

Dewey's Science Helps Teens Stay Above The Influence

Recently celebrating the nation's first Above the Influence Day Manhasset CASA, SCA and Manhasset Public Schools featured Dr. Stephen Dewey's "The Teen Brain: Still Under Construction" at Manhasset High School. The entire presentation is now available through the district's website at <http://mufsdmedia.manhasset.k12.ny.us/share/pZlef>.

Presenting to a crowded auditorium filled with both students and parents, Dr. Dewey's plain talk presentation captivated his audience as he explained how drugs and alcohol affect the human brain and its development. Dewey openly discussed how today's teens and college students "jack up their brains and get hammered" as part of the social scene - not thinking twice about the long-term effect on their health.

Dr. Dewey explained how a teen's "weekend warrior" approach to drinking alcohol can have a long term consequence that goes way beyond what he or she feels in that moment. His PET scan images documented how the brain does not go "back to normal" by the time a teen attends school on Monday morning. The scans illuminated how memory and academic performance can be compromised since the brain does not return to its baseline "normal state" for at least 72-96 hours after consuming alcohol.

Prior to the community presentation, Dr. Dewey presented to the Manhasset High School Student Senate where he provided "just the facts" for students to think critically about the adverse effects of drug use. Student Senate advisor Linda Stampler thought the presentation was right on target. "Dr. Dewey's personality was perfect for the venue - the kids listened. Dewey did not lecture, but rather supported his comments with easily digestible and valuable data. He did not ask them to be 'better than' but rather suggested they think - wait and decide - to be informed decision makers," stated Mrs. Stampler.

CASA surveyed parent and student attendees of the program. Overall, responses indicated positive feedback regarding its content and delivery. Parents indicated that they "learned things they did not know" and found Dr. Dewey to be "down to earth and nonjudgmental." Similar to CASA's spring town hall meeting, many parents felt students need to hear this important health message; some even supporting the presentation, as well as other similar programs, as a mandatory program for Manhasset students.

The evening coincided with the first National Above the Influence Day which is



Celebrating our nation's first Above the Influence Day, Dr. Stephen Dewey provided teens with the latest scientific evidence regarding drugs, alcohol and risky behaviors so they can make healthy and smart decisions.

dedicated to demonstrating the power and significance of youth living "above the influence" of drugs, alcohol and other risky behaviors. The Above the Influence Campaign advocates for increasing teen self-awareness. The more teens are aware of the influences around them, the better prepared they will be to stand up to them, including the pressure to use drugs and alcohol. Above the Influence is not about telling teens how to live their lives, but rather giving them another perspective and the latest facts so they can make smart decisions.

For more information about Dr. Stephen Dewey's work, go to www.thisisyourbrainondrugs.org or contact

Manhasset CASA at (516) 267-7548 or www.manhassetcasa.org.



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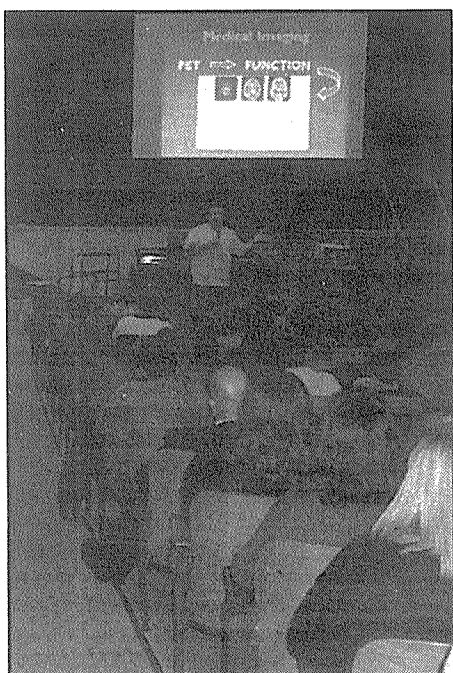


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A captivated audience, many parents felt Dewey's presentation was informative and nonjudgmental.