

# Alcohol & Teenage Life in Jakarta



A Challenge for our Home/School Partnership

# Our focus this morning;

- Present a balanced viewpoint
- Investigate the risks and challenges
- Explore ways to help our kids navigate through these challenges and grow as a result



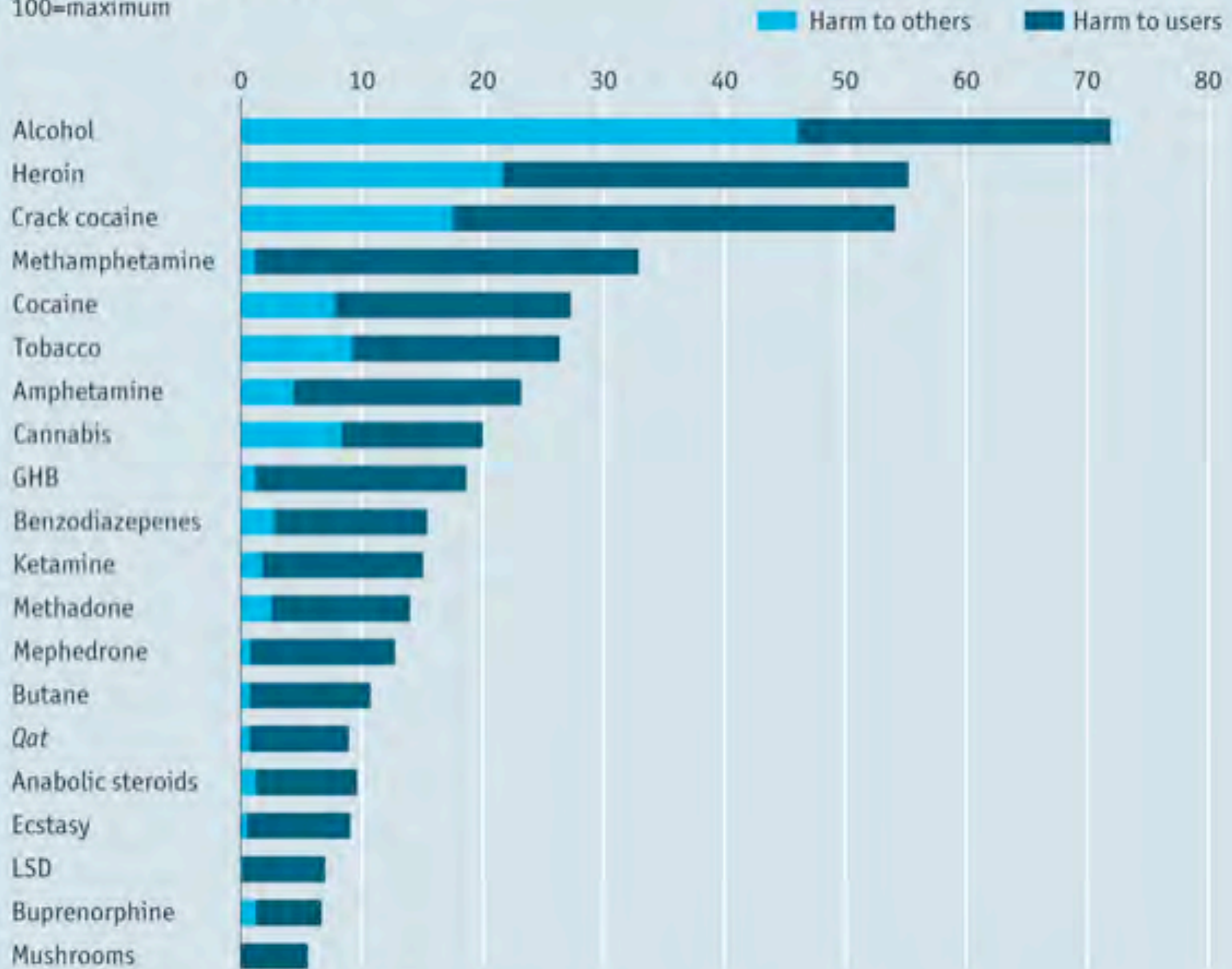
# What's the problem?

- Alcohol is now the most harmful drug in our society
- Alcohol is not illegal for adults
- Alcohol is very addictive and dangerous for young people
- Alcohol is big business



## Harm caused by drugs

100=maximum



Source: "Drug harms in the UK", by David Nutt et al, *The Lancet*



# What are the dangers?

- Alcohol decreases teens' ability to pay attention.
- The brain does not finish developing until 24–26 years of age. Drinking heavily before this will cause damage to brain function.
- The younger a person is when they begin drinking, the more likely they are to develop a problem with alcohol.
- Alcohol is involved in nearly half of all violent deaths involving teens.

- More than three times the number of eighth-grade girls who drink heavily said they have attempted suicide compared to girls in that grade who do not drink.
- Teens that drink are more likely to engage in sexual activity, have unprotected sex, or have sex with a stranger.
- Excess alcohol use can cause or mask other emotional problems, like anxiety or depression.

# Damage to the Teenage Brain

- Alcohol suppresses the activity of the Hippocampus - the structural area for learning and memory.
- Increased frequency of alcohol 'blackouts' in memory.
- Alcohol damages frontal areas of the brain associated with controlling impulses and thinking through consequences.
- Creates disruption to the functioning areas involved with self-control, motivation and goal setting.
- Stops the production of new nerve cells

# What challenges does living in Jakarta present?

- No regulations for liquor suppliers to check ID.
- No regulations for Night Clubs to require ID or to avoid selling alcohol to minors.
- Easy opportunity to 'rent' houses for large parties.
- Young expats tend to engage in social interaction in bars and clubs, rather than at



- The cultural habit of ‘clubbing’ is a strong pressure for young High Students.
- Having a driver is a double-edged sword - kids don’t drink and drive but parameters are expanded.
- Drinking in Jakarta is cheap.
- Students are under a degree of pressure to attend parties and clubs to augment their social life.

FX

Fabel

Immigrant

X2

Nite Flight

Amor Club

Bats

Centro

Triple 9

Barcode

Dragonfly

Club 36

365 Eco Bar

Blowfish

Exodus

X Lounge



There is no shortage of choices for clubs and bars...

# What are the problems we face at JIS?

- Kids can easily acquire alcohol.
- Kids can easily get admission into bars and clubs.
- Kids are wealthy enough to arrange large-scale parties.
- Sometimes parents are reluctant to inhibit social activities because they are important to their children's happiness.

- Social networking can advertise and promote parties very easily and confidentially.
- Kids often resort to deceit to attend parties & clubs.
- Some students believe it is preparation for college life.
- Seniors will often include underclassmen in functions.

# Is there a safe level of alcohol use for teenagers?



The short answer is no, there is no safe level of alcohol use for teenagers, especially those under the age of 18. The risk for young people is likely to be higher than for adults. Parents are the best judge of whether teenagers are ready to drink alcohol. It is, however, particularly risky for a person under the age of 16 to drink alcohol.

# It is not all doom and gloom!

- About 95% of our graduates will live away from immediate and extended family after graduation
- They can actually learn a lot of important life lessons through their experiences here in Jakarta, whilst still under our care.
- Remember, the majority of our kids do not drink!
- Good parenting is still the most powerful tool we

have



# What can parents do to help?

- Clear communication about the negative effects of alcohol – around 10–12 years of age.
- Seek to build resilience in your children.
- Clear communication about expectations.
- Adequate parental supervision. Alcohol, and other drug use, has been found to occur most often between the hours of 3 and 6 p.m., immediately after school and prior to parents' arrival at home from work.

- Encourage participation in extracurricular activities.
- Help educate teens about appropriate coping and stress-management strategies.
- Establish protocols when your child does go out relating to safety and well-being. And hold firm!
- Be good role models ourselves.

# Parent ideas... (from previous parents)

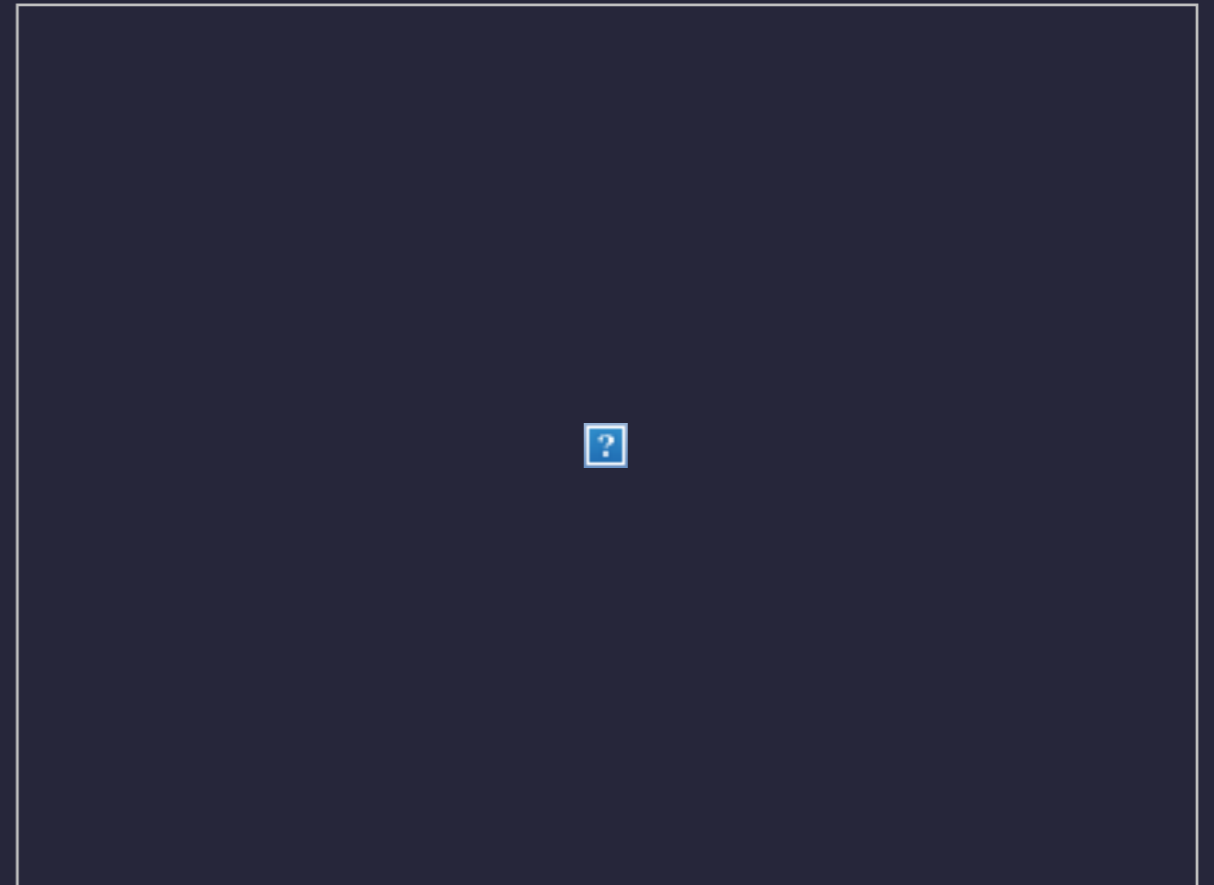
- Allow personal responsibility to grow with your child. Gradually increase curfew time as the child demonstrates trust and responsibility
- Use strategies such as ‘checking in’ with you as they return home
- Build safety frameworks by text messaging arrival/departure times
- Encourage your child to work together with their peers to ‘look out for each other’
- Encourage or develop alternative social venues for our kids
- Good communication by adults to kids – care without preaching
- Skills – what do our students need to make good decisions and keep safe? Build their resilience.

# What can the school do to help?

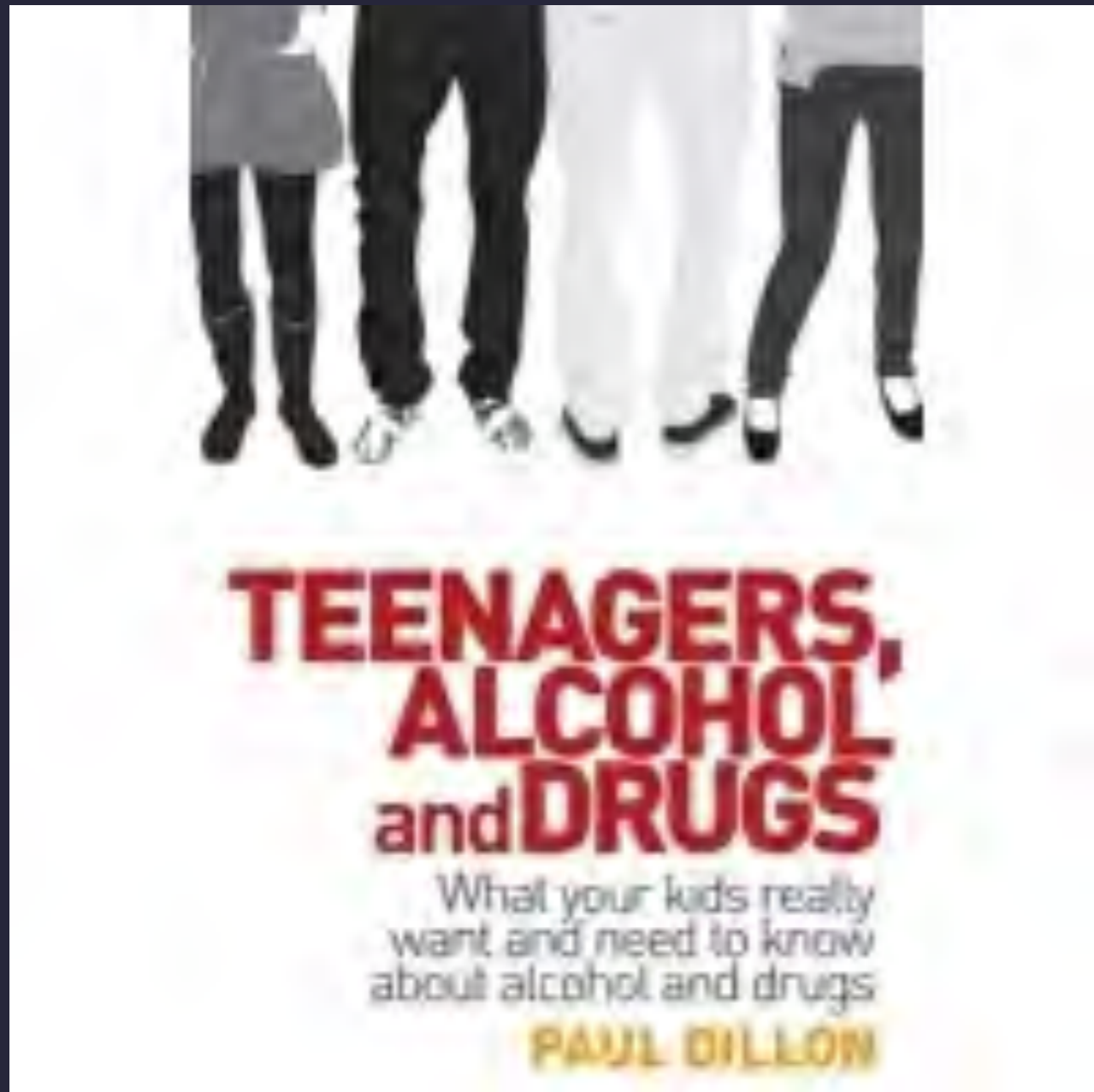
- Build knowledge about alcohol and skills about making healthy choices into our curriculum. Teach children how to look after their friends. (Health classes grades 6, 8 and 10)
- Adhere to policies and practices that send a clear message about zero tolerance of alcohol on our campus. (see HS Student Handbook)
- Help build resilience in our students through our advisory program and counseling support.
- Conduct workshops for students and parents about resilience and avoiding risks.
- Work closely with parents to help them deal with the challenges of raising teenagers in Jakarta. (Communications)

# Please remember...

- We are not parents of your children
- We cannot control non-school events
- We honor the rights of parents to make their own decisions about the raising of their children
- We want to help!

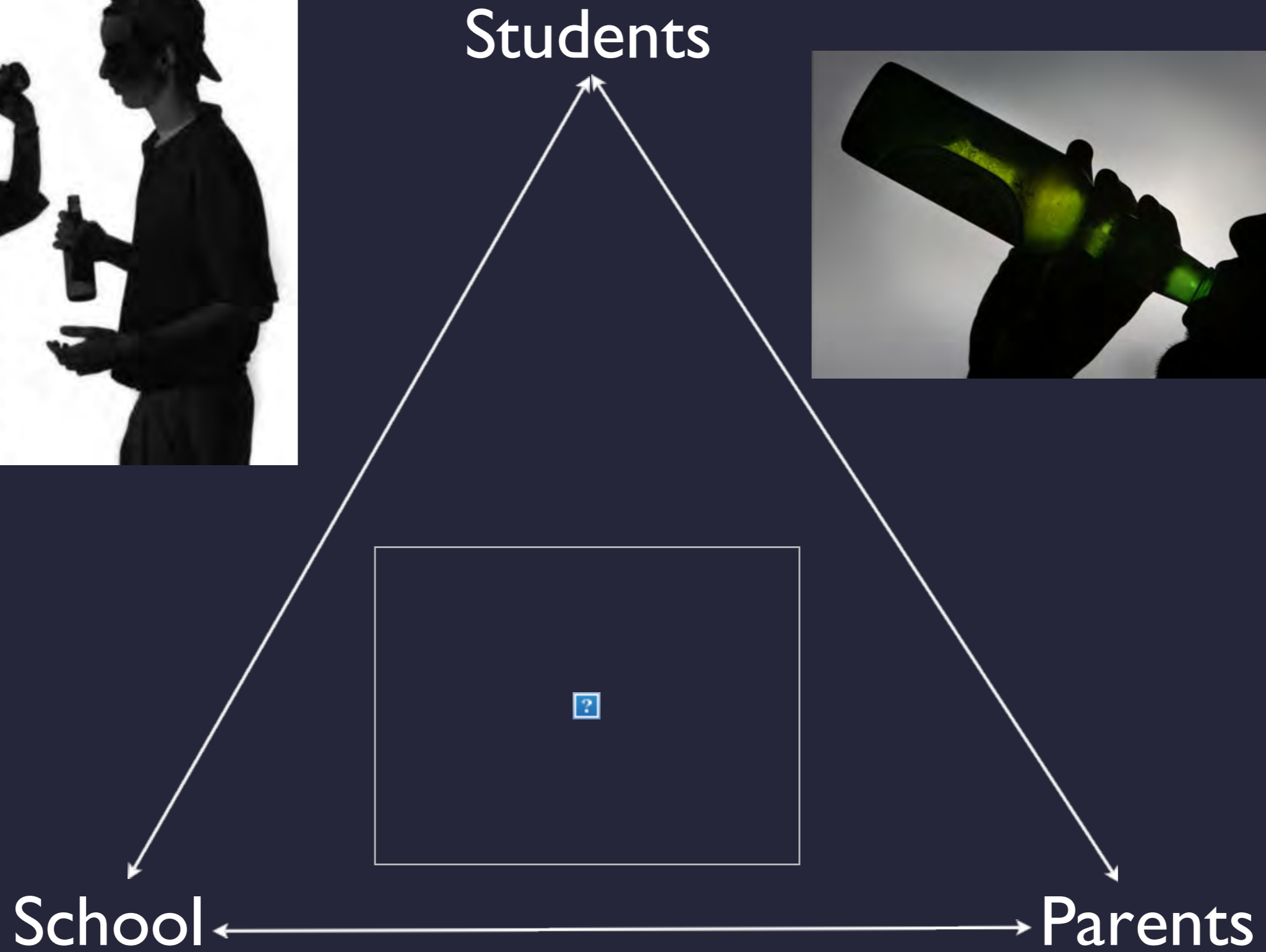


# Excellent Resource:



Paul Dillon:  
*Teenagers, Alcohol & Drugs*  
Available in the School Library





We must work  
together!