



**YScreen** is the emotional health screen offered to all 9<sup>th</sup> grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

**April 2017**  
**Alcohol Awareness Month**  
**Talk Early, Talk Often: Let's Make a Difference**

Some youth drink to have more than “just a good time,” but rather to cope with stress, loneliness, low self-esteem, depression, anxiety, and/or other mental health concerns. Studies have found youth whose parents/guardians talk with them about the dangers of alcohol and drug use, were 50% less likely to experiment with alcohol or drugs. Alcohol is the most commonly abused drug among youth. Drinking is associated with the leading causes of death among young people, including car crashes, murder and suicide.

How can we talk to our youth about the dangers of alcohol?

- Listen
- Ask open – ended questions
- Be honest and open
- Be positive – this can help build bridges rather than walls

What are some fun activities we can do with our youth that do not include alcohol?

- Have a movie night
- Check out a local arcade or roller-skating rink
- Engage in outdoor activities (i.e. walk around a park, hiking, hunting/fishing)
- Play board/card games

For more information about teen drinking, please visit:

[https://pubs.niaaa.nih.gov/publications/makeadiff\\_html/makediff.htm](https://pubs.niaaa.nih.gov/publications/makeadiff_html/makediff.htm)

YScreen staff encourage parents to talk with their child about the dangers of alcohol and drug use and alternative ways to help them cope with their stress. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.