

Parent's Guide

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Blood Alcohol Content or BAC

Blood Alcohol Content (BAC) refers to the milligrams of alcohol per 100 milligrams of blood, usually expressed as a percentage.

there are many factors that affect your Blood Alcohol concentration (BAC) when you drink. Some of these include: a person's size, gender and physical condition; what they have had to eat; how much sleep they have had; what medications they are taking and, importantly, the actual alcohol content of their chosen "drink."

1kg=0.45359237lbs



December

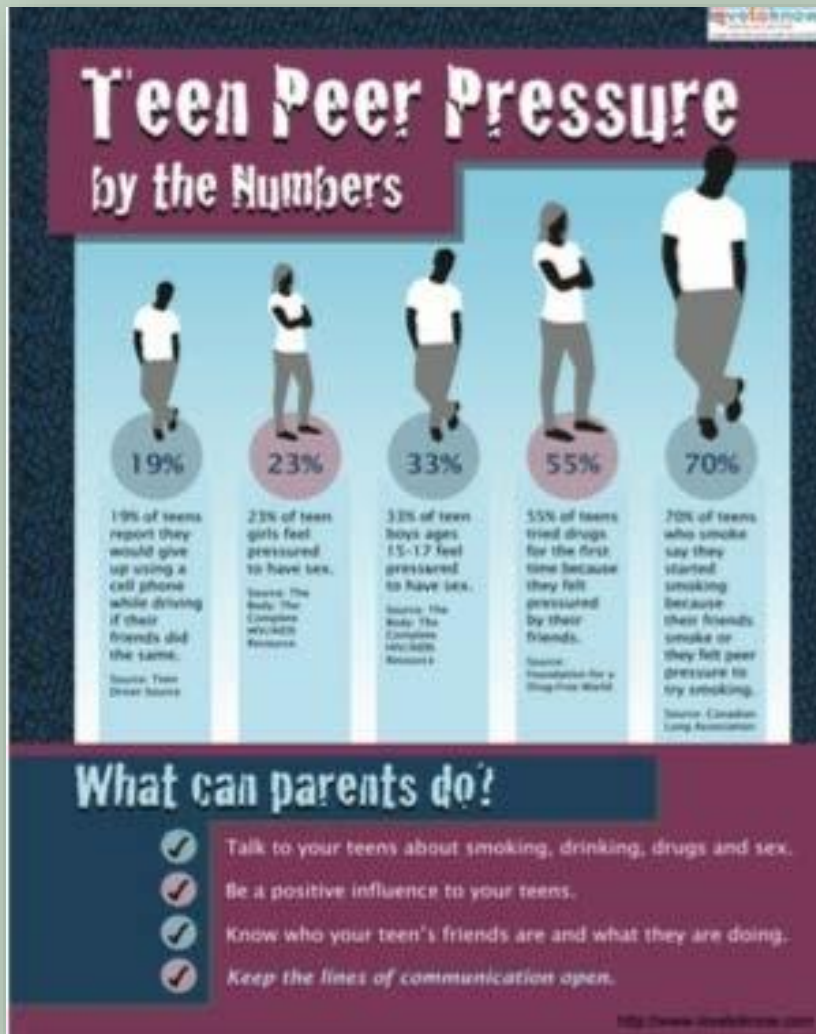
Peer-to-Peer Study Findings

- Teens with friends who do drugs and drink alcohol are more likely to do the same.
- Teens who do drugs and drink alcohol are more likely to convince their friends to do it too.
- Teens who do drugs and drink alcohol are more likely to seek out other teens who do the same (Zeiger).
- Know your child's friends. ☒ Talk to your teen about peer pressure.

For more information:

[http://teens.lovetoknow.com/Statistics_on_Peer_Pressure\](http://teens.lovetoknow.com/Statistics_on_Peer_Pressure)

Teaching Your Teen Values Peer-to-Peer Study Findings



Most parents recognize the need for their children to have right values. But how do you teach them? Here are practical pointers parents can use to instill those standards (Sweat, 2008).

- Model good values
- Apologize to your children when you make mistakes
- Use every day experiences as a springboard for conversation
- Share your personal experiences
- Hold your children accountable for their mistakes
- Don't let your children take the easy way out of challenges
- Involve your children in encouraging and helping others
- Applaud good behavior

For more information: <https://www.ucg.org/the-good-news/10-practical-ways-to-teach-your-children->

Teach Your Teen How to Handle Peer Pressure

At some point, everyone has the desire to fit into a group. If your teen is interested in sports, they might hang out with the “jocks.” If they are interested in music, they spend time with others who enjoy music. Your teen belongs to that group and feels secure when a part of it. The group identifies who they are and what they are about.

But what if people in “their group” starts doing things that are wrong, hurtful, or even illegal? And what if these same people are your teen’s friends?

This is what we refer to as peer pressure — the pressure to conform to the behaviors, attitudes, and personal habits of “the group.” In many cases, there are serious risks involved.

- Talk to your teen about how he/she would react to a situation. ☒
- Talk to your teen about alternative ways to respond to peer pressure.

For more information: <http://teens.webmd.com/peer-pressure>