

PARENTAL PROVISION OF ALCOHOL

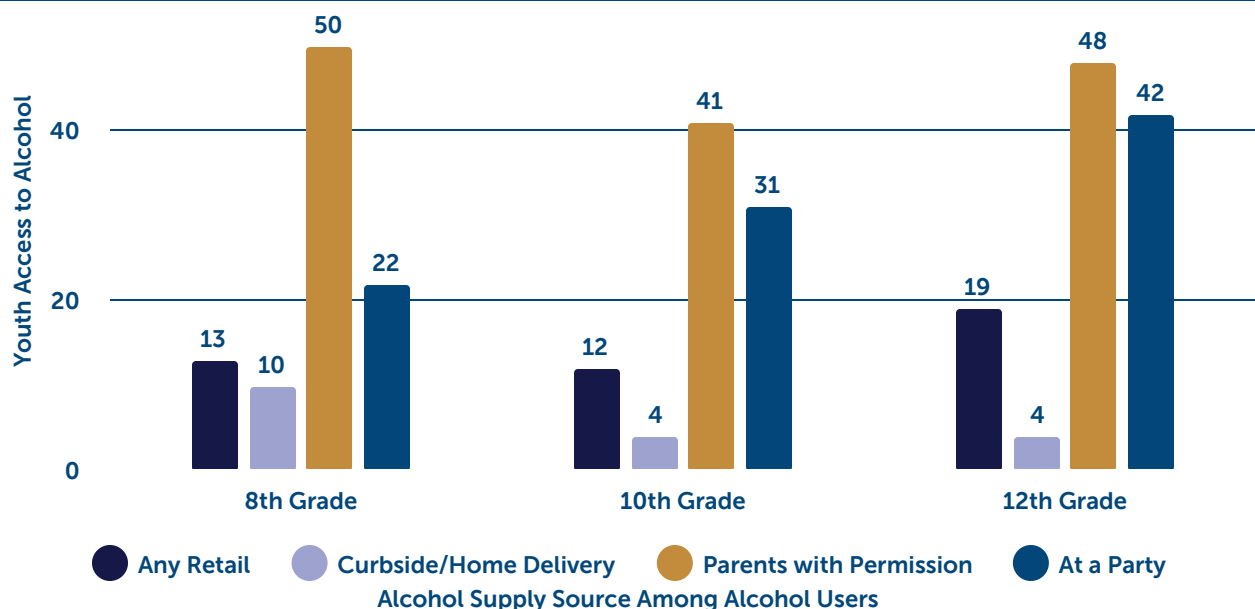
Helping Parents & Guardians Make the Best Choice

Youth access alcohol either from social or retail sources. Social access is when youth get alcohol at a party, from their parents, a sibling, or a friend. Retail access is when youth purchase or take alcohol from a store, restaurant, or bar. Retail access also includes youth ordering alcohol to be delivered or shipped to their home.



According to the Illinois Youth Survey, social access for twelfth graders decreased by 18 percent from 2018 to 2024. For tenth and eighth graders, it decreased by 22 percent and 17 percent, respectively. However, during that same time frame, the percentage of youth getting alcohol from their parents with permission increased by 9 percent for twelfth graders, 5 percent for tenth graders, and 25 percent for eighth graders. "There is strong evidence to support the general notion that the easier alcohol is to obtain, the more adolescents will drink." [1]

CURRENTLY, YOUTH ACCESS ALCOHOL FROM THEIR PARENTS AND GUARDIANS AT A GREATER RATE THAN ACCESSING IT FROM A PARTY.



Center for Prevention Research and Development. (2024). Illinois Youth Survey 2024 Frequency Report: State of Illinois. Champaign, IL: CPRD, School of Social Work, University of Illinois.

HOW DO WE HELP PARENTS AND GUARDIANS REALIZE THAT PROVIDING ALCOHOL TO THEIR CHILD IS NOT IN THE CHILD'S BEST INTEREST?



Acknowledge that being a parent or guardian is hard.

When sharing alcohol facts with parents and guardians or parent groups, it's important to meet them where they're at. Let them know that we know their job is hard and that they only want what's best for their child.



Use factual evidence, not scare tactics.

Studies^[2] show that when youth drink in a supervised setting, they are more likely as adults to:

- Engage in greater alcohol use, including excessive consumption
- Experience symptoms of alcohol dependence, like blackouts, injuries, and inability to stop drinking once they start
- Drive after drinking alcohol or ride with a driver who has recently drunk alcohol

"Parental supply of even small amounts of alcohol in early adolescence may hasten alcohol initiation, may be perceived by children as permissiveness and approval, and may reduce barriers to alcohol use, all of which in turn might encourage further alcohol consumption."^[3]

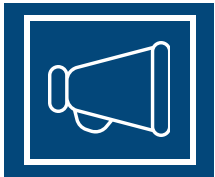
Parents and guardians don't want poor outcomes for their children. Share the facts, including medical facts. Alcohol causes seven different types of cancer, including breast cancer in women.



Provide normative feedback.

Challenge the misperception that allowing your child to sip alcohol is harmless. Parents and guardians are not protecting their child by exposing them to alcohol at an early age, to "teach" them how to drink. Most youth don't drink alcohol despite alcohol being the most used substance by youth.

HOW DO WE HELP PARENTS AND GUARDIANS REALIZE THAT PROVIDING ALCOHOL TO THEIR CHILD IS NOT IN THE CHILD'S BEST INTEREST?



Implement a parenting campaign.

A campaign can assure parents and guardians that their voice and behavior matter. Campaigns can be normative to clear up misperceptions about providing alcohol to youth. Normative campaigns can boost parents' and guardians' confidence in setting limits, helping them know they aren't alone.



Encourage setting limits and open communication.

Parents often feel as if their children aren't listening to them. In reality, they not only listen but also learn from parental observation. Youth can make assumptions about parental attitudes based on what's not communicated. Parents and guardians should have clear rules for their child about not drinking alcohol and communicate them regularly.



Enact social access-based policies.

Social host ordinances send a powerful message that hosting underage drinking parties is not acceptable in the community. Publicize enforcement actions and penalties. Communicate with parents and guardians that hosting parties where alcohol is served does not protect their children.

"Additionally, adolescents whose parents have supplied alcohol are more likely to subsequently obtain alcohol from non-parental sources (i.e., other supply), which is particularly concerning given that other supply is associated with an even greater risk of adverse health outcomes compared to parental supply alone (Mattick et al., 2018)."^[4]

CONTRIBUTING FACTORS & SOLUTIONS FOR PARENTAL PROVISION



Easy Social Access - Social access is when youth get alcohol at a party, from their parents, a sibling, or a friend.

Permissive Social Norms - The expectations, behaviors, attitudes, or values that convey acceptance of alcohol use within the family, community, or peers.

Policies and Strategies to Address Contributing Factors for Parental Provision

- **Social Host Ordinances**
 - Social Host Ordinances provide a civil remedy. They can impose fines to recoup costs incurred in addressing the consequences of underage drinking, such as emergency services and law enforcement. These ordinances hold the host accountable without the burden of a tragedy occurring, such as an injury or death.
- **Controlled Party Dispersal/Party Prevention**
 - Party prevention and controlled party dispersal is a law enforcement strategy that involves several measures to effectively prevent, identify, and safely disperse underage drinking parties. Party prevention requires educational components to equip adults in the community with the tools and information needed to host safe events for youth.
- **Communication or Social Norms Campaign**
 - Social norms campaigns work to correct misperceptions by providing factual data.
- **Event Restrictions**
 - Event restrictions can reduce youth access to alcohol by making alcohol difficult for youth to purchase directly or for underage youth to obtain alcohol indirectly from adults at the event.

[1] O. Kaynak, K.C Winters, J Cacciola, K. C. Kirby, & A. M Arria, "Providing Alcohol for Underage Youth: What Messages Should We Be Sending Parents?" *Journal of Studies on Alcohol and Drugs*, 75(4), 2014, 590–605.

<https://doi.org/10.15288/jsad.2014.75.590>.

[2] J. A. Bailey, V. T Le, B. J. McMorris, G. J Merrin, J. A. Heerde, E. A. Batmaz, & J. W. Toumbourou, "Longitudinal Associations Between Adult-Supervised Drinking During Adolescence and Alcohol Misuse from Ages 25–31 years: A Comparison of Australia and the United States," *Addictive Behaviors*, 2024, 153, 107984.

[3] Alexandra Aiken, Philip J. Clare, Veronica C. Boland, Louisa Degenhardt, Wing See Yuen, Delyse Hutchinson, Jakob Najman, Jim McCambridge, Tim Slade, Nyanda McBride, Clara De Torres, Monika Wadolowski, Raimondo Bruno, Kypros Kypri, Richard P. Mattick, Amy Peacock, "Parental Supply of Sips and Whole Drinks of Alcohol to Adolescents and Associations with Binge Drinking and Alcohol-related Harms: A Prospective Cohort Study," *Drug and Alcohol Dependence*, vol. 215, 2020, 108204, ISSN 0376-8716, <https://doi.org/10.1016/j.drugalcdep.2020.108204>.

[4] Philip J. Clare, Alexandra Aiken, Wing See Yuen, Amy Peacock, Veronica Boland, Monika Wadolowski, Delyse Hutchinson, Jakob Najman, Tim Slade, Raimondo Bruno, Nyanda McBride, Louisa Degenhardt, Kypros Kypri, Richard P. Mattick, "Parental Supply of Alcohol as a Predictor of Adolescent Alcohol Consumption Patterns: A Prospective Cohort," *Drug and Alcohol Dependence*, vol. 204, 2019, 107529, ISSN 0376-8716, <https://doi.org/10.1016/j.drugalcdep.2019.06.031>.