357)**

## WANT TO LEARN MORE ABOUT THE CHI?

 Contact us at 651-385-3307 or [info@chi-goodhue.org](mailto:info@chi-goodhue.org)

**Healthy Kids  
Healthy Families  
Healthy Communities**