



BRING IT HOME

FOR PARENTS AND FAMILIES

Your student is participating in “Too Good for Drugs and Violence,” a comprehensive prevention education program. Teenagers who feel their parents’ support, communicate effectively with their parents and live with clear no-use standards are much less likely to become involved with drugs or violence. We hope you will use this newsletter as a resource for – and as a way to talk with your teen about living a safe and drug-free life.

Communication

Communicating with Teenagers

Sure, they talk to their friends all the time, but are they talking to you? It is normal for teenagers to want to spend more time with friends than their family, but it is important to stay connected to your teens. This means communicating with them. It may seem like a daunting task to communicate with teenagers, but here are some tips to remember when communicating with the teenagers in your house:

- Listen to your teenagers with an open mind.
- Look at your teenagers. Be sure to turn off the TV, put down the paper, or turn off the PDA so you can focus on them.
- Create times just to talk. Not every conversation has to be a lecture or discipline session. Find time to talk with your teens about everyday events. Talk in the car, over a meal, while playing sports or shopping.
- Make sure the conversations are positive. Talk about their successes, interests, or who they are, not just their mistakes or misbehaviors.
- Remember, you can agree to disagree. It is okay if you don’t agree, but strive to understand.
- Ask for and show respect for their opinions.
- Ask your teens open ended questions. This allows you to hear more information

from your teens and gives them the opportunity to talk.

- Spend time together. Teenagers want to know you are available when they need you. You don’t always need a reason to be with your teens.
- Send your teens text messages and voice mails as follow-ups to your talks, not instead of talking.
- Keep trying. Communicating with your teens is important, so don’t ever give up.

Genuine Listening

Listen with your eyes, heart and ears.

7% of communication is contained in the words we use.

55% is contained in body language.

38% is in how we say the words – the tone or feeling reflected in our voices.

“The single biggest problem in communication is the illusion that it has taken place.”

— George Bernard Shaw

Technology 101

You know how to use a cell phone. You're pretty good on a computer. You may even have a PDA, an iPod or a MP3 player, but do you know what your kids are doing with all of the technology they have at their fingertips? Teens stay connected 24/7.

They don't know a life without cell phones, blog sites or text messaging. With the evolution of this technology comes a whole new way of communicating. Teens use acronyms and symbols to communicate an entire conversation. Do you know what they are saying? Here is a quick list to help you decipher what your teens are saying online and in text messages.

PIR – Parents In Room

WUF – Where Are You From

PAL – Parents Are Listening

:*(- Crying

KPC – Keeping Parents Clueless

% - Hangover

ASL – Age/Sex/Location

%*} – Drunk

LMIRL – Let's Meet In Real Life

These acronyms and symbols change frequently. Staying connected to your teens' lingo is an important communication skill that should not be overlooked. It lets your teens know you are involved in their lives and that you care about what they are doing.

“Words will never hurt me”

is a phrase from a childhood rhyme. How untrue it is, particularly when the words are directed from a parent to a child. Words can hurt and damage. Once they are uttered they can never be totally taken back. They can be forgiven, but truly hurtful words are not forgotten easily, if ever. Labeling is limiting, defeating and judgmental. It cuts off communication, builds walls between people and damages relationships. Use words that build up, affirm, and foster confidence – words that open communication lines and build trust. Honest words from the heart – free from blame, labeling and judgment - are words that will be taken in, honored and remembered.

Resources

The Anti-Drug

Find out the latest drug information, advice and news for parents.
www.theantidrug.com

Family Education

Provides current information, including message boards, newsletter and resources, for parents children of every age.
www.familyeducation.com

About.com: Parenting of Adolescents

Interactive site for parents with quizzes, advice and support.
www.parentingteens.about.com

The Seven Habits of Highly Effective Teens by Sean Covey
“The ultimate teenager survival guide,” by Stephen Covey’s son, Sean, provides information and practical examples with warmth and humor that benefit both parents and teens.



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Hosting a Teen Party

When hosting a party for teenagers, be clear and concise with your expectations. Some guidelines to follow include:

- Establish a guest list. Parties should be kept small (10-15 teens per adult). Be sure to agree on a maximum number of guests.
- Make sure all the rules are clear from the beginning. Agree ahead of time on the hours of the party.
- NO drinking or drugs should be permitted. Be sure your teen understands you will call parents (or the police if things get out of hand) to pick up guests should they show up drunk or bring alcohol to the party. Many drugs can easily be concealed, so be aware of kids displaying strange behavior.
- Be sure your teen understands that you are legally responsible for anything that happens to a minor who has consumed alcohol or drugs in your home.
- Encourage your teen to have activities planned to keep guests busy.
- Keep the party in one area of the house. This will help avoid wandering and couples breaking off from the party.
- Invite other parents to help chaperone. Be visible and available, but don’t join the party.
- Do not allow guests to leave the party and return later.
- Be sure to serve plenty of food and non-alcoholic drinks in single serving containers.

“Even though your kids will consistently do the exact opposite of what you’re telling them to do, you have to keep loving them just as much.”

— Bill Cosby

Social Hosting

Due to the wide availability of alcohol to minors, states across the U.S. are implementing laws to toughen criminal penalties for people who allow teenagers to drink in their homes or on their property. These laws focus on the venues in which underage drinking takes place rather than on who furnishes the alcohol. This allows law enforcement officers to arrest or cite the individual hosting the party. As of January 1, 2008, 24 states have criminal social-host liability laws. In addition, many cities and counties have civil social-hosting ordinances that can result in civil lawsuits. Many prosecutors are becoming more aggressive in their efforts to bring charges against those who allow illicit partying.

Party On

Your teens tell you there is a party Saturday night. These tips can help you be sure your teens are safe when going to a party.

- Know where your teens will be.
- Call the host's family to thank them for hosting the party or to offer help. This gives you the opportunity to verify that the party will be supervised and drug and alcohol free. It also lets the host know a party has been planned at his/her residence.
- Make arrangements for how your teens will get to and from the party. Offer to drive if necessary. Remind teens NEVER to ride in a car with a driver who is impaired.
- Be sure to discuss ways for your teens to leave the party if they want to. Tell them it is okay to use you as an excuse.
- Be sure your teens can reach you if they need a ride home or if their plans have changed.
- Discuss and identify a time when your teens will be home. Hold them accountable to that agreed upon time.
- Stay awake or have your teens wake you, so you can talk about the party. This gives you the opportunity to know they are home safely and what condition they are in after the party.

Did you know...?

Direct involvement in your teenager's life is the single most important step you can take to help your teen stay drug free.

Resources

Mothers Against Drunk Driving - MADD

A national organization to stop drunk driving and support victims of this crime. 800-GET-MADD
www.madd.org

Socialhost.org

A source for information on social host liabilities and underage drinking parties.
www.socialhost.org

A Family Guide to Keeping Mentally Healthy and Drug Free

A public education website developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) to communicate to parents and other caring adults about how they can help promote their child's mental health and reduce his or her risk for becoming involved with alcohol, tobacco, and illegal drugs.
www.family.samhsa.gov

By Parents – For Parents

A useful resource for anyone trying to raise a teenager in these troubled times.
www.byparents-forparents.com



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What’s in Your Medicine Cabinet?

Prescription and over-the-counter drug abuse is a growing problem among teenagers. To protect your teenager, know the facts. Some important facts include:

- Pain relievers are the most common type of prescription medication abused by teenagers.
- Teenagers have the misconception that prescription and over-the-counter medications are safe because they are taken from medicine cabinets and stores, not bought on the street or from someone who abuses the drug.
- It is illegal to have prescription medication if it is not prescribed for you.
- Often teens who wouldn’t normally use illicit drugs are turning to prescription drugs because they think they are safe.
- Many of the drugs are available online.
- Prescription pain relievers are extremely addictive and people quickly develop a tolerance and need more and more of the drug to feel any effect.
- Abuse of prescription pain relievers can lead to drowsiness, dry mouth, nausea, convulsions, coma and death.
- Abuse of prescription stimulants can lead to irregular heart rate, anxiety, hostility, aggression and seizures.
- Abuse of prescription sedatives and tranquilizers can cause slow breathing, slow heart rate, confusion, and even a drunken like behavior.
- Abuse of OTC cough and cold medications can cause blurred vision, nausea, vomiting, dizziness, coma, and death.
- Teenagers often combine prescription and OTC drugs with alcohol.

The Reality

As reported in the Partnership for a Drug Free America’s annual tracking study:

- **1 in 5 teens has abused prescription pain medications**
- **1 in 5 reports abusing prescription stimulants and tranquilizers**
- **1 in 10 has abused cough medicine.**

Say What?

If you overheard teenagers talk about hillbilly heroin or skittles, would you know what they meant? Be prepared by knowing some common drug names and nicknames.

- **Pain Relievers** – OC, hillbilly heroin, kicker, vikes, V
- **Depressants** – Valium, Xanax, zanies, zannie bars, totem poles, quaaludes
- **Pharming** – consuming a mixture of prescription medications
- **Dextromethorphan** – dex, DXM, robotripping, triple c, ccc, rojo, tussin, vitamin D

What is Dextromethorphan?

Dextromethorphan (DXM) is a cough suppressant used in many over-the-counter cough and cold medications. When used according to the product label, it is a very safe and effective cough suppressant, but when taken in excessive doses, it can produce a high or cause psychoactive effects. The effects of DXM vary depending on the dose. Users report everything from nausea and vomiting to a complete dissociation of one's body. In high doses, DXM may produce psychotic behavior similar to PCP.

Protecting Your Teen

There are steps you can take to limit accessibility and protect your teens from prescription and over-the-counter drug abuse:

1. Keep your medications hidden or locked up. Ask friends and family members to do the same. The medicine cabinet is not a safe place to store medicines.
2. Clean out your medicine cabinet. Discard any unused or old medicines.
3. Properly dispose of medications. Ask your doctor or pharmacist about proper disposal of medications.
4. Monitor your teens' internet habits. Since a majority of these drugs can be purchased online, know where your teens are going and what they are doing online.
5. Remind your teens not to share medications or self-medicate. Be sure your teens always follow the directions and proper dosages when taking medications.
6. Keep track of quantities of prescription drugs in your own home, and in the homes of relatives.
7. Talk to your teens about prescription drug abuse. Let your teens know you expect them to avoid drugs.

Resources

Office of National Drug Control Policy

The ONDCP establishes policies, priorities and objectives for the nation's drug control program.
www.whitehousedrugpolicy.gov

Partnership for a Drug Free America

A joint effort among scientists, parents and teens to reduce the use of drugs in America.
www.drugfree.org

Substance Abuse and Mental Health Services Administration

SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services.
www.samhsa.gov

National Clearing House for Alcohol and Drug Information

SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) is the nation's one-stop resource for information about substance abuse prevention and addiction treatment.
www.ncadi.samhsa.gov



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By the numbers

4000 new kids

try their first cigarette each day.

800 million packs

of cigarettes are consumed by kids each year.

4000 chemicals

are contained in cigarette smoke.

89 percent of smokers

get hooked before age 18.

438,000 people

each year are killed by tobacco.

100 billion dollars

has been spent on smoking related health care.

Smoking...

- harms almost every organ in the body.
- contributes to many physical problems such as emphysema, heart disease, stroke and cancer.
- causes about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women.
- causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas and stomach.

- leads to colds, coughing, loss of a sense of taste and smell, premature wrinkles and problems with sleeping.
- stains teeth and causes bad breath.

In family discussions about tobacco, emphasize the immediate short term effects of tobacco use, such as bad breath, yellow teeth and stained fingers. This seems to make more of an impression on teens than talking about the long-term, life-threatening effects such as lung cancer or heart disease.

Smokeless Tobacco

When smokeless tobacco first came out it, was used primarily by older men. Now, 9.9% of high school boys and 1.2% of high school girls currently use smokeless tobacco products. Tobacco companies target teens through their new, child friendly products and advertising. Tobacco companies have introduced flavored products that include flavors such as apple, berry blend and vanilla. Teenagers often have the misconception that using smokeless tobacco is safer than smoking cigarettes.

Smokeless tobacco...

- causes leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and/or tongue. Leukoplakia can lead to oral cancer and occurs in more than half of all users in the first three years of use.
- users suffer from cancer of the esophagus, pharynx, larynx, stomach and pancreas. These cancers often develop within three to five years of regular use.
- contains 28 known carcinogens (cancer causing agents).
- causes recession of the gums.
- use can lead to nicotine addiction.

Things Your Family Can Do to Help Make the World Smoke Free

1. Ask the owners of your local sports team to ban smoking ads in the stadium or arena.
2. Talk to your city council or county commission about the problem of young kids buying cigarettes from vending machines.
3. Contact one of your favorite restaurants and ask them to get rid of all smoking sections. Second hand smoke is dangerous and unpleasant. It also ruins the taste of the food.
4. Ask your school's coaches to prohibit tobacco use among their athletes.

“Don't worry that children never listen to you; worry that they are always watching you.”

— Robert Fulghum

Resources

Center for Disease Control and Prevention

The CDC works to promote health and quality of life by preventing and controlling disease, injury and disability.
www.cdc.gov/tobacco

Campaign for Tobacco Free Kids

This campaign provides information to get everyone involved in tobacco prevention as well as current research, facts and federal and state initiatives.
www.tobaccofreekids.org

American Cancer Society

In addition to learning more about cancer and fighting cancer, the American Cancer Society also has a quitting smoking program.
www.cancer.org

American Lung Association

The American Lung Association has information on a variety of lung-related illnesses and provides a free online smoking cessation program.
www.lungusa.org



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Parent Involvement is a GOOD THING

Parents make a crucial difference in teenagers’ alcohol, tobacco and other drug use. They also model and train their children for non-violent living. Teenagers who feel their parents’ support, communicate effectively with their parents and live with clear no-use standards are much less likely to become involved with drugs and violence. Parents can help students by:

- Asking what happened at school.
- Setting aside a space and time for homework to be done at home.
- Helping with homework when appropriate.
- Following through at home with the concepts taught in the drug education programs at school.
- Knowing the school’s policies regarding alcohol and other drug use.
- Getting to know the parents of your teens’ friends.
- Resolving conflicts at home in healthy ways.
- Setting curfews and enforcing them.
- Setting up a system with your children that makes it convenient for your teenagers to leave a party if they feel uncomfortable.
- Keeping the lines of communication open with your teens so that they feel free to discuss everything.
- Attending teenagers’ activities – band, sporting events, contests, etc.
- Responding to problems as they occur. Don’t wait until discipline problems or academic difficulties become emergencies. Provide support early on.

When parents are involved, students...

- do more homework.
- care more about school and attend more regularly.
- have higher test scores.
- have fewer behavior problems.
- are more likely to go to college.
- are less likely to experiment with drugs and alcohol.
- are more resistant to peer pressure.
- safer both emotionally and physically.
- are more likely to be content with life.

“If you want your children to improve, let them overhear the nice things you say about them to others.”

— Haim Ginott

High Expectations

Families can help their children to resist negative influences and bounce back from tough times in life by expressing high expectations in their home.

Some suggestions include:

- **Expect success at school. Teens do best when they know what you expect of them.**
- **Discuss expectations in your family.**
- **Encourage your children to be challenged, but not overwhelmed.**
- **Look for opportunities to bring out the best in your teenagers.**
- **Communicate the value of education.**
- **Encourage your teenagers to stand up for what they believe.**
- **Ask what your teens think and listen to what your teens believe.**
- **Look for the positive in every situation.**

Hang in There

It is very common for parents to believe that they need to be “hands on” with their children in elementary school; however when children get to middle school and high school, many believe parent involvement is not as critical. The research shows that the opposite is true: the more involved parents are through their teenagers’ high school years, the better off the students are. It is critical to have shared experiences with your teenagers throughout the high school years. Hang in there! Your children need you no matter what their ages.

“You can tell a child is growing up when he stops asking where he came from and starts refusing to tell you where he is going.”

— Author Unknown

Resources

National PTA

Resource for parents on everything from health and wellness to media and technology.
www.pta.org

National Coalition for Parent Involvement in Education

Their mission is to advocate the involvement of parents and families in their children’s education, and to foster relationships between home, school and community to enhance the education of all our nation’s young people.
www.ncpie.org

National Organizations for Youth Safety – NOYS

This organization’s mission is to marshal resources that save lives, prevent injuries and promote safe and healthy lifestyles among youth.
www.noys.org

National Family Partnership

This organization is dedicated to the reduction of the demand for drugs. It also sponsors the national Red Ribbon Campaign.
www.nfp.org



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Give Your Teen Reasons Not to Drink

Avoid scare tactics. Most teens know people who drink without any major problems. Instead, stick to the facts, consequences, and your expectations. Some good reasons why teens should not drink include:

- **Underage drinking is illegal.** Drinking under 21 is illegal and could result in legal consequences and a legal record.
- **Drinking causes people to lose control and make bad decisions.** Drinking can lead to decisions that could change the course of your teen’s life permanently, including drinking and driving and unprotected sex.
- **Drinking is not cool.** Teens are often role models for younger siblings, friends or younger classmates. If teens choose to drink they let everyone down.
- **Alcohol affects teenagers differently than adults.** The use of alcohol during the teenage years can lead to impairment in learning, lower grades in school, and even widespread brain damage.
- **You expect your teen to avoid drinking.** Your values and expectations are important to your teen, even though he/she may not show it.
- **A family history of alcoholism.** If you have a family member who suffers from alcoholism, your child may be more susceptible to developing a drinking problem.

Drinking Alcohol in Large Quantities Can Kill.

Alcohol is a central nervous system depressant that slows the heart and lungs. Symptoms of alcohol poisoning include: unconsciousness, abnormally slow breathing, and cold, clammy skin. Remind your teen to call 911 immediately if someone passes out, because he or she could die.

Research shows that teens are far more likely to delay drinking when they feel they have a close, supportive tie with a parent or guardian.

Alcohol Effects and the Teenage Brain

Researchers are studying the effects of alcohol on the teenage brain. It is now well documented that the brain undergoes major changes and development during the teenage years.

There is also mounting evidence that alcohol causes greater damage to the teenage brain than was previously thought. The two areas of the brain that appear to be at the greatest risk of damage are the hippocampus, which is responsible for learning and memory, and the prefrontal cortex, which is responsible for decision making.

Damage from underage drinking can lead to loss of motor skills, difficulty learning new things and problems with memory. Adolescent drinkers scored worse than non-drinkers on vocabulary, general information, memory recall and visual-spacing functioning. The research on underage drinking continues to prove that alcohol is not a harmless, fun drug. It is actually a dangerous drug that may have many serious consequences.

Did you know...?

Kids who drink are more likely to be victims of violent crimes, to be involved in alcohol-related traffic crashes and have serious school-related problems.

Tips for Talking to Your Teen About Alcohol

- **Choose an appropriate time.** Social pressures to celebrate with alcohol make it more likely for teens to drink during special occasions such as homecoming, prom, spring break or graduation. Discuss your expectations well in advance of any special events.
- **Be clear and consistent about expectations and consequences.** Discuss with your teen why you disapprove of underage drinking.
- **Listen to you teen.** Ask open-ended questions, like “What pressures are you dealing with?” or “Is there any way I can help?”
- **Keep communicating.** One conversation isn’t enough. Remember to talk and not preach.

Resources

National Institute on Alcohol Abuse and Alcoholism

NIAAA provides leadership in the national effort to reduce alcohol-related problems.
www.niaaa.nih.gov

Mothers Against Drunk Driving - MADD

A national organization to stop drunk driving and support victims of this crime. 800-GET-MADD
www.madd.org

Stop Underage Drinking

StopAlcoholAbuse.Gov is a comprehensive website of Federal resources for information on underage drinking and ideas for combating this issue.
www.stopalcoholabuse.gov

Substance Abuse and Mental Health Services Administration

SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services.
www.samhsa.gov



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When Parents and Teens Disagree:

Tips You Can Both Use Now

by Gary DuDell, Ph.D

Author and Parenting Consultant

Many conflicts between parents and teens concern freedom and responsibility. Here are some tips to help both parents and teens survive.

Parents:

Ask how your teen feels. When teens ask for permission to do things they’ve never done before, ask, “What do you think about this idea? Does it seem safe to you?”

Set clear limits and enforce them. Remember that teenagers need more privileges and more responsibility as they mature. Gradually allow more freedom as your teenagers show that they can handle it. When you let them make decisions, hold them accountable for the consequences.

Get other opinions. When faced with a tough request, talk it over with a spouse or other parents if you don’t feel comfortable making the decision on your own.

Teens:

Be responsible. When your parents give you more freedom, show that you are mature enough to do new things responsibly.

Own up to your mistakes. When you make a mistake, tell your parents and accept the consequences. When they know you’re mature enough to handle mistakes well, they’ll give you more opportunities.

Warning Signs of Potential Violent Behavior

- Withdrawing from usual social activities
- Showing a strong interest in guns or violence
- Hurting animals
- Threatening violence
- Losing the ability to manage daily activities
- Losing interest in school
- Expressing out-of-bounds anger
- Destroying property
- Being a victim of violence
- Expressing violence in writings or drawings
- Showing intolerance for differences and developing prejudicial attitudes
- Using alcohol and other drugs
- Being affiliated with a gang
- Feeling bullied, persecuted, left out or rejected

How we can defuse confrontations with our teens...

- Focus on the behavior, not the person.
- Take charge of our negative emotions.
- Avoid escalating the situation by doing or saying things that make the situation worse.
- Discuss the misbehavior later.
- Allow teens to save face.
- Model non-aggressive behavior.

Use the Right Tools and Turn Your Conflicts Around

Conflicts are inevitable, but violence is not. It takes two to fight, but only one to turn a conflict around. Lowering the tension level and keeping a disagreement from becoming a fight takes work, and like any other job, having the right equipment makes the work easier. These conflict tools can help in de-escalating a conflict:

- Use words like “let’s,” “we,” “our” and “together.”
- Identify the problem without blaming the other person.
- Call the other person by name.
- Ask to hear the other point of view.
- Show respect for the other person.
- Relax your face and body.
- Use a calm voice.
- Brainstorm together.

“Never look down on anybody unless you’re helping them up.”

— Jesse Jackson

Resources

National School Safety Center

This site is devoted to information about preventing school crime and violence.
www.schoolsafety.us

National Organizations for Youth Safety

NOYS mission is to marshal resources that save lives, prevent injuries and promote safe and healthy lifestyles among youth.
www.nyos.org

Safe Schools/Healthy Students

SS/HS is designed to prevent violence and substance abuse among our nation’s youth, schools and communities.
www.sshs.samhsa.gov

Office of Juvenile Justice and Delinquency Prevention

OJJDP provides national leadership, coordination, and resources to prevent and respond to juvenile delinquency and victimization.
www.ojjdp.ncjrs.org



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Why do teens try drugs when they know drugs are harmful?

- They want to escape or relax.
- They want to experiment and try something new.
- They are self-medicating for other problems such as depression or attention deficit.
- They want to fit in with the crowd.
- They want to seem “grown-up.”

Teens continue using because they become addicted physically and/or emotionally.

How Can I Help My Child to be “Too Good for Drugs”?

- Set an example by not using illegal drugs or misusing alcohol or prescription drugs.
- Talk about alcohol and other drugs.
- Carefully explain the consequences of drug use.
- Help your child develop strong values and a healthy sense of self.
- Make family policies that help everyone in the family to say no. Make it common knowledge that drug use is unacceptable.
- Create solid bonds within the family.
- Chaperone your children’s parties.
- Meet the parents of your teenager’s friends.
- Be sure your teen is involved in a variety of activities.

“The best way to keep children at home is to make the home atmosphere pleasant, and let the air out of the tires.”

— Dorothy Parker

Signs that Your Teen May be Using Drugs:

Consciously or unconsciously, people who are in trouble almost always let others know they are feeling distressed or unhappy.

Because a teenager's behavior sometimes changes as the teenage years approach, adults may not recognize warning signs of drug abuse. Parents and teachers may find it difficult to determine if drug use is the problem. However, these signs may be indicative of drug abuse:

- Withdrawal or depression
- Changing friendships
- Loss of interest in previously favored sports or hobbies
- Changes in eating and sleeping patterns
- Reclusive and secretive behavior at home
- Loss of motivation and goals
- Negative attitude toward school
- Frequent conflict with parents
- Drug paraphernalia or traces of drugs in bedroom
- Weight loss or gain
- Red-rimmed eyes and runny nose when there is no cold
- Extreme fatigue and chronic cough
- Erratic behavior day-to-day
- Changes in personal values
- Association with known drug users
- Carelessness about personal grooming and hygiene
- Poor concentration

Tiger Woods on his relationship with his father. . .

“We would sit there and talk for hours, that’s how we built up trust and respect for each other.”

Resources

The Anti-Drug

Find out the latest drug information, advice and news for parents.
www.theantidrug.com

Partnership for a Drug Free America

A joint effort among scientists, parents and teens to reduce the use of drugs in America.
www.drugfree.org

Substance Abuse and Mental Health Services Administration

SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services.
www.samhsa.gov

Kids Health

KidsHealth provides doctor-approved health information about children from before birth through adolescence.
www.kidshealth.org



BRING IT HOME

FOR PARENTS AND FAMILIES

Your student is participating in “Too Good for Drugs and Violence,” a comprehensive prevention education program. Teenagers who feel their parents’ support, communicate effectively with their parents and live with clear no-use standards are much less likely to become involved with drugs or violence. We hope you will use this newsletter as a resource for – and as a way to talk with your teen about living a safe and drug-free life.

Marijuana...

- is an illegal, mind-altering drug.
- has various other names such as pot, green, grass, weed, etc.
- is a plant which is dried and smoked, usually as a joint or blunt or in a pipe or bong.
- makes people feel confused and spaced out.
- causes memory loss.
- speeds the heart rate.
- increases hunger, which can lead to weight gain.
- is addictive. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.
- contains the chemical delta-9-tetrahydrocannabinol or THC.
- causes users to become engrossed with ordinary or trivial sights and sounds.
- causes users to feel very sleepy when the early effects fade.

*“There are two
lasting bequests we can
give our children.
One is roots.
The other is wings.”*

— Dorothy Parker

Facts About Methamphetamine

Methamphetamine is a powerful and highly addictive synthetic stimulant. Some important facts to know about meth include:

- Common nicknames for methamphetamine are: ice, glass, crystal, speed and crank.
- A meth high can last anywhere from 4-12 hours.
- Meth can be injected, swallowed or snorted, but the most common method of ingestion is smoking.
- Meth’s side effects are similar to those of other stimulant drugs:
 - Anxiety
 - Aggressiveness
 - Dry mouth
 - Increased blood pressure
 - Sweating
 - Talkativeness
 - Sensitivity to light and sound
- Smoking meth often leads to meth mouth. Meth mouth is a term used to describe the tooth deterioration caused by smoking meth.
- Methamphetamine withdrawal is very difficult for most users.

Ecstasy

MDMA (ecstasy) is a synthetic drug that has both hallucinogenic and stimulant qualities. Ecstasy first hit the club and rave scene in the early 1980s. Ecstasy use peaked in 2001 and has since declined. It is often associated with raves, but is now used in many different places.

Ecstasy is usually taken in pill or capsule form, but it can also be snorted or injected. Within 30-45 minutes of ingestion, users feel the side effects. Users may experience sweating, teeth grinding and hallucinations. Ecstasy also increases the body temperature and heart rate and dilates the pupils. Some users even suffer from seizures. The symptoms can last anywhere from 4-6 hours.

Once the high wears off many ecstasy users suffer from depression, sleep disturbances and paranoia. This drug is relatively new, so there may be additional long-term effects that have yet to be determined.

Steroid Use

When we continuously hear people talking about a specific drug, such as steroids, we tend to believe everyone is doing it. According to the 2007 Monitoring the Future study conducted by the University of Michigan however, only about 1.8% of 8th, 10th and 12th graders have ever used steroids. Parents and guardians should still be aware of potential steroid use and know what to watch for. Signs of steroid use are:

- **Rapid muscle building**
- **Preoccupation with “getting ripped” or “getting big”**
- **Sudden problem with acne**
- **Major mood swings**
- **Unexplainable pills or powders**
- **Muscle magazines**
- **Vials or syringes**

Resources

National Institute on Drug Abuse

NIDA works to significantly improve prevention, treatment and policy as it relates to drug abuse and addiction. Find out the latest information on a variety of drugs.
www.nida.nih.gov

Monitoring the Future

Monitoring the Future is an ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults.
www.monitoringthefuture.org

United States Department of Justice

USDOJ provides a Meth Awareness section to help educate the public about the dangers of meth.
www.usdoj.gov/methawareness

The Anti-Drug

Find out the latest drug information, advice and news for parents.
www.theantidrug.com