

## Parental and Family Influence Literature Cites

### ***Roper Youth Report***

Among six things that might affect their decisions about drinking, 68 percent of American youth (ages 8-17) identified their parents as a leading influence. In fact, parents have been the number one influence every year since the study began in 1991.

Source: Roper Youth Report, a national syndicated survey of 8-17 year-olds, 2009.

### ***U.S. Department of Health & Human Services Substance Abuse and Mental Health Services Administration***

“Adolescents who reported having conversations with parents about the dangers of substance use were less likely than those who did not have such conversations to have been past month users of cigarettes (10.6 vs. 12.5 percent), alcohol (16.2 vs. 18.3 percent), and illicit drugs (9.5 vs. 11.7 percent).” (Table 2) <http://www.oas.samhsa.gov/2k9/prevention/prevention.pdf>

“The percentage who had talked with their parents about the dangers of alcohol, drug, or tobacco use in the past year increased from 58.1 percent in 2002 to 59.6 percent in 2007. “

“From 2002 to 2007, there were decreases in the percentages of adolescents aged 12 to 17 reporting exposure to drug or alcohol use prevention messages through media sources (from 83.2 to 77.9 percent) and prevention programs outside of school (from 12.7 to 11.3 percent), but the percentage who had talked with their parents about the dangers of alcohol, drug, or tobacco use in the past year increased (from 58.1 to 59.6 percent) “

“Combined data from 2002 to 2007 indicate that talking with a parent about the dangers of substance use decreased with age (61.6 percent of those aged 12 or 13, 59.5 percent of those aged 14 or 15, and 57.1 percent of those aged 16 or 17), whereas the percentage receiving prevention messages through media sources increased with age (77.0, 82.7, and 84.2 percent, respectively)”

“SAMHSA's National Survey on Drug Use and Health found that that most youths have been exposed to some kind of substance use prevention message - - whether having seen or heard an alcohol or drug prevention message through the general media, participated in special classes about drugs or alcohol, or talked with a parent about the dangers of tobacco, alcohol, or drug use.”

“The general media (such as radio, TV, posters, or pamphlets) was the primary source for substance use prevention messages. However, the percent of adolescents reporting exposure to drug or alcohol use prevention messages through media sources declined from 83.2% in 2002 to 77.9% in 2007.”

“In general, youths who had been exposed to some kind of substance use prevention message were less likely to report past month use of alcohol use, cigarettes, or illicit drugs than youths who had not had such prevention messages. “

Source: The National Survey on Drug Use and Health, “Exposure to Substance Use Prevention Messages and Substances Use among Adolescents: 2002 to 2007”, *The NHSDA Report*, April 2, 2009.

“In 2003, 14.6 million youths aged 12 to 17 (58.9 percent) reported having talked with at least one parent during the past year about the dangers of tobacco, alcohol, or drug use.”

“Youths who reported talking to at least one parent about the dangers of tobacco, alcohol, or drug use in the past year were significantly less likely to report past month alcohol use (16.8 vs. 19.2 percent), binge alcohol use (10.0 vs. 11.6 percent), or illicit drug use (10.0 vs. 13.0 percent) than youths who did not report talking to a parent.”

“In 2003, 83.6 percent of youths (20.8 million) reported having seen or heard an alcohol or drug prevention message from sources such as posters, pamphlets, radio, or TV in the past 12 months.”

“Youths who reported having seen or heard media prevention messages in the past year were significantly less likely to report past month binge alcohol use (10.3 vs. 12.5 percent) or illicit drug use (10.8 vs. 13.7 percent).”

Source: The National Household Survey on Drug Abuse (NHSDA), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health & Human Services, “Youths’ Exposure to Substance Use Prevention Messages: 2003,” *The NHSDA Report*, July 29, 2005.

“According to the 1999 NHSDA [National Household Survey on Drug Abuse], rates of past month cigarette, alcohol, or marijuana use were lower among youths who reported they would talk to an adult about a serious problem than among those who would talk to a boyfriend or girlfriend. For example, youths aged 12 or 13 who would consult their mothers, fathers, or other adults were less likely to use alcohol during the past month (2 to 3 percent) than youths who would consult a dating partner (7 percent).”

Source: The National Household Survey on Drug Abuse (NHSDA), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health & Human Services, “Youths’ Choice of Consultant for Serious Problems Related to Substance Use,” *The NHSDA Report*, February 14, 2003.

### ***Journal Child Development***

“Consistent with Bronfenbrenner’s ecological perspective on the importance of the multiple social contexts in which lives are embedded, attributes of family, peer, school, and neighborhood contexts uniquely predicted development of adolescent alcohol misuse from age 11 through age 17.”

“Taken together, our findings indicate that attributes of all social contexts are relevant to development of adolescent alcohol misuse. Although all contexts were implicated in adolescent alcohol use, the family context emerged as perhaps most important in that all characteristics were associated with adolescent alcohol misuse. As well, all between-context interactions involving the family predicted adolescent alcohol misuse. In contrast to the perception that family influence wanes over adolescence, our findings suggest the enduring influence of the family throughout the adolescent age span examined.”

Source: “The Social Ecology of Adolescent Alcohol Misuse,” Susan T. Ennett, Vangie A. Foshee, Karl E. Bauman, Andrea Hussong, Li Cai,, Heathe Luz, McNaughton Reyes, Robert

### ***The Pew Research Center for the People and the Press***

“For analysis purposes, Generation Next includes those Americans between the ages of 18 and 25 years old.”

“These older teens and twenty-somethings also are quite content with most specific aspects of their personal lives. More than nine-in-ten are satisfied with their family life (93%) and their relationships with their parents (91%). More than eight-in-ten are satisfied with their housing situation (82%) and the amount of free time they have (81%)”

“They maintain close contact with parents and family. Roughly eight-in-ten say they talked to their parents in the past day. Nearly three-in-four see their parents at least once a week, and half say they see their parents daily. One reason: money. About three-quarters of Gen Nexters say their parents have helped them financially in the past year.”

“Gen Nexters are very closely connected to their families. Many live close to home – in fact, 40% still live with their parents – and they have frequent contact with their parents and siblings. None of this is surprising given that most Gen Nexters have not started their own families yet. Presumably, the apron strings will loosen as they become financially independent and take on family responsibilities of their own.”

“The parent-child bond is strong across generations. When asked “which family member do you have the *most* contact with” (other than your wife/husband/partner), more than six-in-ten (63%) Gen Nexters say they talk with their parents most often. Gen Xers are also closely connected to their parents – 53% say they have the most contact with a parent. For the older generations, Boomers and Seniors, children are named as the relative with whom they have the most contact. When asked to choose which parent they have the most contact with Nexters point to their mother, by a three-to-one margin.”

“About half of all respondents (54%) say they see their parents at least once a week, but that figure rises to 73% for Gen Nexters. Among this age group, fully half see their parents *daily*. Nearly as many Nexters speak by telephone to a parent every day and another 40% maintain weekly contact. Some 82% mentioned talking with a parent yesterday.”

**Source:** The Pew Research Center for the People and the Press “How Young People View Their Lives, Futures and Politics: A Portrait of ‘Generation Next.’” January 9, 2007.

<http://people-press.org/reports/display.php3?ReportID=300>

### ***Pediatrics***

“Independent of age, gender, race/ethnicity, and SES [socioeconomic status], clusters predicted a range of risk behaviors.... Relative to high TV/video viewers, the cluster of skaters/gamers was less likely to engage in the risk outcomes related to sex, cigarette smoking, alcohol, truancy, and failure to use a seatbelt.”

“The cluster of adolescents engaging in sports with their parents were less likely to engage in risk outcomes related to sex, delinquency, smoking, alcohol (drunk at least once, only), drug use, truancy, and seatbelt use.”

“Adolescents who use a community recreation center were less likely to smoke, use drugs, or be truant.”

“The cluster characterized by strict parental control of TV decisions also was less likely to engage in every category of risk behavior.”

“Adolescents reporting few overall activities were less likely to engage in delinquency and to fail to wear seatbelts; they were, however, more likely to drive while drunk.”

“The cluster of adolescents who were active in school was less likely to smoke cigarettes, be truant, and to fail to wear a seatbelt.”

This study emphasizes “the important role of parental participation in regular activities, particularly in the realm of PA and sedentary behavior”

**Source:** “Physical Activity and Sedentary Behavior Patterns Are Associated with Selected Adolescent Health Risk Behaviors”, Melissa C. Nelson and Penny Gordon-Larsen, *Pediatrics* 2006; 117; 1281-1290.

### ***National Fatherhood Initiative***

“Researchers at Columbia University found that children living in two-parent households with a poor relationship with their father are 68% more likely to smoke, drink, or use drugs compared to all teens in two-parent households.”

“Father closeness was negatively correlated with the number of a child’s friends who smoke tobacco, drink, and use marijuana. Father closeness was also negatively correlated with a child’s use of alcohol, cigarettes, and hard drugs.”

Source: “The Father Factor: How Father Absence Affects Our Youth,” National Fatherhood Initiative, 2006.

### ***Journal of Black Psychology***

“This study examined the effects of mother-daughter and father-daughter relationships on drug refusal self-efficacy, among African American adolescent girls. Among African American adolescent females, father-daughter relationships significantly predicted drug refusal self-efficacy. Positive father-daughter relationships were associated with higher drug refusal self-efficacy.”

Source: Boyd, Kimberly; Ashcraft, Amie; Belgrave Faye Z. “The impact of mother-daughter relationships on drug refusal self-efficacy among African American adolescent girls in urban communities.” *Journal of Black Psychology* V. 32 N. 1 pp.29-42. February 2006.

### ***Journal of Adolescent Health***

“The current study indicates that parent-adolescent relationships marked by acceptance, open communication, and monitoring of activities are important components in interventions to reduce or prevent alcohol use both directly and as mediated by peer influence. Furthermore, the findings

regarding adolescents' perceptions of their parents' strong disapproval are meaningful and significant for continued efforts to develop and disseminate effective interventions.”

“The current findings further support the importance of the family environment and positive parenting practices in the direct and indirect reduction of adolescent alcohol use.... Although the influence of peers on alcohol use was of greater magnitude, a positive family environment (involving parental monitoring, acceptance, and good parent-child communication) attenuated the potentially negative impact of peers on adolescents' drinking behavior. Specifically, positive family environment was associated with reduced numbers of peers and friends who drink alcohol, as well as less perceived approval from friends to drink alcohol. A positive family environment was also related to increased self-efficacy for refusing alcohol and decreased stress, which, in turn, were related to less drinking and associated problems. Of note is that parenting practices by both mothers and fathers were important and consistent contributors to the positive family environment.”

“This study also demonstrated the protective influence of parental expectations on subsequent alcohol use among adolescents.... [A]nalyzes indicated that students reporting parents who were ‘very much against’ adolescent alcohol use had fewer friends who drank and approved of drinking, greater self-efficacy for avoiding alcohol use, and less alcohol use and associated problems than did the students who reported that their parents were ‘against’ adolescent alcohol use. These findings highlight the importance of adolescents having a clear understanding of parental expectations. The reluctance some parents may feel to express negative attitudes toward adolescent alcohol use—perhaps to avoid conflict—appears to be unwarranted.... For this reason, the deterrent effect of perceiving that one’s parents *strongly* [italics original] disapprove of adolescent alcohol use is an important finding for both measurement and intervention research.”

**Source:** “Pathways to Adolescent Alcohol Use: Family Environment, Peer Influence, and Parental Expectations”, Susan G. Nash, Amy McQueen, and James H. Bray, *Journal of Adolescent Health*, 37, 2005.

## ***Developmental Psychology***

According to the authors' abstract, “This study examined longitudinal relations among adolescents' family relationships, peer relationships, and problem behavior. Participants were 1,357 African American and European American adolescents who were interviewed at 3 time points.”

“Adolescents' perceptions of their family relationships predicted their experiences within the peer context, and their peer experiences predicted later problem behavior. One aspect of the adolescents' perceptions of the family context that emerged as important in understanding the development of problem behavior was their perceptions of social autonomy. When adolescents perceived themselves to have high levels of freedom over their day-to-day activities in 7<sup>th</sup> grade, they were likely to engage in relatively high amounts of unsupervised socializing in 8<sup>th</sup> grade, which in turn placed them at risk for problem behavior in 8<sup>th</sup> grade. Thus, low perceived parental jurisdiction over social behaviors and activity appears to facilitate a peer context that may be conducive to the development of problem behavior for some youth.”

“One key finding was the role that the family plays in peer processes. In general, the stronger the relationship between the parent and child, the less likely the adolescent was to become involved with risky peers or to develop potentially problematic ways of thinking about peers. Another noteworthy finding was that unsupervised socializing predicted problem behavior over time for all groups in our

study. Additionally, adolescents who perceived relatively high amounts of social autonomy in the 7<sup>th</sup> grade were at an increased risk of developing later problem behavior, in part because extensive social autonomy predicted unsupervised socializing.”

“[P]arents should work to create an atmosphere where adolescents feel comfortable with volunteering information about their whereabouts and their friends. Stattin and Kerr (2000) found that adolescent voluntary disclosure about their friends and their whereabouts was a better predictor for adolescent problem behavior than was parental effort to obtain such information. Similar results are also reported in Kerr and Stattin (2000). If adolescents decide for themselves to provide information about their social lives to their parents, rather than have their parents drag the information out of them, they might be less likely to feel as though their parents are overly intrusive. At the same time, adolescent voluntary disclosure might also provide parents with an opportunity to discuss the adolescents’ social choices with him or her, thus leading to a joint decision rather than an adolescent-only decision that might occur if the discussion had never taken place.”

Source: Goldstein, S.E., Davis-Kean, P.E., and Eccles, J.S., “Parents, Peers, and Problem Behavior: A Longitudinal Investigation of the Impact of Relationship Perceptions and Characteristics on the Development of Adolescent Problem Behavior,” *Developmental Psychology*, 41 (2), 2005.

### ***The Brown University Digest of Addiction Theory and Application***

“The literature suggests that parents play an equal if not greater role than peers in preventing the onset and progression of adolescent substance use. State-of-the-art clinical interventions for adolescents with substance abuse and dependence problems almost uniformly have a significant degree of parental involvement.”

“All levels of parent involvement should continue to be explored, from providing the most minimal information which reaches the greatest number of parents (e.g., mass mailings, Internet strategies) to brief interventions with families in which personalized feedback about parental monitoring and communication are provided to reduce the possibility of substance use initiation or progression. To achieve ecologically-valid success, it is clear that the issue of adolescent substance use and abuse should be addressed through and strive to enlist the support of the adolescent’s parents.”

Source: Sindelar, H. and Spirito, A., “Parents, too, can prevent adolescent alcohol abuse,” *The Brown University Digest of Addiction Theory and Application*, 23 (3), p. 8, March 2004.

### ***Addictive Behaviors***

“In the current study, teens with favorable outcome expectations that were balanced by high parental expectations for their behavior were several times less likely to start drinking than teens with favorable drinking expectancies and low parental expectations for behavior. Parental expectations may be particularly important during early adolescence, when teens are beginning to form expectations about drinking and still hold their parents in high regard.”

“Our findings indicated that parental expectations for teen behavior may be particularly important among teens with favorable outcome expectations for drinking, who therefore are at an elevated risk for early drinking initiation. Importantly, parental expectations are likely to effect the behavior of youth only to the extent they are well established. While most parents may expect their early

adolescent children not to drink, youths' perceptions of their parent's expectations for their behavior may vary depending on the amount and quality of time parents spend with their children and the quality and nature of their communications about their expectations for their children's behavior."

Source: Simons-Morton, Bruce, "Prospective Association of Peer Influence, School Engagement, Drinking Expectancies, and Parent Expectations with Drinking Initiation Among Sixth Graders," *Addictive Behaviors* 29: 299-309, 2004.

### ***Psychology of Addictive Behaviors***

"Hierarchical regression analyses indicated significant associations between both peer and parental influences and alcohol involvement, and showed that parental influences moderated peer-influence-drinking behavior, such that higher levels of perceived parental involvement were associated with weaker relations between peer influences and alcohol use and problems. These findings suggest that parents continue to exert an influential role in late adolescent drinking behavior."

"To begin with, these data offer support for the notion that both peer and parental factors exert unique and important influences on the drinking behavior and consequences of late adolescents just prior to college matriculation. Further, our findings suggest that specific types of parental factors, particularly parental permissiveness toward alcohol use and parental monitoring, may qualify peer influences on alcohol involvement."

"The results of this study suggest that parents continue to matter in late adolescents' choices about drinking, even as they negotiate new roles in preparation for new environments. Further, our findings suggest that those interested in reducing problematic drinking among this population should extend their focus to expanded investigation of the potential role that parents may be able to play in the prevention process."

Source: Mark D. Wood, Jennifer P. Read, Roger E. Mitchell, Nancy H. Brand, "Do Parents Still Matter? Parent and Peer Influences on Alcohol Involvement Among Recent High School Graduates," *Psychology of Addictive Behaviors*, 18 (1), 2004.

### ***Journal of Adolescent Health***

"Adolescents may perceive that it is acceptable to drink because parents do not articulate their disapproval about alcohol consumption, thus inadvertently approving use through lack of communicated consequences.... We found, however, that the perception that parents would punish the adolescent if caught drinking protected the youth from drinking. Although talking with a child about drinking may be beneficial, it is not as effective at reducing regular drinking behavior as the child perceiving more severe consequences. The perception of any consequences appears, however, to be superior to the perception of no consequences."

**Source:** "Adults' Approval and Adolescents' Alcohol Use", Kristie Long Foley, David Altman, Robert H. Durant, and Mark Wolfson, *Journal of Adolescent Health*, 2004; 34:345.e17.

### ***Harris Interactive***

“Teenagers may give their mothers and fathers a hard time, but the fact is parents top the list of role models identified by teens in a recent Junior Achievement/Harris Interactive Poll. In all, 32% identified parents as the best role models for teens, according to the demographically weighted survey of 624 teens between the ages of 13 and 18.”

“It’s apparent that while teens look up to many people in our society, it’s those who are involved in their daily lives that have the most profound impact,” said David S. Chernow, president and CEO of Junior Achievement.”

Source: News Release, “In Time for Mother’s Day: Mothers...and Fathers...are top Teen Role Models, According to Junior Achievement/Harris Interactive Poll,” Junior Achievement, May 8, 2003. [http://www.ja.org/about/about\\_newsitem.asp?StoryID=122](http://www.ja.org/about/about_newsitem.asp?StoryID=122)

### ***American Journal of Health Behavior***

“Adolescents who reported that their parents monitored their whereabouts most or all of the time were less likely to have engaged in a variety of alcohol-risk behaviors or been involved in situations where they could be harmed (e.g., by being with other teens who drink or in places where their parents disapprove)...”

“The implications of these findings are that teens who report being consistently monitored by their parents were significantly less likely to be involved in a variety of alcohol-risk activities. Programs that show promise for instilling greater parental monitoring need to be expanded.”

Source: K. H. Beck, J. R. Boyle, B. O. Boekeloo, “Parental Monitoring and Adolescent Alcohol Risk in a Clinic Population,” *American Journal of Health Behavior*, 27(2): 108-115, 2003.

### ***Journal of Studies on Alcohol***

“Middle adolescent boys and girls from supportive families tended to associate with non-alcohol-using peers which, in turn, reduced alcohol use during later adolescence.”

“The measure of school grades was another important intervening variable in the relationship between family social support and adolescent alcohol use. A high level of perceived family support was associated, over time, with self-reports of good grades; in turn, academic achievement was associated with decreased alcohol consumption.”

“The findings replicate and extend prior cross-sectional and longitudinal follow-up research by further demonstrating that the family is a primary socializing influence on the lives of boys and girls. We found that family social support promoted religious and school commitments and associations with non-alcohol-using peers, which, in turn, decreased alcohol use among the respondents.”

Source: Mason, W.A. and Windle, M., “Family, Religious, School and Peer Influences on Adolescent Alcohol Use: A Longitudinal Study,” *Journal of Studies on Alcohol*, 62: 44-53, January 2001.

## ***Project on the Parenting of Adolescents, Center for Health Communication, Harvard School of Public Health***

“Research consistently shows that parents remain a powerful influence in fostering healthy teen development and preventing negative outcomes. [18] Teens themselves acknowledge the influence of parents, reporting in studies that their parents remain critically important as guides, mentors, sounding boards, and advocates. [19]”

“Studies find that supportive relationships with both mothers and fathers are linked, for example, with lower risks of substance abuse, depression, negative peer influence, and delinquency, as well as higher levels of self-reliance, self-image, identity formation, school performance, and success in future relationships.”

“The seemingly simple act of monitoring teens’ activities --- having teens report on their whereabouts and knowing where teens are --- is found in studies to be linked to a lower risk of drug and alcohol use, early sexual activity, pregnancy, depression, school problems, victimization, delinquency, and negative peer influences.”

Knowing a teen’s whereabouts and behavior during out-of-school hours is associated with lower rates of drug and alcohol use, pregnancy, and delinquency, as well as reduced susceptibility to negative peer pressure. [32]

**Source:** “Raising Teens: A Synthesis of Research and a Foundation for Action”, A. R. Simpson, Project on the Parenting of Adolescents, Center for Health Communication, Harvard School of Public Health, 2001. [<http://www.hsph.harvard.edu/chc/parenting>]

## ***Health Education and Behavior***

“The findings are consistent with the other studies that have demonstrated that the teens whose parents are involved, have high expectations for their behavior, and hold them in high regard are less likely to initiate substance abuse.”

“Teens who perceive that their parents hold high expectations for them would perceive that the likely outcomes of smoking and drinking would be less positive and less acceptable compared with teens who perceive that their parents are not very concerned about them smoking or drinking.”

“The finding that authoritative parenting practices are associated with substance use suggest the importance of directing interventions towards the parents. It is important that authoritative parenting behaviors, such as frequent, open communication and an attitude of acceptance of the teen, are within the capabilities of most parents. As such, they hold considerable potential as objectives for parent education. The challenge is to find effective ways of reaching parents of early adolescents and educating them about authoritative parenting practices.”

**Source:** “Peer and Parent Influences on Smoking and Drinking Among Early Adolescents”, Bruce Simons-Morton, Denise L. Haynie, Aria D. Crump, Patricia Eitel, Keith E. Saylor. *Health Education & Behavior*, V. 28 (1) pp. 95-107, 2001.

## ***Psychology of Addictive Behaviors***

"Despite the publicity that has surrounded recent assertions that parents have minimal influence on their adolescent sons and daughters (Harris, 1998), there is a strong and convincing body of

literature indicating that parents are an important source of influence in their sons' and daughters' lives, even when they have achieved young adulthood, moved away from home to go to college, or both."

"Despite the sizable literature on parent—adolescent drinking, the benefits of using parent-based approaches in early intervention efforts, and the documented importance of parents in college student development, the study of mother—teen relations has not been applied to the area of binge drinking in college students. As suggested earlier, this probably is due to the inaccurate assumption that parents have minimal influence on their children when the children are living away from home at college. The data from the present study reaffirm the importance of the relation between mother—teen communications and teen drinking related beliefs relevant to binge-drinking consequences. We were impressed by the consistency, even across the varying content of the beliefs, with which mother—teen communications were related to the "beliefs" that prevented the experience of negative consequences."

"In sum, drinking consequences represent a major concern on college campuses. According to the theoretical orientation of the present study, not all individuals who drink experience consequences, and not all individuals who experience consequences experience all of the consequences. Parents may influence the development of drinking beliefs in their sons and daughters through communications with them. These beliefs, in turn, may have a role in influencing the probability of the students experiencing negative binge-drinking related consequences while at college. Interventions that attempt to increase such communications and beliefs in college students have the potential for reducing binge-drinking related consequences."

Source: R. Turrisi, K. A. Wiersma, K. K. Hughes, "Binge Drinking-Related Consequences in College Students: Role of Drinking Beliefs and Mother-Teen Communications," *Psychology of Addictive Behaviors*, 14 (4), December 2000.

### ***Journal of Studies on Alcohol***

"Our results for parental monitoring suggest that it is one of the most important elements of parent-adolescent relationships in deterring heavier drinking by adolescents."

"Parental attitude thus appears to be an important variable for adolescent drinking in general. Modifying how parents communicate alcohol-related attitudes to their children could therefore be a promising form of intervention to curtail adolescent alcohol use."

Source: Reifman, A., Barnes, G.M., et al., "Parental and Peer Influences on the Onset of Heavier Drinking Among Adolescents," *Journal of Studies on Alcohol*, 59 (3), pp. 311-317, May 1998.

### ***Center for Substance Abuse Prevention***

"Families play the most important role in determining how children handle the temptations to use alcohol, cigarettes, and illegal drugs."

Source: "Keeping Children Drug Free: Using Family-Centered Approaches—A Parent and Community Guide," The Center for Substance Abuse Prevention (CSAP) and Substance Abuse and Mental Health Services Administration (SAMHSA), 1998.

***The Journal of the American Medical Association***

“High levels of connectedness to parents and family members were associated with less frequent alcohol use among both [7<sup>th</sup>-8<sup>th</sup> and 9<sup>th</sup>-12<sup>th</sup> grade] groups of students. Among older students, more frequent parental presence in the home was associated with less frequent use.”

“With notable consistency across the domains of risk, the role of parents and family in shaping the health of adolescents is evident. While not surprising, the protective role that perceived parental expectations play regarding adolescents’ school attainment emerges as an important recurring correlate of health and healthy behavior. Likewise, while physical presence of a parent in the home at key times reduces risk (and especially substance use), it is consistently less significant than parental connectedness (e.g., feelings of warmth, love, and caring from parents).”

Source: Resnick, M.D., Bearman, P.S., et al., “Protecting Adolescents From Harm: Findings From the National Longitudinal Study on Adolescent Health,” *The Journal of the American Medical Association*, 278: 823-832, 1997.

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