

Keeping Our Adolescents Safe



18th August 2016

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What this is about

- I am not going to tell you what to do
- I am not going to tell you what to think
- I am going to suggest some things for you to think about
- Some of this information is designed to save your life or help you save a life...

PARENTS and young people ARE UNDERSTANDABLY CONFUSED



And suspicious.....

Sunday Herald Sun, May 11, 2008 29

Teenage drug use dropping

CIGARETTES, marijuana and illicit drugs are not as cool as they used to be, a new nationwide snapshot reveals.

Experts say the health message may be getting through to the country's students as they continue to turn away from damaging substances.

But the findings, from the Youth Poll 2008 survey of 15- to 20-year-olds, reveal binge drinking remains a problem.

The survey shows: **MARIJUANA** use

STEPHEN DRILL

dropped 6 per cent last year to 21 per cent, compared with more than 66 per cent in 1992.

ILLCIT drug use halved from 14 per cent last year to 7 per cent.

CIGARETTES were a bad habit for 14 per cent, down 2 per cent on last year.

But at least 21 per cent of young people admitted to wiping themselves out with alcohol, while each week 10 per cent of 12 to 17-year-olds said they drank more

than seven drinks in a session.

The survey has mapped the attitude of the nation's youth since Democrats Senator Natasha Stott Despoja started it 16 years ago.

Rob Moodie, Professor of Global Health at Melbourne University, said the drop in smoking was the result of 30 years' hard work from anti-tobacco campaigners.

He said more work needed to be done to educate people about the effects of illicit drugs on mental and physical health.

More heroin on the way

By BRENDAN NICHOLSON

Program estimates the Afghan opium gum harvest rose from 2,100 tonnes in 1988 to 4,200 tonnes last year.

Teenage drinking on rise

By SARAH DENT

More teenagers are learning to the bottle and getting drunk in front of their parents.

The rise in substance use is the subject of a report by the Australian Institute of Health and Safety.

views with teenagers, young adult parents, teachers, police, and how

Drinking game kills man, 19

A 19-year-old man drank himself to death after consuming four times the amount of alcohol required to cause alcohol poisoning, say police.

Police from Bunbury, south of Perth, say Nathan John Bowden died on his neighbor's front lawn after drinking 88 nips and a bottle of vodka as part of a drinking game in which contestants drink a shooter every minute for 100 minutes.

Picture: DOMINIC O'BRIEN said the local showgirl Kay Sera.

Police warn of LSD comeback

By NICK PAPPS

LSD is being used as a part drug, similar to ecstasy and cocaine, he said.

"The users of cocaine and LSD and ecstasy tend to be a different group to users of heroin," he said.

Police said LSD had been used by up to 10 per cent of the population and was most popular among people aged 15 to 24.

An Australian Bureau of Criminal Intelligence drug report for 1998-9 said outlaw motorcycle gangs, bankpackers and nightclubbers were distributing LSD.

"Purchases often take place in darkened areas of licensed premises

School drug surge alarm

EXCLUSIVE

By PETER MICKELBROUGH, chief police reporter

HEROIN dealers are invading our schools with drug gangs using state school students as couriers.

Police say children as young as 11 are sus

Parents may sue over drug penalty

By KYLIE KEOGH

THE parents of 11 students suspended from an exclusive private school over alleged drug dealing are considering legal action, claiming the children

Teens scorn booze in quest for ecstasy

By STEVE DOW

Young people appear to be abandoning alcohol and the aggression it sometimes promotes in favor of the designer drug ecstasy, known as the "bug drug" for its ability to make the user empathetic with others.

When a Sydney doctor suggested violence and arrests were down on New Year's Eve because more people were partying on "ecstasy", police scoffed. But last week, Australia's biggest police seizure of ecstasy—240,000 tablets branded as Mitsubishi (stamped like the car company logo) and enough powder to make another 160,000 tablets—

the main users, according to the Australian Bureau of Criminal Intelligence.

Heroin use doubles in three years

By WENDY BUSFIELD

MORE than a third of Australia's youth are using heroin, a study revealed.

Heroin use has doubled in three years, according to a report by the Australian Bureau of Criminal Intelligence.

What do we know?

Ice is a highly addictive drug that ruins lives. Visit ice.wic.gov.au for facts and help.

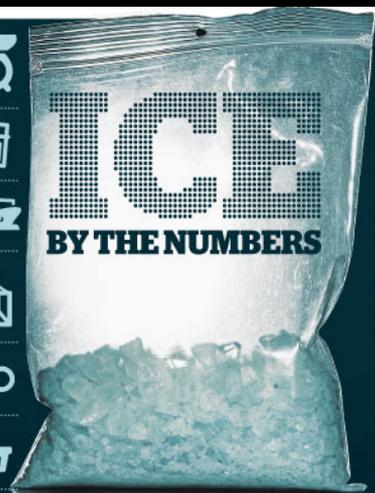
Victoria

Australia in the grip of an ice epidemic with makeshift labs leaving a toxic legacy
 By the National Reporting Team's Lorna Knowles and Alison McClymont
 Updated 25 Jan 2015, 4:07pm

Ice epidemic could bring nation to its knees, warns NSW Police Commissioner Andrew Scipione

EXCLUSIVE REPORT THE DAILY TELEGRAPH MARCH 31, 2015 12:00AM

Are we in the midst of an ice epidemic? A snapshot of meth use in Australia
 8 April 2015, 7:54pm AEST



\$400 - \$1600 per gram

28% increase in ice use from 2010 to 2013

80% of ice arrives by sea, primarily from China

\$320,000 per kilo Australia (\$100,000 US, \$7000 China)

21.8% of all drug arrests in 2013 were for ice

50% of drug users say it is "very easy" to obtain

\$1.05bn spent on all amphetamines in 2010

70% or greater of users opt for ice over other forms

More than **double** the usage rate among unemployed people (5.6%) compared with employed people (2.3%)

4.9% of singles have abused the drug. 1% of married people

4.4% of people in remote areas use ice compared with 2.1% of people in major cities

849kg
The biggest seizure of speed and ice, part of a \$1.5bn bust last year

+60% of Australia's highest risk criminal targets trade in the drug

609,000 ice users in 2013

75% of abusers used ice in the previous 12 months. 25% used at least once a week

SOURCES: AUSTRALIAN CRIME COMMISSION, AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE, AFP, ABS, BOCSAR, NATIONAL DRUG AND ALCOHOL RESEARCH CENTRE, PENNINGTON INSTITUTE, UN OFFICE ON DRUGS AND CRIME

Data: Conrad Walters, Su-Lin Tan

Methamphetamine



- potent stimulant drug
- comes in several forms: a powder, speed; a crystalline form, crystal meth or ice; and a base form, resulting from poor conversion of methamphetamine oil to crystalline form.
- While the chemical composition of these three forms is the same, the potency varies, with ice the strongest.

Ice



- Illicit methamphetamine use is relatively high around the world, - Southeast Asia is a major hub for production.
- Australia has one of the highest rates of use in the world
- The shift in the way methamphetamine is used that have created significant issues for users and the community
- Meth causes a HUGE increase in dopamine through several different mechanisms. So much that with continued use, these systems can wear out - so the brain eventually has difficulty producing it.

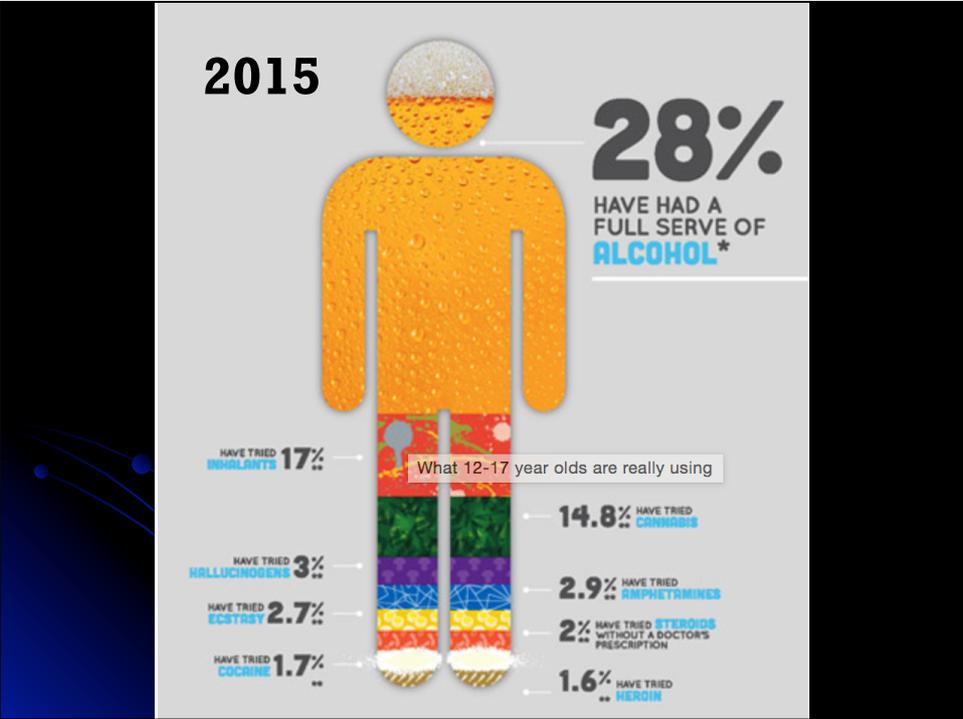


- There has been a corresponding increase in people seeking treatment at drug and alcohol clinics.
- The proportion of treatment “episodes” where methamphetamine was the principal drug of concern doubled from 7% in 2009-10, to 14% in 2012-13.
- 88% increase in ambulance call-outs in metropolitan Victoria and a 198% increase in call outs for methamphetamine-related incidents in some regional areas.

John Rogerson



“For all those families out there who are worried about their children starting to use the drug ice – **prevention is key**. I encourage parents to **become informed and talk with their children about alcohol and other drug issues**. Research shows **good communication** with a trusted adult helps to protect young people, especially when combined **with clear expectations** and **factual information** about the risks of harm.”



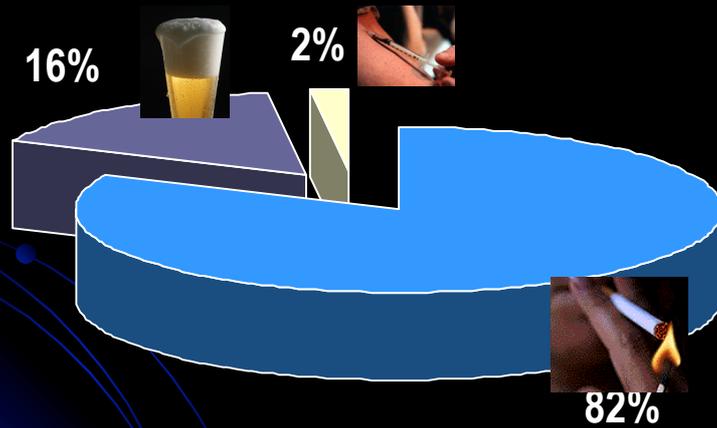


What are the misunderstandings
we need to address when it
comes to young people and
drug and alcohol issues?



Illicit Drugs are the most
dangerous

Deaths due to drugs in Australia



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All young people use drugs the same way

Not all young people use alcohol and other drugs in the same way

- Non-use
- Experimentation
- Occasional
- Habitual
- Intensive

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Alcohol is the least harmful of all drugs

Latest research

Binge drinking still a problem in secondary school but smoking now less

By **KATE HAGAN**

YOUNGER secondary school students are drinking less alcohol but older students are continuing to binge drink, a survey has shown.

One in five students consumed alcohol in the past week, in a survey of 25,000 students aged 12 to 17 by the Cancer Council last year.

Among students aged 12 to 15, 11 per cent had consumed alcohol in the past week last year, compared with 17 per cent in

2008. Drinking was most common among those aged 16 and 17, with 33 per cent having consumed alcohol in that week compared with 38 per cent in 2008.

Binge drinking remained a problem in this age group, with 16 per cent having more than four drinks on a single occasion compared with 18 per cent in 2008.

Cancer Council Victoria chief executive Todd Harper said the fact that older students were still binge drinking at similar levels to

2008 was concerning. "It means another generation is inheriting risky drinking behaviour," he said.

"Drinking in teenage years is linked to higher risks of alcohol-dependence problems in young adulthood, and excessive consumption is, in turn, a cause of many chronic illnesses," he said.

Premixed spirits were the preferred choice among teenage drinkers, along with beer for boys. Students who had consumed alcohol in the past week had most

commonly obtained it from parents (33 per cent), friends (23 per cent), at a party (34 per cent) or at home (30 per cent).

The survey showed 13 per cent of 16 and 17-year-olds had smoked in the past week, the same as in 2008. But only 4 per cent of 12 to 15-year-olds had smoked in the past week, compared with 7 per cent in 2008.

Cannabis was the most commonly used illicit drug by secondary school students.

ALCOHOL

- 20 per cent of students consumed alcohol in the past week
- They included 11 per cent of students aged 12 to 15, and 33 per cent of students aged 16 to 17
- 16 per cent of 16 to 17-year-olds had more than four drinks on a single occasion in the past week



SMOKING

- Four per cent of students aged 12 to 15 had smoked in the past week
- 13 per cent of students aged 16 to 17 had smoked in the past week



OTHER DRUGS

- 15 per cent of students had ever used cannabis
- Less than three per cent of students had ever used amphetamines or ecstasy



Booze websites skirt law

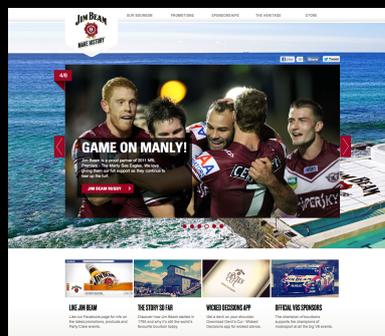
Sue Dunlevy

ALCOHOL companies are avoiding restrictions on marketing to children by using Facebook and the internet, with authorities investigating whether advertising codes need to be overhauled.

The only barrier between an underage drinker and an online alcohol website is the teenager telling the truth about their age, the National Preventive Health Agency says in a discussion paper on the effectiveness of alcohol advertising regulation.

Three out of four teenagers between the ages of 12 and 17 have tried alcohol.

The paper finds more than 94 per cent of children aged 12-17 had seen alcohol advertising on TV and 55 per cent had seen it on the internet.



Moderate drinking in early adolescence is harmless

Alcohol consumption in adolescence can permanently damages the wiring of the brain

Booze harms brain

TEENAGERS who drink heavily risk permanent damage to their brain, scientists have warned.

Alcohol has been shown to cause memory loss in teenagers that could extend into adulthood.

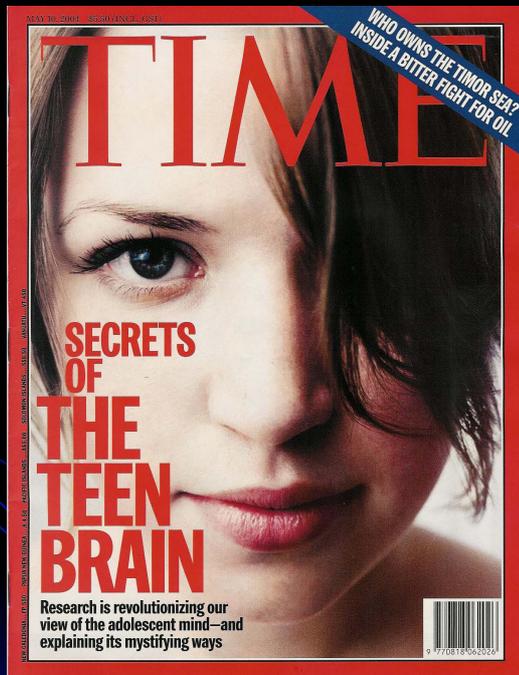
Doctors say drinking to excess interferes with a critical stage in the development of a young brain.

The findings, in a British study, come amid reports of children as young as 12 being diagnosed as alcoholics.

Psychologist Thomas Heffernan examined more than 100 students aged 16 to 19.

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Drinking under 14 carries no
risks



What can alcohol do to the wiring of the teenage brain



Alcohol research



Professor Toumbourou
Chair in Health Psychology
Deakin University



- 47% of those who begin drinking before 14 become alcohol dependent compared with 9% who wait until 21 (Hingson 2006)
- 50% of Grade 5 children have had alcohol given to them by their parents (Toumbourou 2006)

Source: Arch Pediatr Adolesc Med. 2006 Jul; 160(7):739-46.

**a series of large international studies
have uncovered a clear link**

- the earlier you start drinking, the greater the chance of problem drinking later in life.
- If you start drinking before 14 years of age, you double the risk of alcohol dependence at age 21.

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**The Federal Government does
not have clear guidelines on
underage drinking**



Official Australian Government Advice

Guideline 3: Children and young people under 18 years of age

For children and young people under 18 years of age, not drinking alcohol is the safest option.

- A. Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.
- B. For young people aged 15–17 years, the safest option is to delay the initiation of drinking for as long as possible.

www.nhmrc.gov.au/your_health/healthy/alcohol/index.htm#sum

TEEN DRINKING LAW

- THE LAW
- YOUNG PEOPLE AND DRINKING
- WHAT'S THE HARM
- TALKING IT THROUGH
- REDUCING RISK AND HARM
- FIND OUT MORE

PARENTS

1 OF 3

It is now against the law in Victoria to serve alcohol in a private home to anyone under 18, unless their parent or guardian has given permission.



1 OF 3 PREV NEXT

HOW TO USE THIS SITE

THE LAW

YOUNG PEOPLE AND DRINKING

WHAT'S THE HARM?

TALKING IT THROUGH

REDUCING RISK AND HARM

INFORMATION AND RESOURCES



You cannot drink enough in one
go to kill yourself

Drinking game kills man, 19

A 19-year-old man drank himself to death after consuming four times the amount of alcohol required to cause alcohol poisoning, say police.

Police from Bunbury, south of Perth, say Nathan John Bowden died on his neighbor's front lawn after drinking 88 nips and a bottle of vodka as part of a drinking game in which contestants drink a shooter every minute for 100 minutes.

An autopsy was completed yesterday but the cause of death will not be known until the results of toxicology tests are presented later this week.

A family member said the youth had "a few beers with friends" but did not play the drinking game.

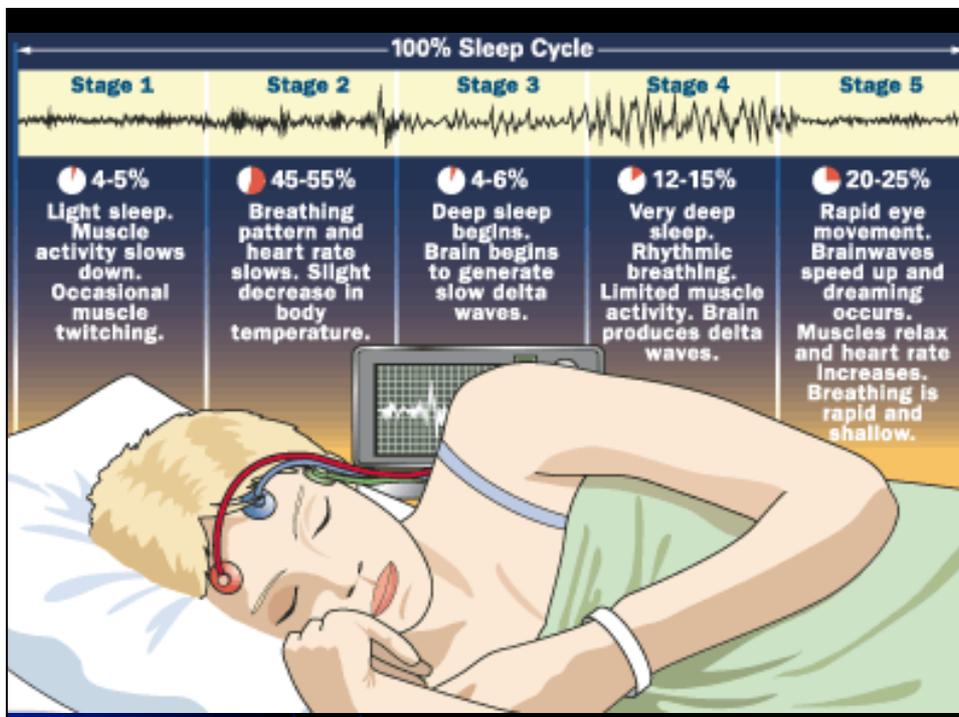
Sergeant Wilson, of Bunbury police, said Mr Bowden had gone to sleep in a neighbor's front yard after vomiting. He was alive when friends checked on him but had stopped breathing by the time he was checked again shortly after midnight. He was rushed to hospital but was dead on arrival.

Sergeant Wilson said at the rate Mr Bowden was believed to be drinking, the amount of alcohol in his blood would have exceeded by four times alcohol saturation point, the amount of alcohol required in the body to cause alcohol poisoning.

AAP



Drinking helps you sleep well



Energy drinks are ok



Red Bull gives you wiings.

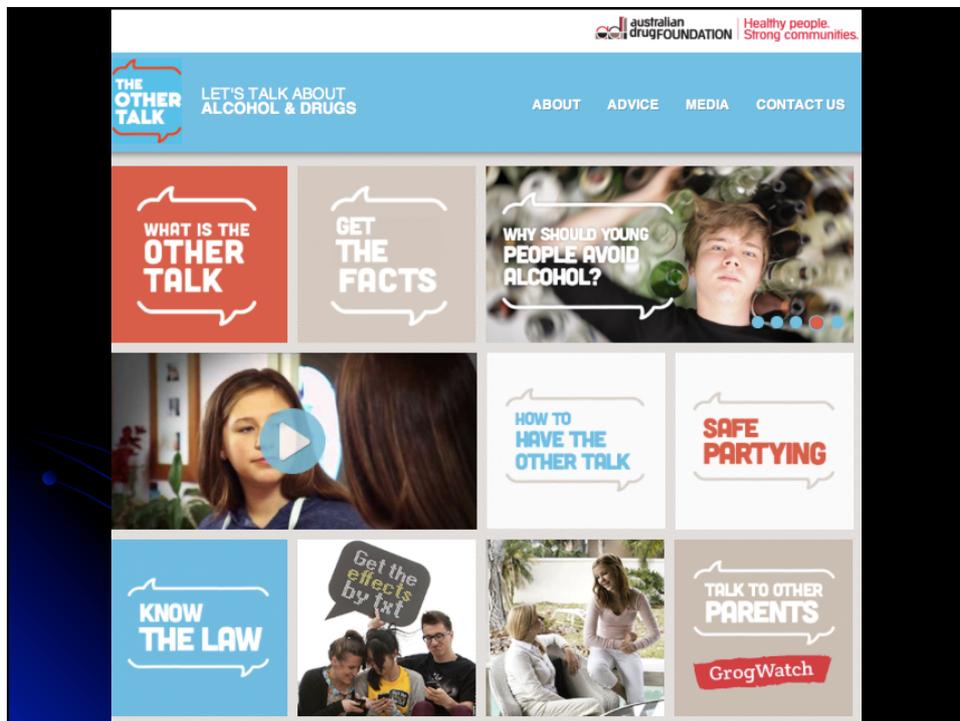
Combining energy drinks with alcohol



- places the body under great stress & can mask some of the effects of the alcohol.
- will still be affected by alcohol but may not feel as relaxed or sleepy
- may take more risks
- increase the chances of experiencing alcohol-related harm such as drinking too much or being injured in a fight or accident.

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Where can parents get extra information?



The DrinkWise Australia Parents 5-Point Plan recommends you:



1. Talk to your teen
2. Educate by example
3. Engage in their life
4. Nurture the relationship
5. Set clear boundaries



NEWS

News Media centre

Free National Drugs Campaign iPhone app in store now

Parents and young people can now instantly access illicit drug information and advice using the National Drugs Campaign iPhone app.

Available free from Apple iTunes, the app includes a range of useful resources:

- facts on ecstasy and other illegal drugs
- consequences of drug use
- advice for young people on avoiding drug use and helping friends
- tips for parents on talking to their teens about drugs, and
- support contacts for youth and families.



The app aims to raise awareness about the harmful effects of drug use and encourage and support decisions not to use.

Featuring GPS functionality, the app helps people find support services based on their location.

Download the National Drugs Campaign iPhone app free from the [Apple iTunes online store](#).

Date posted: 29 June 2011

National Drugs Campaign [View More By This Developer](#)

By Vortilla Digital

Open iTunes to buy and download apps.

Description
 The Australian Government's National Drugs Campaign app allows instant access to information on illicit drugs and services for youth and parents.

[National Drugs Campaign Support](#) [...More](#)

What's New in Version 1.0.1
 Adjustment of interface elements.

[View In iTunes](#)

Free