

Choices and Consequences:

An Alcohol & Other Drug Awareness Program

What is Choices and Consequences?

Choices and Consequences is an alcohol and other drug awareness program for youth ages 12—18. The program consists of an initial assessment, and 2, two-hour sessions.

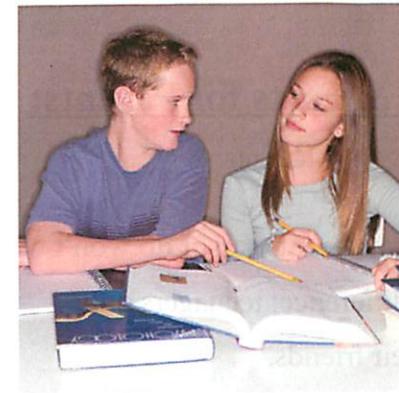
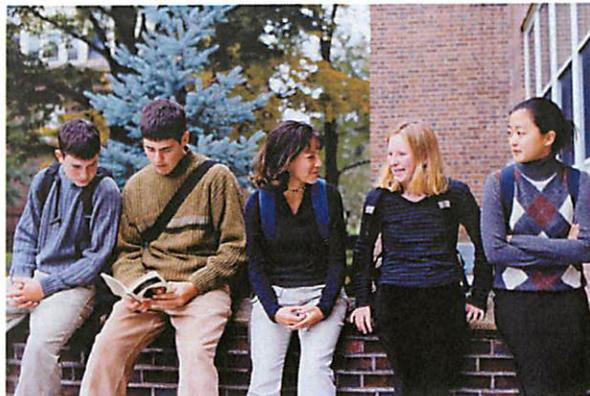
Topics include:

- ◆ Legal consequences of use.
- ◆ Alcohol and other drug facts & consequences.
- ◆ Decision-making & assertiveness skills.
- ◆ Personal values.

Who is the program for?

The program is designed for youth ages 12-18. Parents may wish to sign up adolescents who have concerns about alcohol or other drugs, who have experimented with alcohol or other drugs or who have been in trouble as a result of their use. We encourage the parents/caregivers to attend the assessment appointment with their youth.

This program is also used by the Madison County Probation Department and by some of the local courts.



Myths & Facts for Parents:

Myth: Alcohol is not such a big deal compared with illicit drugs.

Fact: The three leading causes of death for 15 to 24 year olds are automobile crashes, homicides, and suicides—alcohol is a leading factor of all three.

Myth: It's okay for young people to drink as long as they don't drive. The worst that can happen is that they'll wake up with a terrible hang over.

Fact: The dangers for teens who use alcohol or drugs include: legal consequences, risky behaviors leading to unprotected sex, even death.

Myths & Facts for Parents:

(Cont'd)

Myth: What parents say or do won't make any difference; teenagers only listen to their friends.

Fact: Teenagers who have parents who talk to them regularly about the dangers of drugs are 42% less likely to use drugs than those whose parents don't, yet only 1 in 4 teens reports having these conversations.

Myth: He only drinks beer. It's a phase—he'll get over it, just like I did.

Fact: According to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Alcohol abuse and alcohol dependence are not only adult problems—they also affect a significant number of adolescents and young adults between the ages of 12 and 20, even though drinking under the age of 21 is illegal.



3059 Seneca Turnpike
Canastota, New York
13032

Phone: 315-697-3947
Fax: 315-697-2708

Email: sfabrizio@bridges-mccasa.org



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