

# ALCOHOL & DRUGS

THE IMPACT ON SOCIETY, FAMILY, CHILDREN....

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# SOME FACTS....

- ▶ Young people who begin drinking before age 15 are four times more likely to become alcoholics than those who begin after age 21.
- ▶ Teenagers can become addicted to alcohol in only six to eight months, whereas adults may take up to two years to become addicted.
- ▶ One in four teens who drink will experience problems with alcohol.
- ▶ Research shows that about 1 in 11,(9%) of those who use marijuana at least once will become addicted. This rate increases to about 1 in 6,(16%) in teens,

# In the most recent HBSC survey

- 64% of children report that they have never had an alcoholic drink (58% in 2014).
  - 17% of children report that they have had an alcoholic drink in the last 30 days (20% in 2014).
  - 17% of children report having been 'really drunk' (21% in 2014).
  - Girls are more likely to report having been 'really drunk'
- ▶ (Health Behaviour in School-age Children)

# HSBC SURVEY.....

- Girls are more likely to report sourcing alcohol from their friends.
- Those aged under 15 are more likely to report sourcing alcohol at home.
- The most common location for alcohol consumption among 12 to 17 year olds was at someone else's home or their own home.

# HSBC ON CANNABIS USE.....

- ▶ 8% of boys and 6% of girls report cannabis use in the last 12 months.
- ▶ Boys and older children are more likely to report cannabis use in the last 12 months<sup>1</sup> .
- ▶ **The results for Ireland for those aged 15 to 24 showed that:**
- ▶ • Cannabis use has increased from 11% in 2002/3 to 16.2% in 2014/15
- ▶ • Those aged 15 to 24 are the most likely to have used cannabis in the last year (16.2%)
- ▶ • Use among males of this age (25.4%) is considerably higher than females of the same age (12%).

# SHORT-TERM EFFECTS OF CANNABIS USE....

- ▶ Teenagers' still-developing judgement and decision-making skills may limit their ability to assess risks accurately.....
- ▶ Drug and alcohol abuse can disrupt brain function in the following areas:
- ▶ MOTIVATION.....MEMORY.....LEARNING.....JUDGEMENT...BEHAVIOUR CONTROL..
- ▶ ... Leading to possible school/family problems, poor academic performance, physical and mental health related problems, antisocial behaviours.....
- ▶ **High doses of marijuana can cause psychosis or panic when you're high.** Some people experience an acute psychotic reaction (disturbed perceptions and thoughts, paranoia) or panic attacks

# ADDICTION TREATMENT.....

- ▶ 732 cases entered drug treatment under the age of 18 in 2018

Of these:

- ▶ The majority, 621 (84.8%), were in treatment for **cannabis** as their main problem drug.
- ▶ Alcohol was the most common additional drug among those treated (132, 18.0%).

- ▶ 114 cases entered alcohol treatment under the age of 18 in 2018

Of these:

- ▶ Cannabis 41 (36.0%) was the most common additional drug among those treated

# ALCOHOL & DRUGS: A PARENTS GUIDE (HSE booklet)

- ▶ GUIDE ON COMMUNICATION
- ▶ SETTING BOUNDARIES/RULES/CONSEQUENCES
- ▶ YOUR CHILDREN & FRIENDS.....PARTIES, DISCOS...
- ▶ GUIDE TO HANDLING PROTESTS/RESISTANCE
- ▶ HELPING YOUR CHILD TO DEAL WITH PEER PRESSURE
- ▶ IF THINGS GO WRONG.....
- ▶ WHAT TO LOOK OUT FOR.....



# YOUR ATTITUDE TO DRUGS & ALCOHOL??

- ▶ WHAT MESSAGE DO WE GIVE OUR CHILDREN?....
  - ▶ DEALING WITH STRESS?
  - ▶ CELEBRATING?
  - ▶ OUR OWN BEHAVIOR AROUND ALCOHOL & DRUGS??
  - ▶ WHAT DO WE MEAN BY 'RECREATIONAL' DRUGS?

# RESOURCES.....

- ▶ <https://www.drugsandalcohol.ie/28138/1/YouthfactsheetFebruary2020Final.pdf>
- ▶ AskaboutAlcohol.ie
- ▶ Drugs.ie
- ▶ <https://www.healthpromotion.ie/alcohol>