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# ZERO PROOF

FALL/WINTER 2020

## cafe QUIZ

## PARENT POINTERS-

## QUARANTEEN

Helping Teens  
Cope with  
Social Distancing

## ZEROPROOF GO YOUR OWN WAY

## UNDERAGE DRINKING

## MYTHS —VERSUS— FACTS



New Mexico DEPARTMENT OF  
**TRANSPORTATION**  
MOBILITY FOR EVERYONE

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SOURCE: [HTTPS://TEENS.DRUGABUSE.GOV/BLOG/POST/COFFEE-AND-ENERGY-DRINKS-TEST-YOUR-KNOWLEDGE](https://teens.drugabuse.gov/blog/post/coffee-and-energy-drinks-test-your-knowledge)

# Caffeine

On average, teens consume a lot of drinks that contain caffeine—coffee, soda, and energy drinks.

Since consuming a lot of caffeine can affect your health, it's a good idea to know as much as you can about these drinks.

## Quiz

### Test Your Knowledge:

Atwork compiled from photos on Unsplash / Jorge Franganillo and Sorin Sirbu

1. On average teens consume more calories per day from:

- a. Drinks with caffeine      b. "Grain" desserts (cookies, cake, brownies, etc.)      c. Pizza

2. Consuming large amounts of caffeine can increase your heart rate, blood pressure, and anxiety level.

- a. True      b. False

3. Drinking coffee, soda, and energy drinks can stunt your growth.

- a. True      b. False

4. How many teens in grades 9 and 10 drink beverages with caffeine every day?

- a. More than 5%      b. More than 11%      c. More than 25%

5. Most energy drinks contain large amounts of caffeine, but they don't contain much sugar.

- a. True      b. False

6. Having lots of caffeine can prevent you from getting all the sleep you need for your brain and body to develop in a healthy way.

- a. True      b. False

7. Doctors recommend teens consume no more than \_\_\_\_\_ a day.

- a. Three cups of brewed coffee, or two cans of soda, or two energy drinks  
b. Two cups of brewed coffee, or one can of soda, or one energy drink  
c. One cup of brewed coffee, or less than half a can of soda, or about half of a typical energy drink

#### Answers:

1. A. Drinks with caffeine. On average, teens consume more calories from coffee, caffeinated soda, and caffeinated energy drinks than from pizza or desserts.
2. True. Because caffeine is a stimulant, consuming large amounts of it can increase your heart rate, blood pressure, and anxiety level.
3. False. A study involving 81 teen girls found no effect of high caffeine intake on bone health or bone growth.
4. B. More than 11%.
5. False. Most energy drinks contain A LOT of sugar, in some cases more than soda.
6. True. Caffeine blocks a brain chemical that causes you to feel sleepy. Getting too little sleep can make it difficult for you to concentrate and learn. In fact, neuroscientists think sleep is a critical time which our brains make sure that the things we've learned during the day stick in our memory.
7. C. One cup of brewed coffee, or less than half a can of soda, or about half of an energy drink. Doctors recommend teens consume no more than 110 milligrams of caffeine a day, which translates roughly into these amounts of the different drinks.

GO

## YOUR OWN WAY

*SOMETIMES WE ALL NEED HELP NAVIGATING THROUGH LIFE, WITH ALL OF ITS DIFFERENT PATHS.*

**YOU ALWAYS HAVE THE POWER** to choose what to do in different situations where alcohol is involved. Here are suggestions for how to handle these situations. All actions we take have consequences that can be seen either in the near future or much later in our lives. Choosing not to drink alcohol is the choice you want to make. When you stand up for yourself, you also stand up for your dignity. Protect who you are and go your own way.

### What to do if...

SOURCE: [HTTP://POWERTOCHOOSE.ZEROPROOF.ME/ADVICE#BRAIN-1](http://powertochoose.zeroproof.me/advice#brain-1)

#### Your friends are drinking and want you to drink too

You don't want to drink, but it can be hard to say no. You know the dangers of drinking are high. It's illegal and could get you into a lot of trouble, not just with your parents but also with your school and the police. You could get kicked off your school's team and have trouble with the law. It's also dangerous to your health. When confronted by friends, it's important to stick up for yourself and say you don't want to drink. Make eye contact with your friend and tell them how you feel. Be honest. You never know, you may be helping others in your group of friends too by leading the way.

#### A friend of yours is intoxicated or passed out

One way to tell if your friend is drunk is if they are getting loud and their speech is slurred. They may be staggering around, or they may be inappropriate, not behaving like themselves. They may be vomiting. It's important that you support your friend and try to get them help. Alcohol poisoning can be serious. Don't assume that they can just sleep it off. Their judgment is impaired, so it's up to you to take charge of the situation. If your friend is not responsive, call an adult. If there isn't an adult around, call 911. You don't know how serious your friend's condition is, so it's best to be cautious and make sure they're okay. Kids can die of respiratory failure, and a friend can save a life by calling 911.

#### Someone you know is driving

If they're drinking, and you think there's a possibility they might drive, talk to an adult and let them know what's going on. If the person still insists on driving and gets into their car, call 911. The stakes are too high to not get involved.

What do you love  
to do?

ALTERNATIVES  
to Drinking

Whether it's **sports, music, video games, writing, working on cars, fishing, fashion or art**, get involved in what really makes you you. And when you include your friends, you'll be setting a good example for them to also do things that don't involve alcohol. ZeroProof is a place where you can celebrate who you are by showing what you do. It's also a place to share with friends.

When you use your power to choose not to drink, you choose to be a truer version of yourself and safeguard against the dangers of alcohol.





SOURCES: [HTTP://POWERTOTHEPARENT.ORG/QUARANTEENS-HELPING-TEENS-COPE-SOCIAL-DISTANCING-COVID-19-PANDEMIC/](http://powertotheparent.org/quaranteens-helping-teens-cope-social-distancing-covid-19-pandemic/)

Photo by Chris Montgomery on Unsplash

# PARENT POINTERS

## QUARANTEEEN HELPING TEENS COPE WITH SOCIAL DISTANCING

Physical distancing. Image created by Samuel Rodriguez. Submitted for United Nations Global Call Out To Creatives - help stop the spread of COVID-19.

Teens are social creatures by nature. They thrive among their friends. Social distancing during the COVID-19 pandemic might be especially difficult for them. Not only are they missing their friends, but they're also missing events like class trips, sweet 16 parties, prom, and graduation – milestones. Here are some ways that parents can help their older kids with the impact of the COVID-19 quarantine.

### THE POWER OF OF TECHNOLOGY

This might be a first, but we're encouraging families to embrace technology. It's okay to relax the rules around the use of technology so that teens can text, Facetime, use group video chats, and social media. Social distancing does not have to mean social isolation.

### AND THEN UNPLUG

Take walks. Get back to nature. Plant vegetables. Chalk inspirational messages on sidewalks and driveways for all to see. Cook. Eat together. Play music. Dance. Play games. Talk. Allow your teens to initiate the activities.

### BOLSTER THEIR GENEROUS NATURE

People who feel that they have a purpose feel happier in life. Brainstorm with your teen as to how they or the whole family can help during the pandemic. Maybe it's picking up groceries for senior citizens, offering virtual tutoring for students, or making an appointment to donate blood. It's wide open.

### BE AWARE OF SIGNS OF

#### DEPRESSION, ANXIETY, and/or SUBSTANCE USE

Parents should keep an eye out for symptoms of depression or anxiety. If teens are sleeping all day or having difficulty sleeping, don't show interest in anything, eating too much or too little, drinking or using drugs, and/or if they're panicking, it may be time to get help. Here are a few resources:

New Mexico Crisis Line, 1-855-NMCRISIS (662-7474)

National Suicide Prevention Lifeline, 1-800-273-TALK (8255)

Crisis Text Line, Text "Got5" to 741-741



# UNDERAGE DRINKING

## MYTHS — VERSUS — FACTS

You probably see and hear a lot about alcohol—from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

### MYTH

All of the other kids drink alcohol.  
You need to drink to fit in.

### FACT

Don't believe the hype: Most young people don't drink alcohol! Research shows that almost 80 percent of 12- to 20-year-olds haven't had a drink in the past month.<sup>1</sup>

### MYTH

Drinking alcohol will make people like you.

### FACT

There's nothing likable about stumbling around, passing out, or puking on yourself. Drinking alcohol can also make your breath smell bad and cause you to gain weight.

### MYTH

Drinking is a good way to loosen up at parties.

### FACT

Drinking is a dumb way to loosen up. It can make you act foolish, say things you shouldn't say, and do things you wouldn't normally do. In fact, drinking can increase the likelihood of fights and sexual assaults.<sup>2</sup>

### MYTH

Alcohol isn't as harmful as other drugs.

### FACT

Your brain doesn't stop growing until about age 25, and drinking can affect how it develops.<sup>3</sup> Plus, alcohol increases your risk for many diseases, such as cancer.<sup>4</sup> It can also cause you to have accidents and get injured, sending you to the emergency room.<sup>5</sup>

### MYTH

Beer and wine are safer than liquor.

### FACT

Alcohol is alcohol. A 12-ounce beer, a 5-ounce glass of wine, and a shot of liquor (1.5 ounces) all have the same amount of alcohol.<sup>6</sup>

### MYTH

You can sober up quickly by taking a cold shower or drinking coffee.

### FACT

There's no magic cure to help you sober up. On average, it takes 2 to 3 hours for a single drink to make it through your body.<sup>7</sup> And there's nothing you can do to make that happen quicker.

### MYTH

There's no reason to wait until you're 21 to drink.

### FACT

When you're young, drinking alcohol can make learning new things more difficult.<sup>8</sup> Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem at some point in their lives than those who begin drinking at age 21 or older,<sup>9</sup> when it is legal to drink in all states and Washington, D.C.<sup>10</sup>

### MYTH

You can drink alcohol and you won't get into trouble.

### FACT

All states and Washington, D.C., have 21-year-old minimum-drinking-age laws.<sup>11</sup> If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.





## Think you or your friend has an alcohol problem?

Don't wait—get help. Talk to a parent, doctor, teacher, or anyone you trust.

If you're more comfortable speaking with someone you don't know, call the confidential SAMHSA National Helpline at 800-662-HELP (800-662-4357) (English and Spanish).

You can find substance abuse treatment services near you at **[samhsa.gov/treatment](https://samhsa.gov/treatment)**.

**MORE  
INFO**

Learn more about underage drinking at **[stopalcoholabuse.gov](https://stopalcoholabuse.gov)** and **[toosmarttostart.samhsa.gov](https://toosmarttostart.samhsa.gov)**.

<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Detailed tables*. Substance Abuse and Mental Health Services Administration, Rockville, MD.

<sup>2</sup> National Institute on Alcohol Abuse and Alcoholism. (2017). *Underage drinking*. Retrieved from [https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage\\_Fact.pdf](https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage_Fact.pdf)

<sup>3</sup> U.S. Department of Health & Human Services. (2017). *Facing addiction in America: The Surgeon General's report on alcohol, drugs, and health*. Retrieved from <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>

<sup>4</sup> National Institute on Alcohol Abuse and Alcoholism. (2015). *Beyond hangovers: Understanding alcohol's impact on your health*. (NIH Publication No. 15-7604). Retrieved from <http://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>

<sup>5</sup> National Institute on Alcohol Abuse and Alcoholism. (2017). *Underage drinking*. Retrieved from [https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage\\_Fact.pdf](https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage_Fact.pdf)

<sup>6</sup> National Institute on Alcohol Abuse and Alcoholism. (n.d.). *What is a standard drink?* Retrieved from <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

<sup>7</sup> Cederbaum, A.I. (2012). Alcohol metabolism. *Clinics in Liver Disease*, 16(4), 667–685. Retrieved from <http://doi.org/10.1016/j.cld.2012.08.002>

<sup>8</sup> National Institute on Alcohol Abuse and Alcoholism. (2015). *Beyond hangovers: Understanding alcohol's impact on your health*. (NIH Publication No. 15-7604). Retrieved from <http://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>

<sup>9</sup> Grant, B.F., & Dawson, D.A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse*, 9, 103–110.

<sup>10</sup> National Highway Traffic Safety Administration. (2017). *Young drivers. Traffic safety facts*. Retrieved from <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812363>

<sup>11</sup> National Highway Traffic Safety Administration. (2017). *Young drivers. Traffic safety facts*. Retrieved from <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812363>