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# C4P News

## *Focus on Parenting and Teen Safety*

### C4P Update

The C4P welcomes one new staff member this winter, **Mary Frances Street**. Mary Frances is an undergraduate senior majoring in Child and Family Studies, with a minor in Business Administration. She hopes to complete a Master's Degree in School Counseling and work as a high school counselor someday.

### C4P Trivia

Car crashes are the leading cause for teenage death. About what percentage involves underage drinking?

- A. 25%      B. 42%  
C. 15%      D. 34%

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift!

### Research Update: Parenting and Teen Driving

Li, K., Simons-Morton, B. G., Brooks-Russell, A., Ehsani, J., & Hingson, R. (2014). Drinking and parenting practices as predictors of impaired driving behaviors among U.S. adolescents. *Journal of Studies on Alcohol and Drugs*, 75, 5-15.

Substance use among teenagers is associated with an increased risk of Driving while Intoxicated (DWI) and Riding while Intoxicated (RWI). This study aimed to ascertain how 10th grade substance use and parental practices predicted 11th grade driving and riding while intoxicated.

#### Key Findings:

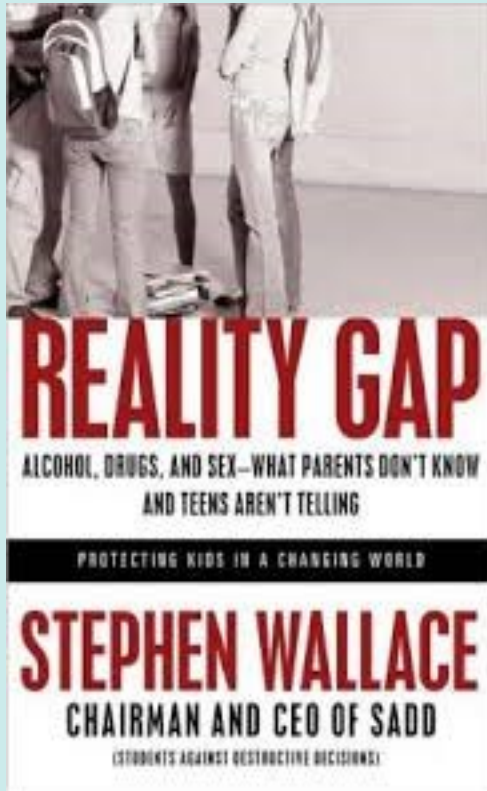
- Heavy episodic drinking in 10th grade predicted a higher probability of DWI and RWI in 11th grade.
- Father's monitoring knowledge forecasted lower DWI.
- Mother's monitoring knowledge predicted lower RWI.

The study suggests that enhancing parenting practices "could potentially discourage adolescent DWI" (p. 5). Also, the study suggests that parental practices of fathers and mothers may affect "adolescent impaired-driving behaviors" differently (p. 5).

### Featured Program: Tennessee Teen Institute

The **Tennessee Teen Institute** helps Tennessee youth develop a healthy, safe and drug-free lifestyle. By helping teenagers develop Action Plans for prevention projects and programs at their schools and in their communities, TTI hopes to alter behaviors and attitudes towards alcohol, tobacco, drug abuse and violence. The TTI also works with Tennessee Students Against Drunk Driving (SADD) and the Tennessee Safe Driving Coalition (TSDC) in order to establish safe driving practices among youth in Tennessee and put an end to crashes, injuries and deaths on the road. For more info, visit: <http://tnteeninstitute.net/>

## Featured Resource:



**Reality Gap: Alcohol, Drugs and Sex – What Parents Don’t Know and Teens Aren’t Telling** by Stephen Wallace gives detailed and researched advice and suggestions to bridge the gap between parents and their adolescents. Age-based “decision points” are provided as guidelines for improving the communication between adults and teenagers.

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