

**PARENT UPDATE**  
**TEEN ALCOHOL USE & RISKY SEXUAL BEHAVIOR**  
from  
*The Changing Landscape:  
Addressing the Challenges of Teen Substance Abuse*

One of the goals of Brookline's recent community *Wellness Summit* was to raise awareness about the **impact of alcohol use on risky sexual behavior**. In the latest health survey, 17% of BHS seniors reported that after consuming alcohol, they had engaged in sexual activity that they regretted afterwards. Among BHS senior girls, 19% reported having **sexual contact against their will**. Strategies were crafted to take into account the perspectives of both male and female students, with the goal of preparing them against alcohol-related sexual assaults – not just in high school, but as they move into college and adult life, when alcohol becomes considerably more accessible.

**FACTS:**

- Female students are at highest risk of sexual assault the first two weeks of college.
- More than 50% of women raped by an acquaintance reported consuming alcohol or other drugs.
- 75% of men involved in a sexual assault consumed alcohol or other drugs - consuming alcohol may cause both men and women to make decisions they might not make sober.
- Students CANNOT give consent if they are drunk.
- Condom use is down, increasing risk for STI and pregnancy.

**STRATEGIES & RECOMMENDATIONS:**

- Teach students about the concept of consent and how to be properly ready for sexual activity.
- Promote and reinforce **CERTS** model – **C**onsent, **E**quality, **R**espect, **T**rust, **S**afety.
- Create more health classes that develop as students develop.
- Integrate information into college prep meetings.
- Clarify resources and procedures for reporting sexual harassment – *What is considered assault? Where should students go to report? What will happen after reporting?*

**CURRENT ACTION PLANS:**

- During Feb. 2017, Peer Leaders are organizing a major awareness campaign on “Teens & Healthy Relationships,” working on strategies to promote a culture of greater respect between the sexes and raise awareness about how to deal with sexual harassment.
- Seniors will view the film “Escalation” and parents will be invited to a nighttime viewing as well.
- Brookline's health education curriculum is being evaluated to consider ways to support students throughout their time in high school.

For more information, go to B-PEN's "[Healthy Relationships](#)" and "[Underage Drinking](#)" pages. If you or your organization would like to work with us on any of the above strategies, please contact Mary Minott, [mary\\_minott@psbma.org](mailto:mary_minott@psbma.org).