New Web site to be voice for concerns of our youth

By RICHARD VIVIAN

The Champion

Through the use of a new Web site, the Halton Youth Advisory Committee (HYAC) hopes to collect more accurate information and better gauge the opinions of area youth.

"We (through the site) act as a channel to decision makers, to forward youth opinions, issues, concerns and solutions," Cindy Monast, chair of the HYAC told the Halton health and social services committee last Tuesday during an update of HYAC activities.

"We also provide an opportunity for youth participation in educating, advising and influencing their local and regional governments."

The Web site (www.haltonyouth.com) is scheduled for launch November 27 and is inaccessible until that time. The site is still under construction.

Through the site, HYAC will help connect youth to various services, provide information about HYAC and better identify youth-oriented issues through regular surveys.

Information gathered through surveys and

polls will be used in making presentations to regional council.

"This is a single access point for any youth information or resources," added HYAC member Jen de Souza.

"This (site) provides information resources and support services to help them stay in school, return to school, find homework help, job hunting, housing hunting. We hope our resource for education will be particularly useful for the double cohort students."

A bulletin board will also be available for youth to share their thoughts and opinions on issues outside of surveys.

"There is a code of conduct. These messages are put into a holding tank and screened. No messages are altered or changed, but those who don't meet the criteria are deleted," explained Cindy.

Funding for the site was provided by the Halton Region Health Department, the Regional Chair's Annual Charity Golf Classic and the Halton Police Services Board.

Study shows binge drinking among youths on the rise

Too often youth think they're immune to the risks associated with alcohol.

Drinking games, high alcohol content in beer and coolers and chugging contests are making youth push their limits more than ever.

Many young people use alcohol and may experience problems like alcohol poisoning and injuries.

'It's not 'just' alcohol' is one of the messages the Halton Region Health Department is emphasizing during Drug Awareness Week, which began Sunday and ends Saturday.

According to the Halton Student Drug Use Survey 1999, almost 70 per cent of students in grade 7 to OAC reported using alcohol at least once in the past 12 months.

Heavy drinking episodes (becoming drunk) and binge drinking (five or more drinks on one occasion) from Ontario students rose 17 per cent to 28 per cent in 1999.

According to the Ontario Student Drug Survey 2001, almost 41 per cent of grade 11 students reported drinking to the point of becoming ill in the four weeks prior to the survey.

Alcohol poisoning is directly related to binge drinking. Death may result from the alcohol depressing and eventually the person's heartbeat or breathing may stop, or they might choke on their own

Young people may think they know everything about alcohol, but often make decisions based on misinformation.

Parents have a big role to play with regard to modeling low risk drinking and talking to their kids about their expectations regarding drinking and partying, says the health department.

It advises parents to get informed and ensure their children have the right information

For more information about how to talk to your kids about alcohol and binge drinking, call the Halton Region Health Department at (905) 825-6060, ext. 7835.

