



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

April 2019 Alcohol Awareness Month

Alcohol is the most widely abused substance among America's youth, and drinking by young people poses enormous health and safety risks. The negative effects of alcohol can significantly impact the development of different parts of the brain such as decision making, personality and learning. Alcohol use can affect various parts of a teen's life such as relationships with peers and family. It may also increase the risk of depression, anxiety, self-harming behavior, and psychosis. *NHS Quality improvement Scotland, Understanding alcohol misuse in Scotland: Harmful drinking three – alcohol and self-harm' 2007.

The conversation about alcohol, whether coming from a parent, role-model, or adult figure in their lives, can be beneficial to a young person. Check out the suggestions below and start the conversation with youth about alcohol use today!

- **Explain the negative effects of alcohol**
- **Set clear rules and expectations**
- **Encourage them to ask questions**
- **Provide examples/Role play how to say no**
- **Give them self-confidence**
- **Share personal experiences about alcohol use**
- **Encourage them to help others**

To help with those "No" responses or role play examples watch the following clip:

<https://www.youtube.com/watch?v=b-xVTi2Wjtk>

Alcohol can affect a person's emotional and mental health so YScreen encourages adults to have conversations with youth about alcohol use. YScreen is an emotional health screen and here to support youth and parents throughout Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, 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.