

## ABOUT THE NCADA

Since 1965, NCADA has been *the place to turn* for individuals and families needing information and help with alcohol, other drugs and related problems. For over 25 years, NCADA has also been the primary provider of substance abuse prevention services to young people in the greater St. Louis area. Through its more than 30 prevention programs, NCADA serves 15,000 students annually in over 150 schools.

## CONTACT THE NCADA

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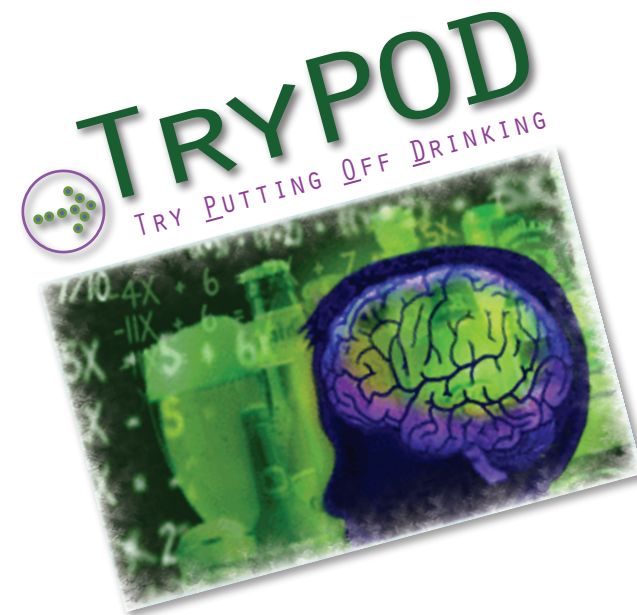
### Major funding for TryPOD is provided by:

- Anthem Blue Cross Blue Shield
- Enterprise Rent-A-Car Foundation

### Other major support for NCADA's prevention programs is provided by:

- Clifford Willard Gaylord Foundation
- Emerson
- Employees Community Fund of Boeing St. Louis
- Joseph H. and Florence A. Roblee Foundation
- Missouri Department of Economic Development, Youth Opportunities Program
- Missouri Department of Mental Health, Division of Alcohol and Drug Abuse
- Missouri Foundation for Health
- Pi Beta Phi/Sign of the Arrow
- Sumner Group
- United Way of Greater St. Louis

**NCADA**  
National Council on Alcoholism & Drug Abuse - St. Louis Area  
*The place to turn*



TEACHING HIGH SCHOOL STUDENTS ABOUT THE EFFECTS OF BINGE DRINKING ON THE DEVELOPING TEEN BRAIN

A program of the  
National Council on Alcoholism &  
Drug Abuse - St. Louis Area (NCADA)

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## WHAT IS TRYPOD?

TryPOD (Try Putting Off Drinking) is a peer teaching program designed to reduce binge drinking among young adults in their teens and early twenties. High schools select 15-20 juniors and seniors who will participate in NCADA's one-day peer training where they learn:

- How binge drinking affects the teen brain.
- How to teach this information to sophomores by using three NCADA-prepared lessons.
- How to encourage peers to put off drinking by leading such activities as:
  - > Brain information "sound bites" presented through school-wide announcements.
  - > "Take Care of your Brain" Day – Speakers talk about the brain and how individual choices protect it.
  - > Alcohol-free parties.
  - > Educational events for parents and community.

Following the training, NCADA staff will assist students as they practice and teach lessons and conduct follow-up activities.



## DID YOU KNOW?

ALCOHOL CONSUMPTION IS  
THE LEADING CAUSE OF  
DEATH & INJURY FOR ALL  
AMERICANS AGES 15-24.

## What Does TryPOD Need To Succeed?

The TryPOD program is a partnership between the individual high school, the peer teachers and NCADA.

- **Each High School** needs a faculty sponsor who can select students, arrange for their participation in the training, and schedule their presentations with underclassmen.
- **Peer Teachers** must be committed to learning some challenging material and mastering three NCADA-prepared lessons they will teach to underclassmen. Teens must have leadership potential, respect from peers, and the confidence to speak out on what some may judge to be a delicate subject.
- **NCADA** will train the peer teachers and assist them in learning and practicing their three lessons. NCADA will also assist the school in setting up the TryPOD program; offer workshops to parents and teachers on the new research about the teen brain; and be a resource for students who are binge drinkers or know someone who is.

## WHY IS TRYPOD IMPORTANT?

Every weekend, thousands of young people indulge in what has become known as binge drinking. Although never condoning this practice and also showing concern for the many risks that accompany underage drinking, many adults have accepted binge drinking as a pattern young people will outgrow with no lasting effects. Recent research refutes this long-held belief.

Although much more investigation is needed, scientists have determined that the teen brain is a "work in progress." From age 12-25, very important brain development occurs. Binge drinking can significantly hinder and alter this brain development with effects that can last into the early twenties or even longer. These effects include:

- Alcohol use disorders.
- Problems with learning.
- Interference with the brain's ability to form short and long term memories.

This new information is important for parents and teachers as they guide young people, and also for teens whose knowledge and attitude influence their daily choices.

## HOW CAN I BRING TRYPOD TO MY SCHOOL?

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