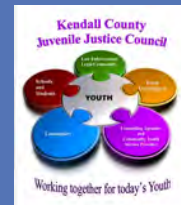


Teens, Decisions & the Law

A Handbook for Parents



What's Inside

- 1 Parents, Did You Know?
- 2 Teens, Alcohol & The Law
- 3 Adults and Underage Drinking
- 4 Legal Penalties for Underage Drinking and Driving
- 5 What Parents Can Do to Prevent Underage Drinking
- 8 Marijuana and Other Drugs
- 9 Heroin and Opioid Painkillers
- 10 Medicine Abuse
- 11 Hosting Teen Parties
- 12 Signs of Alcohol or Drug Abuse
- 13 How to Handle Drunk or Drugged Teens
- 14 Graduated Driver's License

Know Your Child's Friends
and their Parents

inside back cover

Contract for Life

outside back cover



Acknowledgments

Grundy-Kendall Regional Office of Education

Chris Mehochko, Regional
Superintendent

Kendall County Juvenile Justice Council

Brenda Karales

Kendall County State's Attorney

Eric Weis

Grundy County No Tolerance Task Force

Paula Goodwin, Coordinator

Edition date:
September 2014

Funding and support for this project was provided by the Grundy-Kendall Regional Office of Education.

Any or all of the information contained in this document may be duplicated or distributed with permission. Sources of information provided in this document are available upon request from Anita Young, Chestnut Health Systems, at (815) 725-3868.

Did you know...?

... That the younger a person is when he or she starts drinking, the more likely the individual will abuse alcohol or become an alcoholic?

It is important for parents, schools, and communities to take a firm stand against underage drinking. According to the National Institutes of Health, for every year a youth delays drinking, the risk of becoming addicted to alcohol goes down by 14 percent. Research has also shown that underage drinkers are more likely to be injured or killed in vehicle crashes, get into more fights, experience more problems at home and school, and have a higher risk of being sexually assaulted.

Unfortunately, many parents and other adults give kids mixed messages and do not take a firm, "no tolerance" stand. They give excuses, such as "They won't get hurt if they drink at my home." But the reality is that kids who are allowed to drink at home are more likely to use alcohol outside the home and are more likely to develop behavioral and other health problems related to alcohol abuse.

PARENT'S CHECKLIST

- Establish clear limits and apply them consistently. Don't tell teens that it's okay to drink in certain situations, because they are likely to think that it's okay in other situations, too.
- Set reasonable consequences for violating limits. Avoid threats, emotional outbursts, or physical punishments.
- Talk to—and listen to—your kids. Be open and supportive.
- Be a responsible role model. If you drink alcoholic beverages, do so responsibly.

TEENS, ALCOHOL and The LAW

Illinois and many of its municipalities have passed tough laws concerning use of alcohol by minors. Two statewide "zero tolerance" laws have been in place since January 1, 1995. The laws make it illegal for drivers under the age of 21 to have even a trace of alcohol in their blood.

- The "Use It & Lose It" law requires an automatic 3-month suspension of a minor's driver's license if police detect even a trace of alcohol (0.01 or above) in the driver's system. A second offense yields a 1-year suspension. Penalties are doubled if the minor refuses the sobriety test.

- If an underage driver is found to have a blood alcohol level of .08 or greater, he or she faces a drunken driving charge (DUI) and the loss of driving privileges. A first-time DUI conviction results in the revocation of the driver's license for a minimum of two years.

- A minor cited for illegally purchasing, accepting, possessing, or consuming alcohol faces suspension of driving privileges as follows: 3 months for court supervision, 6 months on first conviction, 12 months on second conviction, and revocation of driver's license for subsequent convictions under age 21. *See page 15 for more information.*

- A youth under the age of 21 faces a maximum fine of up to \$2,500 and up to 12 months in jail for possession or consumption of alcohol. Both are Class A misdemeanors.

- A person under age 21 who is driving a motor vehicle in which there is alcohol can have his or her license suspended for up to 1 year on the first offense. The license can be revoked on the second offense. Many people think that they are not violating the law if they simply ride in, and not drive, a vehicle in which there is an open container of alcoholic beverage. But passengers possessing an open container of alcohol can also be charged.

- Use of a fake ID or driver's license can result in suspension of driving privileges for 1 year. The offender also faces up to 1 year in jail and \$500 minimum fine if convicted of a Class A misdemeanor. When a minor uses someone else's driver's license or ID, or loans his/her license or ID to a minor, both parties can have their driver privileges suspended and, if convicted, face first-offense penalties of up to 1 year in jail and fines up to \$2,500. Manufacturing or selling a driver's license or state ID brings a 1-year revocation of driving privileges and a Class 4 Felony (1 to 3 years in prison and up to \$25,000 in fines) for the first offense.

Adults and underage drinking

Furnishing Alcoholic Beverages to Minors

It is illegal to provide alcohol to a person under age 21 (except in performance of a legitimate religious service). This is a Class A misdemeanor, punishable by a fine of not less than \$500 and up to \$2,500 and/or imprisonment of up to 1 year.

Social Host Laws and Civil Liability for Parents

Individuals who knowingly allow underage drinking at parties in their homes can be charged with a Class A misdemeanor and face a fine of at least \$500. If a person dies or is seriously injured as a result of illegally provided alcohol, the adult provider can be charged with a Class 4 Felony, be sentenced to between 1 and 3 years of imprisonment, and receive up to \$25,000 in fines. The adult provider also faces the very real risk of being sued in civil court.

Underage Drinking in Hotel Rooms

What about parents or other adults who rent a hotel room where minors are found to be drinking? The penalties can be severe. In addition to fines up to \$2,500 and possible jail time for a Class A misdemeanor, the adult(s) is/are liable for property and injury damages resulting from the minors' use of alcohol.

Social Hosting in Rental Residences

According to new legislation passed in 2013, people who rent property (tenants or lessees) may be held criminally liable for knowingly allowing underage drinking on the property. The tenant who is hosting the party can be charged with a Class 4 misdemeanor punishable by a \$500 minimum fine. If the underage drinking results in someone being seriously injured or killed, the crime can become a Class 4 Felony punishable with 1 to 3 years in prison and fines up to \$25,000. The social host law in tenant situations includes a "safe harbor" provision that shields tenants from criminal liability if they request help from police to (1) remove someone who has refused to abide by the host's demand to stop consuming or possessing alcoholic beverages or (2) close down a party because they are unable to prevent minors from getting or drinking alcoholic beverages. To make the safe harbor effective, the tenant and party host must contact police before any other person makes a complaint to law enforcement about the party.

Legal Penalties for Underage Drinking and Driving



Any person under the age of 21 may be charged with DUI if he/she has a BAC of .08 or more; more than .05 with additional evidence proving impairment; any illegal drugs in his/her system; or other indications of impaired driving.

If a minor (under age 21) is charged with DUI, he or she faces a minimum 2-year revocation of driving privileges on first offense.

On a second DUI offense, a minor faces a minimum 5-year revocation of driving privileges.

The family of a minor convicted of DUI will encounter numerous inconveniences and expenses. Costs will include money for bail, an attorney, fines, court-ordered assessments, and programs for remedial education and treatment. Adding to the parental sticker shock is the skyrocketing cost of high-risk insurance and the expense and inconvenience of taking time off work to help the child deal with the judicial system.

Preventing Underage Drinking

What Parents Can Do

- 1** | **Know the laws pertaining to minors and alcohol. Create family rules around alcohol and drug use, and discuss them—often—with your teenager.** Research has shown again and again that parents have more influence on children than they realize.
- 2** | **Do not let your kids talk you into allowing them to drink alcohol in your home.** Don't believe that it's better for them to drink at home than someplace else. Studies have shown that youth who are allowed to drink at home are more likely to drink elsewhere as well.
- 3** | **Do not allow graduation, prom, homecoming, and other occasions to be celebrated with teen drinking as a "reward."** Underage drinking is not okay—even if teens stay overnight someplace and do not drive.
- 4** | **Consistently enforce a "no use" policy for your teen.** If possible, you should establish this policy when your children are still in grade school, then review it with them at least once a year. Set up consequences for breaking this rule and discuss them as a family.

When you set a rule or a limit, you must be willing to expend the energy to enforce it. You should also set logical consequences in advance, and you and your child should agree on them in advance.

Grounding is a frequently used consequence, but there are many other consequences worth considering, such as community service, volunteer work at church, household jobs, or simply cutting back on privileges (e.g. earlier curfews, loss of driving privileges, etc.).

5

Homes where parents are absent can easily become party sites. If you must be out of town while your teen remains at home, make arrangements for adequate supervision and do the following:

- Have a trusted adult stay in the home.
- Alert neighbors.
- Inform the parents of your child's friends.
- Ask the police to watch your house.
- Stay in touch with your child by phone. You may also find it helpful to tell your neighbors and/or notify your police department.

6

Set groundrules for times when teens gather in your home:

- Adopt a "no revolving door" policy. Once teens leave your party, they should not come back in. This policy discourages guests from leaving your home to drink or use drugs.
- Do not have alcohol accessible to youth. Keep it out of the house or lock it up.
- If teens break a rule in your home, or if you have good reason to suspect they have broken a rule, they must leave.
- If one of your child's guests is under the influence of alcohol or drugs, call his or her parents to arrange safe transportation home. Don't give this responsibility to another teen.

7

Have and enforce a curfew time for your child. Be awake when your teen returns home from being out. If you must fall asleep, do so on a couch or your child's bed so you can have contact with your child when he or she returns home. These are often good times to talk.

8

Know where your child will be when he or she is away from home. Let your teen know that you expect a phone call if his or her plans change. Discuss and sign the Contract for Life found on the back page of this publication. Discuss possible situations in which they may need to call home for a ride or other help.

- 9 **Have rules about overnights and enforce them consistently.** If your teenager stays overnight with a friend, always check with the friend's parent(s) to make sure a responsible parent will be at home. If these arrangements cannot be made before the teen goes out, then deny permission.
- 10 **Talk to your teen about how to handle situations where alcohol, drugs, or cigarettes are available.** Listen to what your teen has to say. Find out what kinds of pressures he or she is facing. Help your teen think of ways to resist these pressures. Encourage your child to use you as the "heavy" when being pressured to do something unhealthy or illegal. For example: "Sorry, I can't. My mom gets mad if I stay out past curfew."
- 11 **Don't underestimate the impact of alcohol and tobacco marketing and advertising on your teen.** Youth are bombarded with commercial messages that glamorize and normalize the use of alcohol. Find out what your teen thinks about these messages and whether he or she understands that the purpose of these ads is to sell products and not to teach about their harmful effects. When you see advertising that you think sends an unhealthy message, talk to your child about why you feel that way.
- 12 **Last, but not least, provide lots of love, support, and encouragement to your teen. Make it your goal to build a strong relationship with your child.**

Prevent.
Who's the most powerful influence in your child's life? You, that's who.

For great tips on parenting and other topics, visit www.drugfree.org

Marijuana and Other Drugs

What Parents Need to Know



Marijuana is not a harmless substance. Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Its use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time when a young person's body and brain are still growing and developing. Getting high impairs memory, learning, and judgment, which can lead to poor decision-making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. Research has shown that, compared to non-users, kids who use marijuana do more poorly in school, are more prone to depression and other mental health problems, are more likely to have problems with other drugs, and have a greater risk of getting pregnant or getting someone else pregnant.

Addiction is another risk for the marijuana user. Each year, more adolescents enter treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

Marijuana does serious damage to the lungs. The amount of tar inhaled by a marijuana smoker and the level of carbon monoxide absorbed are three to five times greater than that among tobacco smokers. This may be due to the tendency of marijuana users to inhale more deeply and hold the smoke in the lungs.

Parents can do a lot to keep their child drug-free. Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. Young people are much less likely to use drugs when their parents talk to them regularly about the dangers of drug abuse. As children grow older, they continue to benefit from the presence of a caring parent who is involved in the child's life, who knows what the child is doing, and who sets limits with clear rules and consequences.

Heroin and Opioid Painkillers

A Growing Threat in Chicagoland Communities



A few years ago, heroin was seldom discussed in drug prevention programs. It was a drug associated with poverty and the inner city. But times have changed. Fatal heroin overdoses have grown dramatically in the suburbs, and particularly among young people. This is often attributed to the easy availability of heroin at cheap prices. Also, some people start on the path to heroin addiction by becoming addicted first to opioid prescription painkillers.

Illinois legislators have reacted to the heroin problem by passing two important laws:

The 911 Good Samaritan Overdose Law provides limited immunity from prosecution for drug possession for both the individual seeking help and the overdose victim during a drug overdose. This law provides limited immunity so the caller or victim won't hesitate to seek help by calling 911 or taking someone to an emergency room during a drug overdose.

The Overdose Prevention and Naloxone Expansion Law allows laypersons, bystanders, first responders, and others to administer the drug naloxone to someone who is overdosing on heroin or an opiate pill.

**More information can be found at
www.stopoverdoseIL.org.**

To find a local substance abuse treatment provider near you, use the Substance Abuse Treatment Facility Locator:

**<http://findtreatment.samhsa.gov>
800-662-HELP (4357)**

Medicine Abuse

Prescription and OTC Medicines



Prescription and over-the-counter (OTC) medications have become popular drugs of abuse. At parties, the practice of sharing these drugs to get high is called "pharming."

Non-medical use of prescription and OTC drugs can be dangerous, especially in high doses or in combination with alcohol and other drugs. Such use can cause dramatic increases in blood pressure and heart rate, organ damage, difficulty in breathing, addiction, seizures, and possibly death.

Commonly abused medications include prescription painkillers such as OxyContin and Vicodin; stimulants like Ritalin and Adderall; sedatives like Valium and Xanax; and OTC products such as cough syrup containing dextromethorphan (DXM).

Many adults are not aware that children or grandchildren are getting these drugs from their own homes. Another source is the Internet, where some websites sell prescription drugs without demanding a valid prescription or proof of age of the customer.

According to the Partnership for a Drug-free America, parents should monitor their own use of prescription and OTC drugs and make sure they are setting a good example. Additional tips are:

- Do an inventory of the contents of medicine cabinets, kitchen cabinets, or anywhere where you store medicines. Urge relatives and friends to the same.
- Keep pills put away where children and youth cannot get them. Closely monitor the pill quantities and medicine levels.
- If you have unneeded drugs left over from a previous condition or ailment, get rid of them. The Grundy County Coroner offers drop boxes for unwanted medication at Grundy County Administration Center, Morris Police Department, Coal City Drugs, Doc's Drugs, and Minooka Police Department. In Kendall County, prescription drugs should be removed from their containers, placed in a zip-lock bag, and dropped off at Fox Metro Water Reclamation, 682 Route 31, Oswego.
- Visit <http://stopmedicineabuse.org> for more information.

Hosting Teen Parties

How to prevent problems



Parties don't have to turn into problems. Your teen should be able to have fun socializing with friends, and one way to do this is at parties. With parental involvement and good planning, teen parties can be a fun and positive experience for everyone involved.

Parental knowledge and communication can be great protective forces for teens. Here are some important guidelines. You may wish to add guidelines of your own.

When your teen is attending a party. . .

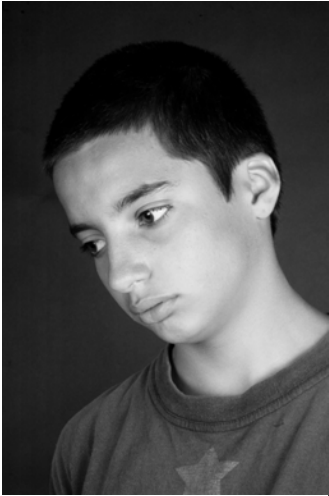
- Contact the parents of the teen who is hosting the party. Make sure the party will be supervised by responsible adults.
- Know exactly where your teen will be and how to reach him or her.
- Know exactly how your teen will get to and from the party.
- Make it clear to your teen when you expect him/her home.
- Discourage your teen from staying overnight with a friend after a party.

When your teen is hosting a party. . .

- BE PRESENT!!!!
- Do not serve alcohol or drugs, or allow them to be served.
- Limit the number of people attending, and the length of the party.
- When guests leave, don't allow them to return to the party.
- Let your neighbors know what you are planning.
- Plan the party carefully *with* your teen.

Signs That May Mean Your Child Is Abusing

ALCOHOL OR DRUGS



- **Changes in attitude and mood.** Obvious loss of initiative. Emotional state changes rapidly. Easily upset. Doesn't seem to be as happy or outgoing as in the past.
- **Unusual physical changes.** Excessive weight loss in a short period of time. Change in sleep patterns, such as staying up late at night and sleeping half the day.
- **Dropping grades in school.** A slow decline or a sudden drop.
- **Switching friends.** Is your child isolating himself/herself from longtime friends? Is he/she involved with new friends whom you may not know very well.
- **Change in clothing choices.** New fascination with clothes that highlight drug or alcohol use.
- **Defiant behavior.** Pushing limits. Refusing to do chores.
- **Becoming withdrawn and more secretive.** Failing to disclose personal problems to parents. Failing to inform parents about activities. Avoiding family gatherings. Spending an unusual amount of time in his/her room.
- **Change in personal hygiene.** Sloppy dressing. Wearing the same clothes frequently. Bathing less often. New use of mouthwash or breath mints to mask the smell of alcohol, or use of eyedrops to reduce bloodshot eyes.
- **Alcohol or prescription drugs disappearing.** Prescriptions turn up missing, especially narcotics and mood stabilizers.
- **Alcohol, drugs, or drug paraphernalia in youth's possession.** Smell of alcohol, marijuana or other drugs in home or vehicle. Incense or other odor cover-ups used. Evidence of pipes or rolling papers.
- **Money Problems.** Youth is often borrowing money and reports "missing" money. Parents or siblings report money missing.

Act as soon as possible to investigate and intervene in alcohol and drug use. Sources of help may include your child's school counselor, your local health department or a behavioral health agency. To find treatment, visit this online treatment locator: <http://findtreatment.samhsa.gov> or call 800-662-HELP (4357).

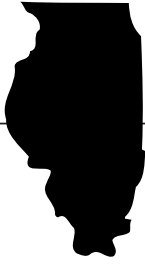
How to Handle DRUNK or DRUGGED TEENS



- 1 First of all, do not start a confrontation with your child, or any other teen, while he or she is under the influence of alcohol or other drugs. Delay the serious talk until he or she is sober.
- 2 Your immediate concern is the teen's health and safety. If you suspect an overdose or another possibly life-threatening problem, call 911 immediately. If the youth's situation is not life-threatening, make sure he or she is transported safely home. Do not rely on another teen to drive a drunk or drugged teen home.
- 3 Gather your thoughts and your evidence before you confront your child about his or her behavior. Discuss the problem with your child in a firm manner. Set appropriate consequences for the behavior, and enforce them. Make sure the child understands that privileges will be restored gradually as the child demonstrates that he or she has learned from the mistake and can once again be trusted.
- 4 Early intervention by a trained professional can prevent a small drug or alcohol problem from becoming a much bigger one. Sources of help and referrals can include your child's school counselor, the local health department or a mental health or behavioral health agency.
- 5 Make note of the Crisis Line hotline in your area, just in case you ever find yourself panicked about a difficult situation. Crisis Line is also a good place to find out where treatment is available.

***Crisis Line of Will & Grundy Counties: (815) 942-6611
www.willfinduhelp.org***

Crisis Line of Fox Valley (Kendall): (630) 966-9393



Graduated Driver's License

Licensing Steps

Age 15

The teen may obtain a two-year instruction permit with the consent of parent or adult guardian with the following conditions:

- Must be enrolled in an approved driver's education course and must pass vision and written tests
- Night-time driving restricted during these hours: Sun.-Thurs., 10 p.m. to 6 a.m., and Fri.-Sat., 11 p.m. to 6 a.m. (local curfews may differ)
- Permit must be held for 9 months minimum
- Must practice driving a minimum of 50 hours, including 10 hours at night, supervised by parent or adult over age 21 with a valid driver's license
- Must not acquire any driving convictions during 9-month permit phase
- Passengers limited to one in front seat and number of safety belts in back seat (all occupants must wear safety belts)
- All forms of cell phone use while driving are prohibited for drivers under the age of 19, except in case of emergency
- No texting while driving

Age 16-17

For the teen to move into the initial licensing phase, the parent or legal guardian must certify that a minimum of 50 hours of practice driving, including 10 hours at night, has been completed. The teen must have completed a state-approved driver's education course and have the written consent of parent or legal guardian, either in person or via a notarized Affidavit/Consent for Minor to Drive form. The following conditions apply:

- Night-time driving restricted during these hours: Sun.-Thurs., 10 p.m. to 6 a.m., and Fri.-Sat., 11 p.m. to 6 a.m. (local curfews may differ)
- Must maintain conviction-free driving record for 6 months prior to getting full license at age 18
- All occupants must wear safety belts
- For the first 12 months of licensing, or until the driver turns 18, whichever occurs first, the number of passengers is limited to one person under age 20 unless the passenger is a sibling, stepsibling, child or stepchild of the driver. After this period, the number of passengers is limited to one in the front and the number of safety belts in the back seat
- All forms of cell phone use while driving are prohibited for drivers under the age of 19, except in case of emergency
- No texting while driving



Graduated Driver's License

Licensing Steps

Full Licensing Phase—Ages 18 to 20

After meeting the conditions of the initial licensing phase, there are no age-related restrictions for the 18- to 20-year-old driver. However, effective July 1, 2014, a person age 18-20 who did not take an approved driver's education course in high school must successfully complete a six-hour adult driver education course before obtaining a driver's license.

For drivers under the age of 19, cell phone use while driving is prohibited, even with the use of a hands-free device, except in the case of emergency.

Texting while driving is prohibited.

Important Related Laws

Street Racing—Driving privileges will be revoked for any person convicted of street racing, and law enforcement may impound the vehicle for up to five days.

Alcohol Consumption—A person under the age of 21 who is found guilty or granted court supervision for violating state law or local ordinance relating to illegal consumption, possession, purchase, or receipt of alcohol, regardless of whether a vehicle was involved, will face a loss of driving privileges, in addition to any fine imposed. Court supervision for any of these offenses will result in a 3-month suspension of driving privileges. A first conviction will result in a 6-month suspension of driving privileges. A second conviction will result in a 12-month suspension of driving privileges. A third conviction will result in a revocation of driving privileges.

See page 2 for more information about laws in Illinois related to underage drinking.



Graduated Driver's License

Parental Consent

Parental Consent Required

Drivers age 16-17 must have the written consent of a parent or legal guardian to obtain a driver's license. The parent or legal guardian who gave initial consent may cancel the minor's license at any time, for any reason, until the driver turns 18. This can be done by contacting the Secretary of State's Office. Privileges will not be reinstated until the parent/guardian provides consent, or the driver turns 18. The teen driver must reapply for a license, take all applicable exams, and pay the appropriate fees.

Parental Access to Driving Record

Parents may view their teen's (under age 18) driving record free of charge through the Secretary of State website.

FIND OUT MORE

For more information about the Graduated Driver's License, including the Parent-Teen Driving Contract, visit www.cyberdriveillinois.com



Know your Teen's Friends and their parents



Workplace demands and busy lifestyles make it difficult for many parents to really have a sense of who their child's friends are. Living in a fast-growing community where people are regularly moving in and moving out makes this even more difficult. Yet, these same conditions make it even more important to know what is going on (or not going on) among your child's friends and their parents. Here are a few suggestions:

Make a Contact List

Keep a list or file containing names, addresses, and phone numbers of your child's friends. Include contact information for their parents. Keep this updated on your phone in case you need it to locate your child's whereabouts or contact another parent about an issue that has come up. If your child's school has a Safe Homes Program, sign up and get involved!

Avoid "Drop and Run" Behavior

Resist the temptation to simply drop your child off at a friend's house or a school activity. It may save you time, but you are missing a great opportunity to get to know your child's peers and other adults in his/her life. Stick around at practices and games, even if for only a few minutes.

Get to Know Other Parents

This can happen quite naturally as you escort your child to a friend's house, attend school functions, or watch sporting events. This is a great way to make friendships outside of work. It also makes it easier to arrange carpools and deal with problems.

Include Your Child's Friends in Family Outings

Let your child invite a friend along when your family goes to the movies, the amusement park, or some other fun destination. Having these memories together can spark a longtime friendship.

Be a Savvy Parent

Trust your child to make good choices, but be ready to talk with your child, and possibly intervene with other parents to address issues and prevent problems.



A Contract for Life

Between Parent & Teen

TEEN: I agree to call you for advice or for a ride at any hour, from any place, if I am ever in a situation where I feel unsafe. These may include situations in which I have been drinking, a person I am with is driving while under the influence of alcohol or other drugs, or I am unsure of a driver's ability and control.

Teen Signature

Date

PARENT/GUARDIAN: I agree to provide for you safe and sober transportation home if you are ever in a situation that threatens your safety, and I agree to delay discussion about that situation until we can both talk in a calm, caring, and respectful manner. I also pledge to you that I will not drive under the influence of alcohol or drugs, and that I will always seek safe transportation home.

Parent/Guardian Signature(s)

Date