

DISCUSSION GUIDE



This Discussion Guide is made possible by:

SafeTeen New Mexico
New Mexico Mutual
Cooperative Educational Services

In Association with:
Independent Insurance Agents of New Mexico
New Mexico PTA
Character Counts New Mexico
UNM Communication & Journalism Department
The Albuquerque Journal

Thank you for your interest in the **Party 101: Consequences** Discussion/Viewing Guide. We are very excited to present this program to ignite a new discussion among our children, parents and teachers. We want to empower and support young people to discover their own solutions to life-threatening behavior and situations. In doing so, we hope that they may come to understand how valuable they are in our families and communities.

Enclosed are some ideas for discussions and activities for students and adults. Feel free to alter any of these suggestions for a better fit with your particular group. This is intended only as a guide and starting point.

Please note that there are two special videos that have been created from the documentary that are specific to parents and educators. This guide can also work for those groups and with those videos. There is a specific added page for parents discussion.

RESPONSE REQUESTED: We supply these materials to you free of charge, in the hopes that they can support your efforts in reaching students with enlivened discussions about difficult situations and adolescent curiosity, insecurity and empowerment.

The only thing we ask in return is that you let us know if you are using this so we can track the number of participants and the lives you've affected. A response page can be found at the end of this guide.

On behalf of SafeTeen New Mexico, we want to thank you for working with young people and helping to shape their future.

Sincerely,

Thom Turbett
President
SafeTeen New Mexico

Chris Schueler
Executive Director
SafeTeen New Mexico

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SHOW OVERVIEW

“Party 101: Consequences” is a 30-minute television program designed to show young people the honest truth about the dangers associated with underage parties, be a wake up call to parents so they can fully understand what is really happening at these parties, and rally community and educator support to find ways to end the dangerous aspects of youth parties.

Teenagers have been involved in every aspect of the show’s production and development to ensure that the program attracts young viewers and addresses youth issues from their perspective. The audience will see statistics in the program, such as:

*The **average age** for someone taking their first alcoholic drink in New Mexico is **12 years old.***

This show is meant to be a catalyst for discussion, which means that there are no right or wrong answers. The purpose is to encourage as much youth involvement and discussion as possible. Young people should be encouraged to actively participate in exchanging ideas and researching related topics of interest.

Portions of the show may not be appropriate for some young people to watch. Please read the script and watch the program prior to sharing it with students. This will make discussion with your students easier and more effective.

THE SCRIPT IS AVAILABLE ONLINE AT
www.christopherproductions.org

Please download, read and have available prior to viewing program.

This guide is designed to be a tool for group discussion. It includes discussion and activity ideas for involving students at various levels of development. Further information and a complete list of additional resources are included. Our hope is that this is just the beginning, and that together we can make an important difference in our communities and in the lives of our children.

GENERAL INFO

PROJECT BACKGROUND

- **30,000 young people** each year need treatment for **acute alcohol poisoning**.
- Underage Alcohol use costs this country **\$53 billion per year** mostly in the form of traffic fatalities and violent incidents.
- Communities throughout New Mexico want to keep students safe and help them make healthy decisions around substance abuse, particularly alcohol.
- Each day in the United States over **5,000 kids under 16** take their first drink of alcohol.
- The average age of first drink in New Mexico is **12 years old**.
- **75% of High School students** in New Mexico have had at least one alcoholic drink.
- 31% of parents of 15-16 year olds believe their child had a drink in the past year.
- **60% of 15-16 year olds report drinking**.

THE PROJECT

“Party 101” will be a comprehensive campaign to help communities throughout the state deal with youth parties that include substance and alcohol abuse. This campaign will utilize a variety of media and video tools to reach educators, parents and, most importantly, teens to emphasize the message: **make healthy choices about drugs and alcohol and if you don’t, there are consequences**.

The project has involved many teens in the production process and centers on the creation of a variety of video tools which, in addition to being distributed by New Mexico PTA, will be broadcast on regional television stations. The project includes two special “break out” videos specifically designed for school administrators/coaches/teachers and one for parents and a series of television informational promos about the issue.

TARGET AUDIENCE

The target audience for this campaign is teenagers, secondarily parents and school officials, and finally other community leaders and law enforcement.

Several **youth** focus groups have indicated an extreme interest in this topic for a wide variety of reasons. The overwhelming interest in **seeing what actually happens** to kids and hearing from the kids who have been affected has lead us to this particular approach for the project.

Parents will receive a **wake up call** about what really goes on at these parties and how, even if their children are not drinking at the party, they are in real danger by being present at the party because of behavior from those youth that are drinking.

School officials, community leaders and law enforcement will have an opportunity to **explore various solutions** to the problem and discuss their particular issues.

APPROACH: UNDERSTANDING the ISSUES and POLICIES, CONSEQUENCES, and REAL REASON

Christopher Productions will produce this campaign to include the basic information about **current local New Mexico laws regarding underage drinking, the overall issue of drinking and substance abuse, and various community and school district policies and resulting consequences.**

The hook to the campaign will be seeing what actually happens at these, sometimes out of control, youth parties from the police and the student perspective. It will follow several youth through the entire process of securing alcohol, setting up the party, the party itself, being arrested, the court process and the school ramifications and aftermath.

While the video will highlight the key information about these issues, it will stress the **overall reason** for statewide concern and the various laws and school policies about this issue; **keeping our youth safe and out of trouble so they can graduate and live full lives.**

Finally, wherever we are able to secure a media partner, we will utilize the **latest wireless (cell phone) and internet technology** to gather participation and interest from teenagers statewide. This will include a text messaging and video messaging element linked to a broadcast of a live follow up program as well as a centralized website utilizing these elements and guiding viewers to resources in their local communities.

The purpose of this event is: To give **YOU** a tool...an event to rally around...to address underage drinking in **YOUR community**, in **YOUR family**, in **YOUR way**. Check out your tools below:

- DVD of the TV show “Party 101: Consequences”
- DVD of the video “Party 101: Parents”
- DVD of the video “Party 101: Educators”
- This discussion guide for classroom or group use

To get copies of the tools listed above, please visit:
www.ChristopherProductions.org

Each day in the United States
5,000 kids under 16 years old
take their first drink of alcohol.

With **YOUR** Involvement...

You can
save lives
change our communities
and bring us closer to our children

Use
this tool, this event, this time
to enhance the way
your community,
your school
and
your family
addresses
underage parties.

V I E W I N G S U G G E S T I O N S

- **Consider providing additional information and instruction.**

The stories in “Party 101: Consequences” are presented in a style that serves as a catalyst for thoughtful discussion. It is assumed by the creators of the program that more in-depth information and instruction will be provided by the group leader or teacher. Some of this information can be found in the resource section of this guide.

- **Consider discussing the content before watching the show.**

Many young people today are exposed regularly to situations in which there is underage drinking. Most likely, they’re struggling to balance personal beliefs and social pressures with accurate information in order to make good decisions. Briefly discuss the content before watching the show in order to make the discussion after the show more effective.

- **Consider setting ground rules with the students prior to viewing.**

Teachers or group leaders need to be prepared to offset disruptions in order to guarantee respect for the rights of those students wanting to see the show. Talk to students ahead of time and agree on appropriate behavior during the viewing. This should include **no talking or asking questions** until the show is concluded. You should also supply or **have available paper and pens or pencils** so that students can jot down ideas and questions for later discussion.

- **Consider covering “Discussion and Activities” for your grade from the following pages.**

There are many ways to encourage open discussion. Since the need for facilitation and supervision will vary among ages, more age-specific suggestions are given on the following pages.

P R I O R T O V I E W I N G

Instructors: Please keep in mind that this guide contains discussion questions that may be sensitive in nature and may cause uncomfortable feelings and emotions to surface for some students.

Please have resource information readily accessible to students and discuss only those questions that you feel comfortable handling.

PRIOR TO SHOWING THE DOCUMENTARY:

For Instructors/Leaders:

1. Be certain to preview the video read through this guide.
2. Gather and have available print resources (reference resources list at the end of this guide).
3. Download and read the script of the video.
4. Determine how much time you will have and what the goal of your discussion will be.
5. If you can, ask a trained expert to assist with the discussion (perhaps your school counselor).
6. Use clear guidelines. Avoid general, unstructured discussion.
7. Allow enough time to discuss the topics after the viewing.
8. Discuss only those questions that you feel comfortable handling

Go over the following **with your group** prior to viewing:

1. Explain that this is about the dangers of underage parties.
2. Be certain all cell phones and pagers are turned off.
3. Be sure everyone has pen and paper and encourage them to jot down notes, ideas, and questions. (perhaps review questions you'll be asking after the show – see "Discussion" Section.)
4. Explain the program is 30 minutes long and then a discussion about the program will follow.
5. Explain that the tape was created with the help of teenagers and that all the **interviews are real**.
6. Tell your group that if they feel uncomfortable at any point they may choose not to watch (be sure to arrange for a place where they can go in advance).
7. Explain that the program can be an emotional experience and to respect everyone's personal feelings.

AFTER VIEWING

Because it is important to protect everyone during the discussion, ask the group **not to use any names**, and set ground rules that include using the phrase “a person I know” OR REFERRING TO THE PEOPLE IN THE VIDEO each time. This may allow a more open discussion for everyone.

- 1. Give everyone a few moments to jot down ideas and questions they may have about the information in the documentary.**
- 2. Explain that this is not a tattletale session and it's not about telling on others.**
- 3. Say that this will be a discussion about the facts and dangers that are associated with youth parties.**
- 4. Follow some of the ideas for discussion in this guide and from the aforementioned specialized tapes you may have already viewed as group leader.**
- 5. Be sure to leave enough time for adequate discussion. If time is short after the viewing (30 minutes or less), you may want to take just one of the discussion topics and leave the rest for later.**

DISCUSSION

Middle School Students

It is important that young people are provided with tools to make smart decisions on their own. All discussions should be conducted with this in mind. Young people will make better decisions if they understand that their actions will have consequences.

- Discuss what effects underage drinking has on the students' community, family, and friends—and themselves.
- Discuss the physical effects of alcohol on young people as compared to an adult.
- Ask the students the following:
 - Why do kids their age start drinking? Why do they drink even when they know it's wrong and dangerous?
 - What alternatives do young people have for drinking?
 - What could the kids in the stories have done differently to avoid the tragic consequences?
 - Is it possible to talk with your friends about the importance of not drinking? How could you do that?

ACTIVITIES

Middle School Students

- Have the students write about their feelings after watching the documentary. They can:
 - Focus on alcohol in the community: trouble or not?
 - Focus on what could have changed in the story to have a better outcome.
 - Who could have been responsible for that change?
 - Focus on whether this is really a problem. Why or why not?
- Discuss the facts in this guide to come up with ways to change policy, public perception or empower others to affect change.
- Have the student's research additional facts on the internet.
- Design a "pledge not to drink" program with rewards or incentives. Prizes could be donated by local businesses.

D I S C U S S I O N

High School Students

It is important that young people are provided with tools to make smart decisions on their own. All discussions should be conducted with this in mind. Young people will make better decisions if they understand that their actions will have consequences.

Initiate a discussion and then let the students direct its course. This will allow them to reach their own conclusions. However, ground rules will need to be set regarding respecting each other's opinions. Also, have everyone use the phrase "someone I know" or some of the people in the video when referring to alcohol use. Have everyone take turns to talk.

- Focus the discussion on coming to conclusion / consensus on:
 - 1) Is there a problem in our community or in our homes?
 - 2) Who is responsible for solving that problem?
 - 3) How can I help in that solution and what role can I play?

- Ask the students the following:
 - What could the kids in the stories have done differently in order to avoid the tragic consequences?
 - Can young people talk to their friends about not drinking? If so, how? What are the barriers? How can they be overcome?
 - Whose responsibility is it to take control of this issue? Do parents have some responsibility? How can parents talk effectively with their kids about underage drinking?
 - Are laws regarding drinking effective? What would make them more effective? Is the drinking age of 21 appropriate?

A C T I V I T I E S

High School Students

- Discuss the facts in this guide to come up with ways to change policy, change public perception or empower others to affect change.

- Design a campaign in the community to affect change and eliminate negative underage parties.

- Design a "pledge not to drink" program with rewards or incentives. Prizes could be donated by local businesses.

DISCUSSION

PARENTS

Initiate a discussion and then let the parents direct its course. As with all discussion, ground rules will need to be set regarding respecting each other's opinions. Also, have everyone use the phrase "someone I know" or "some of the people in the video" when referring to alcohol use. It is extremely important not to allow personal stories. Also be sure to allow everyone an opportunity to speak.

- Focus the discussion on coming to conclusion / consensus on:
 - 4) Is there a problem in our community or in our homes?
 - 5) Who is responsible for solving that problem?
 - 6) How can I help in that solution and what role can I play?
- Ask the parents the following:
 - What could the parents in the stories have done differently in order to avoid the tragic consequences?
 - How can you talk to your children about the dangers of parties?
 - How do parents miss the signs of this kind of behavior? What are the signs?

ACTIVITIES

PARENTS

- Discuss the facts in this guide to come up with ways to change policy, change public perception or empower others to affect change.
- Design a campaign in the community to affect change and eliminate negative underage parties.
- Create an event for youth that could replace underage dangerous parties.
- Create a time with your children to discuss the danger of these parties and why you are concerned.

F A C T S t o D I S C U S S

Girls today are **4 times** more likely to begin drinking **before age 16** than their mothers were.

In 2003, **1 of every 4** youth in New Mexico reported **carrying a WEAPON** at least once in the past 30 days.

Adolescents who abuse alcohol may **remember 10% less** of what they have learned than those who don't drink.

Over **40%** of **8th** graders had an **alcoholic drink last year**.

The **average age** at which young people begin to **drink** in New Mexico is **12**.

Someone drinking before Age 15 is **4 Times more likely** to become **Alcohol Dependent** than someone waiting to Age 21.

Almost **HALF** of **6th to 12th** graders said their parents **NEVER, SELDOM OR SOMETIMES** discipline them when they break the rules.

In 2003 nearly **30% of New Mexico youth** indicated they had **ridden** in the past 30 days with a **driver who had been drinking**.

Q U E S T I O N S t o A S K

START BY SAYING: “I need your help (input) on this. Bear with me and see what you come up with.”

- Is this video a fair representation of what is really going on?
- Are the people who made this video or the people who are concerned about this issue making much ado about nothing?
- Is this story as important as the video alludes to?
- Are underage parties a problem?
- Are alcohol and other drugs a problem? Whose problem is it?
- Is it a teenage problem?
- Is it an adult problem?
- Is it a parent problem?
- Is it a legal problem?
- Why is there a legal age for drinking?
- Is this just another way for adults to control kids?
- What would need to be done to make parties safer for teens?
- Does legality matter or is breaking the law part of the challenge?
- If an underage person has been drinking, what bad things can happen to them or their friends?
- Can a person who has been drinking stay safe when they truly believe they are in control?

CONTINUE TO ASK “why” and “why not” and “can you explain that ” after each answer from a student.

If a class can establish that underage parties are a problem, ask:

- Is it a problem that needs to be solved?
- Can it be solved?
- Who can solve it?
- How can it be solved?
- Does anything you do or decide to do make any difference?

R E S O U R C E S

Drug Abuse Prevention: What Works
National Institute on Drug Abuse
www.nida.nih.gov

Life Skills Training
Institute for Prevention Research
www.lifeskillstraining.com

Mothers Against Drunk Driving
www.madd.org

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

Parenting Adolescents Wisely
Ohio University
www.familyworksinc.com

SMART Moves Program
Boys & Girls Clubs of America
www.bgca.org

Students Against Destructive Decisions
(SADD)
www.nat-sadd.org

Centers for the Application of Prevention Technologies
www.captus.org

The Century council
www.centurycouncil.org

National Organizations for Youth Safety
www.noys.com

Preventing Alcohol and Other Drug Problems Among Youth in the Family
National Clearinghouse for Alcohol and Drug Information
<http://ncadi.samhsa.gov/>

Touring exhibit about 10 families touched by tragedy
www.afterthecrash.org



christopher productions
Television to Touch the Heart

PARTY 101: Consequences Youth Party Dangers

Order Form Please allow 3-4 weeks for delivery.

PLEASE PRINT CLEARLY OR TYPE

Name: _____

Address: _____

Phone: _____

E-mail: _____

Documentary 30 minutes

Number of DVD's X \$42 _____

Parents Video

Number of DVD's X \$32 _____

Educators Video

Number of DVD's X \$32 _____

TOTAL COST: _____

PLEASE SPECIFY TEXAS VERSION ___ NEW MEXICO VERSION ___

Note: To Keep Costs Down WE DO NOT ACCEPT PO'S or CREDIT CARDS

Your payment includes shipping costs (call 505-837-1770 for expedited service fees).

Send this form along with a **check or money order** for the total cost, to:

Christopher Productions, LLC
12301 Oakland Ave. NE
Albuquerque, New Mexico 87122

www.christopherproductions.org

The following are the websites of the local organizations responsible for creating this project:

SafeTeen New Mexico	www.SafeTeenNM.org
New Mexico Mutual	www.nmmcc.com
Cooperative Educational Services	www.nmedu.org
Independent Insurance Agents of New Mexico	www.iianm.org
New Mexico Parent Teacher Association	www.nmpta.org
New Mexico Character Counts	www.albcharactercounts.org
Christopher Productions, LLC	www.ChristopherProductions.org

RESPONSE FORM:

Please take a moment to fill out the information below and then EMAIL to us as a word doc: Chris@ChristopherProductions.org

Thanks for letting us know how you're using the materials.

Name:
Organization:
Address:
Email:
Phone:

Which materials were used (documentary, parents video, educators video, curriculum):

Date(s) materials used:

Group(s) using materials (ie. Class, Club, Group – what kind?)

Number of people using the materials:

Youth:
Adults:

Comments about the materials: