

Talking to Teens About

Drug and Alcohol Prevention

Parent's Resource Guide

Newton Youth Commission

City of Newton

David B. Cohen, Mayor



City of Newton

1000 Commonwealth Avenue

Newton, MA 02459

Dear Students and Parents:

Civic leaders in the City of Newton work very hard to provide a safe environment, conducive to education and recreation, where our youth can flourish. Under the guidance of the Newton Youth Commission, the City has developed important partnerships between our Schools, Health & Human Services, Police, and Fire Departments, and the community at-large, to provide our youth with the resources they need to stay healthy and succeed.

Among the most serious threats to the positive development of our youth is drug and alcohol use. We must be diligent as adults to educate young people about the dangers of drug and alcohol use, and to offer healthy activities as alternatives to social situations that may present temptations to youth. The young people in our community must also be diligent to be informed about drug and alcohol use, to ask for support when needed, and to have the courage and common sense to just say no.

I applaud the Newton Youth Commission for producing this Guide, and I hope you and your family will use the resources within it. Together, we can continue to make the City of Newton a great place to live and go to school, and to protect our young people from the dangers of drugs and alcohol.

Very Truly Yours,

Table of Contents

PREVENTION REALLY WORKS:

“Kids who learn from their parents about the dangers of underage drinking, illicit drugs, tobacco use, dangerous driving, and other risky behaviors are less likely to engage in them.”

-American Academy of Pediatrics

IN THIS BOOKLET YOU'LL FIND:

- Vital information collected directly from agencies, websites, professionals and public schools.
- Pro-active steps you, as a parent, can take.
- Proven resources – readily available – so you won't have to face the problem empty-handed.
- Website links on many pages that will arm you with extra information.

Why Teens Take Risks.....p 2

Family Guidelinesp 3

Drug & Alcohol Abusep 6

Legal Implicationsp 8

SADD Contract.....p 9

Dictionary of Terms.....p 11

Helpful Websitesp 13

Contact Numbers.....p 14

Overview

It's Never too Early to Talk

NEWTON YOUTH RISK BEHAVIOR SURVEY:

- Results from the 2004 - 2005 Newton Risk Behavior survey put alcohol use at 21% for 7th and 8th graders and at 62% for high school students. More than 30% of high school students have used marijuana and cigarettes.
- While overall usage has fallen slightly since the 2002-2003 survey and Newton's numbers are lower than Massachusetts as a whole, they are alarming enough to cause concern.
- Results from the 2006-2007 survey will be publicized in the spring of 2007. They provide an eye-opening picture of alcohol and illegal drug use by our community's middle school and high school students.
- Newton Risk Behavior surveys are commissioned by Newton Public Schools and the Newton Health and Human Services Department .

WHY WE WROTE THIS GUIDE:

- As children move from elementary-level schools into middle schools and then high schools, their world view opens up dramatically. Maturing children need a parents' help to safely navigate larger, more complex environments.
- This booklet offers guidelines to help parents and children address the issues of alcohol and drug prevention. Taking time to talk to your teen is the first step you can take towards preventing drug and alcohol abuse.

Why Teens Take Risks

Growing Independent

Dictionary of Terms

As your children grow, they rightfully demand a measure of independence in their life. They'll challenge you and disagree on things, and that's a healthy part of their efforts to mature and form a unique identity.

STRESS:

- Stress is the most cited concern by teens in survey after survey. Stress is compounded as teens move from middle school to high school and prepare for life after age 18.
- Students who are struggling for acceptance can fall prey to the influence of tobacco, alcohol, and illegal drug use to satisfy their curiosity, ease stress, win friends, and to appear "cool."
- The need to fit in and striving for personal independence leads to the potential for making dangerous choices.

BEHAVIOR:

- "Marijuana is not harmful because it is 'all natural' and comes from a plant", or "Everyone is doing it" – may seem perfectly believable to a student. Talk to your kids about the illogical reasoning statements like this show.
- In today's society drinking and drug use is often portrayed as a normal part of adolescent development. Alcohol and drugs do not have to be part of a teens rite of passage. Studies show that middle school binge drinking is growing and can lead to alcoholism later in life.

CELEBRATE NON-USE BY YOUR TEEN:

- Teens who are involved in sports, theatre and other activities are less likely to abuse drugs and alcohol. Encourage your child's involvement in extra-curricular activities.
- Praise your teens and their friends when they demonstrate good judgment and make healthy decisions.

Guidelines for Families

Prevention Really Works

MAKE YOUR POSITION CLEAR:

It's crucial for parents to clearly and consistently state their point of view when it comes to alcohol and illegal drug use.

Engage your teens in a positive manner. As you listen carefully to what they have to say, you'll help them make appropriate choices on their own.

Explain that there are serious health, social and legal consequences for abusing of drugs and alcohol.

SET EXPECTATIONS:

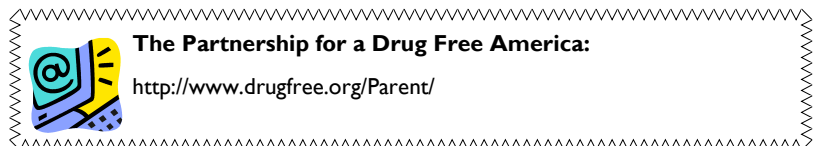
Agree on what is expected before an event happens. This is always preferable to disagreeing afterwards.

When your child goes out ASK:

When will you be home? What will you be doing? Who will you be going with?

If they're going to someone's house and you haven't met the parents, call to say hello and confirm your child's plans. Ask if they intend to be present and checking in on the event.

Let your child know that you expect there to be adult supervision at all parties and events.



Guidelines for Families

Be Involved

STAY CONNECTED AND INFORMED:

Teens are more likely to make good choices when they know you're looking after them.

Attend your child's activities and events, when possible. Always discuss the event together if you are unable to attend.

Try to eat several meals a week together without media distractions.

Have conversations not associated with arguments or punishments.

ENCOURAGE GATHERINGS AT YOUR HOME:

By having your child's friends in your home, you'll get to know their friends and you'll be able to see that they're enjoying themselves responsibly.

If your house is the site for the party, remain in sight and be available.

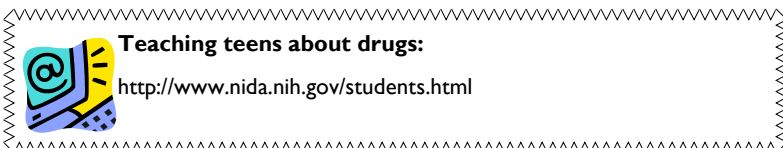
Make it clear no alcohol will be served to students or parents.

Agree on a policy concerning uninvited guests. Never admit anyone whom no one knows.

Promise a safe ride to all teens who attend a party. Do not allow anyone to get in a vehicle if they are under the influence.

If the party will be large, it is courteous to inform the neighbors of the upcoming party and to assure them that there will be adults present.

- Teens gather informally at all times of the day, especially after school. Encourage your child to be involved in supervised activities.



Guidelines for Families

Set Limits

SET BOUNDARIES:

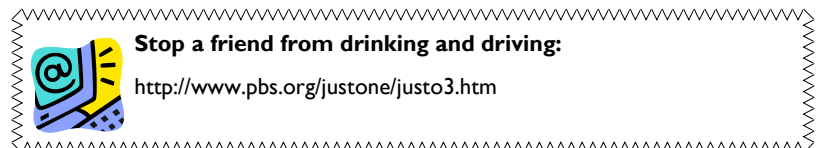
- Establish cell phone protocol with your teen. Set a time when they need to call you or when they need to answer your phone call.
- Establish internet protocol with your child early on. There are many internet safety resources available.
- Oversee your teen's spending habits and discuss where their money is going. Talk about a budget plan together.

GUARANTEE A SAFE RIDE:

- Know in advance who's transporting your teen and stress the importance of the driver staying sober or straight.
- Discuss the dangers and consequences of being in a car with a driver who is under the influence of drugs or alcohol.
- Assure your teen that they may call you to be picked up whenever they need to be, no questions asked.
- Discuss events later, preferably the next day.

ESTABLISH REASONABLE CURFEWS:

- Discuss reasonable and age appropriate curfews with your child.
- Be awake (or awakened) when young people come home at night.
- Establish communication to ensure that both parent and teen agree on any changes of plans.



Drug and Alcohol Abuse

Signs and Symptoms

Knowing the warning signs of drug or alcohol abuse may help avert a crisis.

SYMPTOMS INCLUDE:

- Withdrawn, depressed, tired; careless about dress and appearance
- Hostile and uncooperative; frequently breaks curfews
- Relationships with family members has deteriorated
- Appears stressed on a regular basis
- Hangs out with new friends; exhibiting secretive behavior
- Grades are slipping; school attendance is irregular
- Eating and sleeping patterns have changed
- Has a hard time concentrating on schoolwork and other activities
- Eyes are red and nose is runny in the absence of a cold
- Allowance or household money is disappearing

EVIDENCE OF DRUG PARAPHENELIA:

Pipes, rolling papers, nail polish, aerosol cans, over the counter cold medicine, hair spray, correction fluid on body/clothes, rags/papers, use of incense, room deodorant, breathmints, mouthwash, eye drops.

PRESCRIPTION DRUGS:


Kids are getting drugs from parent's medicine cabinets, friends prescription medication, and over the internet. Be sure that you are in charge of dispensing all prescription medication to your kids.

OVERDOSE SYMPTOMS:

If your child exhibits any signs of drug or alcohol overdose contact a professional immediately. These signs include:

Nausea and Vomiting	Trouble breathing	Dizziness
Drowsiness	Confusion	Unconsciousness
Cold, clammy, hot reddish skin		Coma

Contact 911 immediately, if you suspect an overdose.



Massachusetts. Department of Public Health:
<http://www.mass.gov/dph/bsas/bsas.htm>

Drug and Alcohol Abuse

If You Suspect A Problem

Even in the best of school systems, and with the best of parenting, your children have the potential to fall prey to risky behaviors.

WHAT TO DO:

If you suspect a problem, be direct in your tone and approach. Tell your child that you are concerned and explain why.

Remember that talking with your teen includes a lot of listening!

Try to start the conversation by saying, "No matter what you tell me, I will continue to love you. I am concerned and I want to help you."

If you feel that you are unable to "remove the emotion," ask your teen if he or she would be willing to speak with a counselor to better understand why he or she is using or misusing alcohol and/or other drugs.

Check in with your teens' teachers or counselors to see how school is going. Contact numbers for NNHS or NSHS Prevention Intervention Counselors and Riverside Youth Outreach are listed on page 14.

Consult with a professional counselor or therapist.



To find a counselor locally:
<http://helpline-online.com>
Hotline: 1-800-327-5050

Legal Implications

What Parents Should Know

FACTS:

In Massachusetts, it is a crime with possibility of arrest, loss of driver's license, and a fine and/or imprisonment:

- For anyone under 21 to purchase alcohol or attempt to purchase alcohol
- For anyone to borrow an I.D. or to falsely state to be 21 or older in order to purchase alcohol
- To alter, transfer, or deface I.D. cards purchased or issued by the Registry of Motor Vehicles
- For anyone under 21 to transport alcohol, opened or unopened, in a car
- For anyone under 21 to transport unopened alcohol without a parent/guardian in the car
- To drive while under the influence of alcohol
- To have alcohol on public school premises even in the parking lot, without a license
- To consume alcohol in a public place unless specifically authorized by law
- For anyone age 16 ½ - 18 to drive between 12 AM and 5 AM without a parent or guardian in the car

CONSEQUENCES :

A conviction for drug and alcohol offenses, speeding, underage drinking, and driving in violation of the junior operator license in District Court and Juvenile Court will seriously adversely impact your rights and

privileges. Your teen could:

- Lose their license or privilege to apply for one
- Be suspended from all sports teams
- Be removed from high school
- Impact their ability to get into college
- Lose the right to obtain financial aid
- Find it difficult to obtain employment
- Lose the right to obtain a professional license
- Be incarcerated in a correctional institution



Newton Police Department:

<http://www.newtonpolice.com>

SADD Contract

Start a discussion with your teen

Students Against Destructive Decisions (SADD) started in 1981 in a Massachusetts suburb under the name of Students Against Drunk Driving.

- Formed after two students died in separate alcohol-related car accidents over a period of less than 14 days, the group took on a new name in 1997 to reflect a broader charter beyond alcohol use.
- It boasts more than 10,000 chapters in middle schools, high schools, and colleges.
- The SADD website is an excellent resource for parents and teens, with parenting guidelines and resources.
- The SADD Contract on the next page is a great place to begin a conversation with your teen. The contract can be a good starting point for helping establish family guidelines.



SADD Guidelines:

<http://www.sadd.org/pdf/FamilyGuidelines.pdf>

SADD Contract

Contracts for Discussion

YOUNG PERSON:

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, my safety and overall well-being, or your trust in me. I understand the dangers associated with the use of alcohol and drugs and the destructive behaviors often associated with impairment.

By signing below, I pledge my best effort to remain free from alcohol and drugs; I agree that I will never drive under the influence; I agree that I will never ride with an impaired driver; and I agree that I will always wear a seat belt.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to both of us.

Young Person

PARENT (OR CARING ADULT):

I am committed to you and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussions about that situation until a time when we can both have a discussion in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs, I will always seek safe, sober transportation home, and I will always wear a seat belt.

Parent/Caring Adult



Students Against Destructive Decisions:
<http://www.sadd.org/contract.htm#cfl>

Dictionary of Terms

Listed below are the types of drugs available to teens with their common street names.

CLUB DRUGS:

katamine, ecstasy, GHB, methamphetamine, LSD, rohypnol

DEPRESSANTS:

Alcohol: beer, wine, liquor, etc.

HALLUCINOGENS:

PCP: angel dust, ozone, rocket fuel, peace pill, elephant tranquilizer dust

LSD: acid, microdot, tabs, doses, trips, hits, sugar cubes

Mushrooms: shrooms, caps, magic mushrooms

INHALANTS:

Only second to alcohol in adolescent drug use. Inhalants include sniffing, snorting spraying, huffing, bagging or inhaling common products found in the home. These include: spray paints, whipping cream, hair/deodorant sprays, gasoline, markers, glues, helium.

OPIATES:

Heroin: smack, horse, mud, brown sugar, junk, black tar, big H, dope

Oxycontin: oxy, O, or by milligram size- 40 or 80

Rohypnol: roach, roofies, the forget pill, rope pohies, ruffies, R2, rofenol, la roche, rib


Special K: vitamin K, new ecstasy, psychedelic heroin, ketalar, ketajet, super-K, breakfast cereal

PRESCRIPTION DRUGS:

Pain killers: oxycontin, percocet, percodan, vicodin

Stimulants: ritalin, adderol

Over the counter decongestants: coricidin, sudafed, robitussin



On Specific Drugs and their effects:
<http://www.nida.nih.gov/NIDAHome.html>

Dictionary of Terms

STIMULANTS:

Amphetamines: speed, uppers, hearts, black beauties, pep pills, co-pilots, bumble bees, benzedrine, dexedrine, tootballs, biphphetamine

Methamphetamine: speed, meth, crank, crystal, ice, fire, croak, cryto, white cross, glass

Ecstasy: XTC, adam, MDMA, E

Herbal Ecstasy/Ephedrine: cloud 9, rave, energy, ultimate, xphoria, X

Ritalin: west coast

Designer Drugs: synthetic heroin, goodfella

GHB: liquid ecstasy, somotomax, scoop, grievous bodily harm, liquid x, georgia home boy, goop

Cocaine: coke, snow, nose candy, flake, blow, big C, lady, white, snowbirds

Crack: rock, freebase

OTHER COMMON DRUGS:

Marijuana/THC: hash, weed, pot, reefer, grass, dope, ganja, mary Jane, sin-semilla, herb, aunt mary, skunk, boom, kif, gangster, chronic, 420, blunts, purple haze, trees

Miscellaneous: nitrous oxide, laughing gas, whippets, aerosol sprays, cleaning fluids, solvents

INTERNET / INSTANT MESSAGING:

- With electronic media, kids have quick access to drug sources. IM, MySpace, Facebook and text messaging allow for a wider scope of access and information about illegal substances.
- Internet Safety tips and protocol is available to parents from various agencies including Project INTERFACE.

Helpful Websites

Alcoholics Anonymous: www.alcoholics-anonymous.org

American Council for Drug Education: www.acde.org

DARE: www.dare.com

MADD: www.madd.org/under21

Mass. Department of Public Health:
www.mass.gov/dph/bsas

Mass. Interscholastic Athletic Association:
www.miaa.net/MIAA-Handbook05-07.pdf (pg 51)

Navigating the Teen Years:
www.theantidrug.com/news/resourcelist.aspx?id=3

National Institute on Drug Abuse:
www.nida.nih.gov
www.clubdrugs.org

Newton Police Department: www.newtonpolice.com

Partnership for Drug Free America:
www.drugfreeamerica.org

PTA Booklet: For parents about taking action:
www.theantidrug.com/pdfs/ei/parents_brochure.pdf

PBS: A series of brochures:
For Young teens: www.thecoolspot.gov/index.asp
On Being a Friend: To stop someone drinking and driving:
www.pbs.org/justone/justo3.htm

Pre-teens: Games for learning about effects of alcohol:
www.nick.com/ads/asklistenlearn/kids/games/kidsgames.jhtml

Project Interface: www.ProjectInterface.org

SADD: Guidelines for talking to your teen:
www.sadd.org/communicationtips.htm
www.sadd.org/pdf/FamilyGuidelines.pdf



For Internet Safety Tips - Project INTERFACE:

<http://projectinterface.org/guide.internet-safety.php>



Contact Numbers

Emergency & Support

EMERGENCY:

Mass Poison Information.....	617-232-2120
Mass. Substance Abuse Help Line (24 hr).....	800-327-5050
McLean Hospital (Info and referral).....	617-855-2300
Newton-Wellesley Hospital ER.....	617-243-6193
Police Dept: Youth Officers:	617-796-2103
Riverside 24 Hr crisis hotline.....	800-529-5077
Samaritans	800-870-4673
Samariteens.....	800-252-8336

SCHOOL GUIDANCE DEPARTMENTS:

NNHS Prevention Intervention.....	617-559-6237
NSHS Prevention Intervention	617-559-6577
Bigelow Main Number	617-552-7800
Brown Guidance Department.....	617-559-6907
F.A. Day Guidance Department	617-559-9123
Oak Hill Guidance Department.....	617-559-9210

SUPPORT:

Al-Anon & Alateen	508-366-0556
AA (Alcoholics Anonymous).....	617-426-9444
Child in Need of Services	781-894-4500
Leventhal-Sidman Jewish Community Center	617-558-6522
Newton: J. M. Barry Boys and Girls Club.....	617-630-2066
Newton Community Service Center	617-969-5906
Newton Outpatient Center (Riverside).....	617-969-4925
Newton Youth Outreach (Riverside).....	617-796-4902
Sameem Associate Inc.	617-964-1060
Teen Reach Program	617-244-1404
West Suburban YMCA.....	617-244-6050

If you are worried about your teen contact professional help immediately.



Newton Youth Commission

WHO WE ARE:

The Newton Youth Commission is a volunteer body of adults and high school students. The Commission sponsors annual educational seminars on health and prevention issues, and works to involve youth in the community. The Commission is the supporting agency of the following services which are sponsored by the Health and Human Services Department.

Drug and Alcohol Use Prevention booklet

Youth Interagency Task Force (Youth Service Providers meet quarterly)

Youth Services Resource booklet

NEWTON YOUTH COMMISSIONERS:

Joseph De Vito, Chair	Joanne Kazarian
Richard J. Dyer	Terence A. Sack
Donna Gordon	Robert Staulo

NEWTON YOUTH COMMISSION Advisory Board:

Anthony Bibbo	Officer Jim O'Loughlin
Matt Green	Stephanie Pelkowsky
Peter F. Harrington	Stephan Ross
Lisa Langone	

NEWTON YOUTH COMMISSION Students 2006-2007:

Brandon Harris	Kira Mascho
Sarah Laski	Katie Sanders
Kipaya Kapiga	

Five high school students are nominated to the Advisory Board on an annual basis. Others may serve as alternates.

Department of Health & Human Services:

Human & Volunteer Services Division

Staff Director: Beverly Droz

Administrator and booklet coordinator: Denise Joseph

Newton City Hall
1000 Commonwealth Avenue
Newton, MA 02459
617-796-1280

Credits

The Newton Youth Commission gives special thanks for the support and contributions of :

Project INTERFACE

Margaret Hannah, Director
Newton Public Schools
100 Walnut St.
Newton, MA 02460

A Newton based initiative to combine mental health services within the Newton Public Schools and the greater community.

The Youth Commission thanks the following people and agencies for their help:

Attorney Richard J. Dyer Youth Advocate
Chris Fortunato..... Teen Reach, NCSC
Matt Green Sameem Associates, Inc.
Lisa LangoneRiverside Newton Youth Outreach
Roxy Leeson..... WarmLines
Alison Malkin NNHS Prevention Intervention
David Naparstek Newton Health & Human Services Dept
Officer Jim O'LoughlinNewton Police Department
Stephanie Pelkowsky Newton Parks & Recreation Dept
Elana Premack-SandlerJewish Family & Children's Services
Terence A. Sack Newton Youth Baseball Coach & Administrator

What Kids Would Say to Parents

Quotes from Newton Students

group of Newton high school students were asked what they think parents can do to help kids and why:

"Let your kids know that you will always be there for them even if they make a mistake. Also let them know that trust is extremely important and that it can be easily lost."

"Make sure your kids know the consequences of drug/alcohol abuse but trust their decisions and don't take away their independence in making decisions, because kids need experience to grow up. Always support your children."

"Tell your kids you will always be there for them no matter what and let them know that if they always tell the truth, they will be trusted."

"I would tell parents not to put so much pressure on their kids."

"Let your kids know that no matter what type of trouble they get in you will be there for them. For support and someone to be strong for you. "

"Trust is the biggest thing in the world. You don't need to starve your child of their daily activities, i.e. computer, cell phone, to punish them. Trust is valued so much more to a child that they probably wouldn't do anything to jeopardize it."
