

## TNP Alcohol Committee 3/8/23

Present: Margaret Watt, Diamond Sead (TNP, Human Services Council), Dayna Macari (TNP), Nina Chanana (TNP Program Coordinator), Ben Fitzgerald (TNP), Diana Revolus (Councilwoman, parent), Brooke Maxfield (Mother Against Drunk Driving), Kelly Tomlinson (Norwalk Health Dept)

1. Margaret introduced the meeting's agenda
2. Committee members discussed the most important alcohol-related communications based on the data
  - a. Margaret: Youth believed that parents disapprove of alcohol the least. Educators should discuss the social host law.
  - b. Nina: Kids are using with friends. We should emphasize that kids should make their own choices, but not import negative choices on friends
  - c. Diana discussed the cultural component behind alcohol misuse. A family that she's close to, in her same cultural circle, gave her kids a wine cooler at a party. She estimates that 35-40% of kids are raised in a culture that's less strict about drinking.
  - d. Margaret reported that girls and white students think alcohol is easier to access than boys and non-white students do
  - e. Ben said that 23% of kids say that alcohol has created problems at home, at work, or with friends
  - f. Kelly suggested examining the ways that kids are using alcohol
    - i. Nina recommended looking into this data's intersection with the social host law. Are kids using at parties?
  - g. Kelly asked whether, for questions about at-home drinking, it was assumed that parents were aware of alcohol use.
    - i. Nina clarified that this wasn't explicitly stated.
  - h. Diana and Nina encouraged reminding parents that they are held liable for underage drinking in their house even if they don't know or are out of state.
    - i. Brooke added that anyone in charge of a house can be fined under the Social Host law—not just parents.
  - i. Kelly asked about materials that outline the specifics of the social hostlaw.
    - i. Margaret said that Brooke's materials outline this already
  - j. Ben reported that about a quarter of students have had sex under the influence of alcohol/other drugs
  - k. Ben said that there is a perception that alcohol impairs consent more than marijuana does
    - i. Diamond claimed that kids don't view marijuana intoxication as impairment
    - ii. Kelly added that some kids don't see marijuana as a drug, so they don't believe that it can impair consent
    - iii. Nina said that messaging to youth and parents is equally important

- iv. Brooke: Parents are more likely to discuss driving under influence of alcohol than of marijuana.
    - v. Diana: People also consider opioids to impair people.
- 3. Alcohol committee members examined adjustments to our workplan and brainstormed strategies for next year
  - a. Nina emphasizes changing perceptions that substance use is a normal part of high school
    - i. Brooke agreed that parents have misconceptions about how kids are getting alcohol. They think that they did it when they were younger, so it's fine.
  - b. Margaret reminded us that, since it's harder to reach parents after COVID, we pick and choose which information is the most important to communicate.
  - c. Nina asked whether somebody's already created a campaign about whether parents should encourage drinking.
  - d. Ben described his experience with Norwalk teens' perception of alcohol. He found that Norwalk youth focus on nicotine/marijuana more than alcohol. Only select families encourage drinking. He felt that his hispanic friends were generally more open to giving minors alcohol at parties.
  - e. Brooke presented MADD's free programming for students and parents.
- 4. Committee members discussed plans for April Alcohol Awareness month.
  - a. Brooke: April 21st is the national day to talk to your kids about drinking.
  - b. Ben recommended that we plan school programming for April 21st.
  - c. Diamond suggested setting up information tables in the cafeteria for April 21st. Or, MADD could have a presentation for parents at the Welcome Center
  - d. Diana stressed the need to engage millennial parents.
  - e. Diana asked about our benchmarks for measuring the success of past initiatives. Does the youth survey track whether kids have had conversations with their parents?
    - i. Ben: Maybe this could be a question on the next survey.