



Here's what parents are doing that works:

Sending a clear message that alcohol and tobacco use is not acceptable.

Caring enough to talk about their expectations.

Discussing family rules and enforcing consequences.

Not allowing their teens or their friends to drink alcohol at home with or without parent supervision.

Not allowing their teens to go to a party where there is no adult supervision or where underage drinking is permitted.

Asking who their teen will be with.

Asking what their teen will be doing.

Asking where their teen will be going.

Asking if parents will be supervising.

Setting a time for their teen to be home.

Waiting up until their teen comes home.

Family Conversation Counts!

Do Your Perceptions Match the Facts?

What 12, 097 District 203 & 204 high school students said in 2007 compared to 2005:

72% ~~67%~~ choose not to drink because they don't want to disappoint their parents.

73% ~~69%~~ choose not to drink because they don't want to get into trouble with their parents.

83% ~~80%~~ said their parents ask who they will be with when they go out in the evening or on the weekend.

90% ~~89%~~ think their parents find tobacco use by teenagers NOT acceptable.

84% ~~78%~~ think their parents find alcohol use by teenagers NOT acceptable.

93% ~~91%~~ of students who did not drink alcohol in the last year report that their parents disapprove of alcohol use by teens.

What 6,547 parents of 11, 981 District 203 & 204 high school households said in 2007 compared to 2005:

81% ~~79%~~ of parents report discussing family rules about underage drinking with their teen in the past 3 months.

74% ~~72%~~ of parents report discussing the consequences of breaking the family rules about underage drinking with their teen in the past 3 months.

87% ~~85%~~ of parents report setting a time when their teen should be home.

76% ~~70%~~ of parents report waiting up until their teen comes home.

Based on the Power of Choice survey results:

Talk about all the teens who are making healthy choices rather than about those who are not.

Tell your teens you know most of their peers are making good choices and you expect they will, too.

Remember MOST of our teens are making healthy choices MOST of the time.

Most high school students in District 203 & 204 are making healthy choices regarding tobacco, alcohol and other drug use. Most parents are doing the right things to help their teens. How do we know? Our students are surveyed every April AND high school 203 & 204 parents have been surveyed the last three summers, as part of a five year research study.

The Power of Choice project presents the survey results and is designed to:

- *Change misperceptions
- *Support the majority of students making healthy choices
- *Reduce underage drinking and tobacco use
- *Reinforce positive parenting habits

NCO Youth & Family Services acts as the local project manager. The Illinois Department of Human Services (DHS) provides funding to NCO and has contracted with the University of Illinois Center for Prevention Research & Development (CPRD) to do the research study. CPRD is responsible for "crunching the numbers" from both the student and parent surveys.

The hardworking, dynamic and vital partnerships bring the Power of Choice to District 203 and 204 youth and families and are responsible for the project's accomplishments and success.

The Power of Choice

is a project of

NCO Youth & Family Services

Naperville School District 203

Indian Prairie School District 204

Breaking Free, Inc.

Naperville Police Department

DuPage County Health Department

Linden Oaks at Edward

Lisle Township Youth & Family Services

Heritage YMCA Group

KidsMatter

Provena Mercy Medical Center

District 203 & 204 Parents

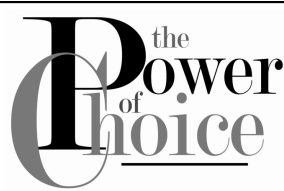
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www.thepowerofchoice.info

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**Your teen's
Power of Choice
is influenced by
your voice.**

74%

70%

**choose not to drink
because they don't want
to jeopardize
their future plans.**

Based on 2007 Local Parent & Student Survey Data