



# R.A.D.A.R. Network Prevention Resource Center

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"Where Knowledge is Key to a Healthy and Drug-Free Environment"

## WHAT'S NEW!



## GIRLS AND ALCOHOL

by Amber  
McClure

### this place.



This 15 minute film takes a compelling look at where underage kids get alcohol, how they are drinking it and what the outcomes are when kids drink too much, too young.

It also reveals how the environment we live in contributes to kids drinking younger and more frequently. Viewers will get a startling look at the relationship between alcohol and underage youth. The film is raw and truthful, but it is also hopeful. People may be surprised at what they learn, but they will also feel optimistic about what can be done. Factsheet, discussion guide, and teacher's guide also available.

### 50 Things You Should Know About Binge Drinking and Alcohol Poisoning



Help young people understand the serious risks and consequences of drinking. The information in the pamphlet can help reduce the risk of alcohol-related illness, injury or death. Also includes facts on how the body processes alcohol, national statistics, dispels myths about alcohol, and encourages youth to speak up if they know someone with a problem with binge drinking.

### Girls and Drugs: A New Analysis



This new analysis by the director of the White House Office of National Drug Control Policy (ONDCP) John P. Walters, Seventeen magazine, and teen medical experts details recent findings on drug and alcohol use trends among girls. Teenage girls, who recently had caught up to boys in alcohol and illegal drug use, have now surpassed boys in smoking and prescription drug abuse. This 10-page report features a number of simple graphs along with excellent annotated references for anyone interested in learning more about various surveys that focus on adolescent girls' substance abuse.

While boys frequently abuse drugs for an adrenaline "rush," girls will usually do so for different reasons. They may be more susceptible to the pressures of life, including:

- school
- work
- boyfriends
- body image
- maintaining friendships

Many are turning to drugs and alcohol as solutions to these pressures. Girls are more likely than boys to drink to fit in with their friends, and they are more likely to be offered alcohol in a private setting. This is often by a boyfriend who may be older and more likely to drink. Boys usually receive offers from male acquaintances and in a public setting.

Girls' use of alcohol is particularly alarming because they are more vulnerable to the effects and appear to suffer more serious health consequences as a result. It has been shown that **females are more likely to experience certain medical problems, including liver, brain, and heart damage**, than are males who drink comparable amounts.

Studies also show that substance use can lead to addiction more quickly for girls even when using the same amount or less of a particular substance.

**Females process alcohol differently than males**, so regardless of a woman's size, smaller amounts of alcohol are actually more intoxicating. This is due to a few physiological differences between males and females. In males, an enzyme called alcohol dehydrogenase is more active and breaks down much of the alcohol in the stomach so less enters the circulatory system.

Because females have more body fat and smaller amounts of body water to dilute the alcohol, they have higher concentrations of alcohol in their blood than males after drinking identical amounts of alcohol. One drink for females has the same impact that two drinks would have on a male.

Media and advertising also play a large role in influencing girls' behaviors. **Girls, ages 12 to 20, saw 68 percent more beer advertising than women of legal age** in magazines in 2002, while boys saw 29 percent more beer advertising than men. Many of the ads are for low alcohol refreshers, or "alcopops," and they are mainly geared toward females. Many critics of the alcohol industry feel alcopops are designed to serve as gateway beverages to draw girls to hard-liquor brands. One particular study has shown that more girls drank alcopops in the previous six months than boys (31 percent versus 19 percent).

We can benefit from paying more attention to the reasons girls begin using drugs as well as how alcohol use affects them uniquely. Greater industry regulation is necessary in helping to limit the exposure youth have to alcohol advertising that glamorizes and/or normalizes use. Prevention programs that focus on self-image and dealing with peer pressure can be effective. Teaching youth and demonstrating healthy and effective responses to stress can provide them with invaluable coping skills.

Our PRC features a section devoted to resources for girls. In addition to videos, activities, and wellness information, we also have materials from **Girls Circle**—programs proven to increase girls' self-efficacy, body image, and social support. For more information, please contact the: **R.A.D.A.R. Network — Prevention Resource Center (PRC) at (808) 545-3228 ext. 34.**

## Campaigns and Initiatives

**Alcohol is the most widely used substance abused by America's children. More than 40 percent of those who start drinking before the age of 15 will develop alcohol abuse or dependence at some point in their lives.**

Fifth and sixth grade is not too early to begin sending clear messages about underage drinking to youth. As a leader in your community and role model for youth, you can be part of the solution to this national problem by volunteering to be a guest presenter to 5<sup>th</sup> graders at a local school.

**Lt. Governor James "Duke" Aiona is spearheading the 2006 Reach Out Now Teach-In initiative in Hawaii and invites you to participate in this year's Reach Out Now Teach-In, held this April and May.**

In a 30-minute presentation (all materials are provided), you can help to teach youth ways to make healthy decisions about drinking, the effects of alcohol on their bodies and alternative activities. If you are interested in conducting a Teach-In, please contact: Coalition for a Drug-Free Hawaii at 545-3228 ext. 35.

SAMHSA's Reach Out Now



National Teach-In  
Prevent Underage Alcohol Use

Call the PRC at  
545-3228 x34 or  
1-800-845-1946 x34  
print materials are free  
mail-outs are also free



HAWAII STATE DEPARTMENT OF HEALTH  
HEALTHY PEOPLE • HEALTHY COMMUNITIES • HEALTHY ISLANDS  
Alcohol and Drug Abuse Division  
through Federal Substance Abuse Prevention  
and Treatment Block Grant Funds





# Web Links



Impacting the community in a positive manner is what Hawaii Speed and Quickness is all about. Creating a lasting impression in Hawaii's youth is what we have sought out to do. Hawaii Speed and Quickness is a fairly new organization, spreading throughout the state.



Currently we are in six high schools on three of the islands. This program is a free after school service held on the participating campuses, making it convenient and appealing to the kids. We relate to them by taking their interests, a variety of sports activities, and combining them with an hour of class room discussions on drug prevention.



We also provide a weekend service for kids of all ages. Run by founding partners Rich Miano and Mel Delaura, they have come up with a fun, stimulating and energetic program training the kids in speed and agility. These clinics are held every weekend at the University of Hawaii. For more information please refer to the Hawaii Speed and Quickness website:

[hawaiispeedandquickness.com](http://hawaiispeedandquickness.com).



By: Tara Thornton

## ● [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov) *Stop Underage Drinking*

StopAlcoholAbuse.gov is a comprehensive portal of Federal resources for information on underage drinking and ideas for combating this issue. People interested in underage drinking prevention—including parents, educators, community-based organizations, and youth—will find a wealth of valuable information here. Download brochures in PDF format, watch public service announcement video clips, read about what's new in the field, and follow links to other government agencies.

## ● [www.nhtsa.dot.gov/people/injury/alcohol/Parties Rock/ A Guide to Safe and Sober Event Planning](http://www.nhtsa.dot.gov/people/injury/alcohol/Parties%20Rock/A%20Guide%20to%20Safe%20and%20Sober%20Event%20Planning)

In a move to draw awareness to the growing number of youth alcohol-related fatalities, the National Highway Traffic Safety Administration partnered with the National Organizations for Youth Safety to develop this year-round party planner. This guide is full of ideas to help youth plan substance-free events. Sections include: how to get started, how to cultivate partnerships, how to form committees, how to fundraise, and how to market the event. The marketing section includes a helpful sample press release, media advisory, and public service announcement, as well as links to resources.

## ● [www.casacolumbia.org](http://www.casacolumbia.org) *The National Center on Addiction and Substance Abuse at Columbia University*

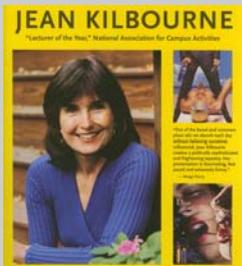
The National Center on Addiction and Substance Abuse (CASA) at Columbia University was formed in 1992 with a mission to increase awareness of substance abuse and its impact on our lives and to assess what works in drug prevention, treatment, and law enforcement. Their website features their publications, Family Day, and an excellent resource and link section with daily updates.

## Upcoming Trainings



### Stomp Out Underage Drinking

**Date:** Tuesday, April 25, 2006  
**Location:** Radisson Waikiki Prince Kuhio Hotel  
**Time:** 8:30 a.m. — 3:30 p.m.  
**Contact:** MADD Youth Programs Department at (808) 532-6753 / Toll free (888) 422-6233 or log on to <http://maddhawaii.org>



**Date:** Wednesday  
April 19, 2006  
**Deadly Persuasion:  
Advertising and Addiction**  
8:30—2:00 p.m.  
(For providers)  
**Media Literacy for Girls**  
2:15—3:15 p.m.  
(For girls)

**Location:** Ilikai Hotel  
**Contact:** (For providers) Dept. of Attorney General Val Mariano: **586-1444**  
(For girls) Coalition for a Drug-Free Hawaii **545-3228**

For more information on courses offered and accredited by the Department of Health, Alcohol and Drug Abuse Division (ADAD) please call **(808) 692-7506**, or visit their website: <http://www.state.hi.us/health/>



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