

SAFE AND DRUG-FREE COMMUNITY

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CONTACT YOUR COALITION

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UPCOMING SPECIAL EVENTS

- September 22, 2008
Family Day—Eat dinner as
a family!
- October 17-19, 2008
Pray for the Children
Weekend
- October 23-31, 2008
Red Ribbon Week
- October 25, 2008
Make a Difference Day
- November 20, 2008
Great American Smokeout
- February 9-13, 2009
CADCA National
Leadership Forum
Washington DC

ENERGY DRINKS — ANHEUSER-BUSCH TAKES NOTICE

Anheuser-Busch has agreed to **stop selling its caffeinated alcoholic drinks** after convinced by attorneys general from 11 states, who alleged that the company had failed to adequately disclose negative health effects of Tilt and Bud Extra on the drinks' labels. A study by an ER doc from Wake Forest University found that college students who drink caffeinated alcoholic beverages are more likely to get injured than college students who take their alcohol without caffeine. Drinking caffeine with alcohol is **"like stepping on the gas pedal and the brake pedal of a car at the same time."**

The Center for Science in the Public Interest (CSPI), an alcohol-industry watchdog, contends that the products appeal to underage drinkers and lack government approval for their

mix of ingredients.

"Short of decorating these cans with Hannah Montana or Spiderman, it's hard to see how you could do a better job of marketing **"alcospeed"** to young people than Anheuser-Busch and Miller" said CSPI litigation director Steve Gardner. "The cans are virtually indistinguishable from several nonalcoholic energy drinks that are heavily marketed to young people.

Mixing alcohol and energy drinks can make drinkers feel more alert, but does nothing to prevent intoxication. Researcher Mary Claire O'Brien and colleagues at Wake Forest University School of Medicine found that those who mixed alcohol and energy drinks tended to drink more heavily and have more drinking-related problems.

"Energy drinks mask the symptoms of drunkenness — but not the drunkenness itself," said O'Brien.

"Students may feel that they are 'ok to drive' when physically they are actually intoxicated."



THE TRUTH ABOUT INHALANTS

INHALANTS—Glue, Kick, Bang, Sniff, Huff, Poppers, Whippets, Texas Shoestring...Call it whatever you want, it is still a recipe for disaster. **Abuse by middle schoolers has increased 44%** over a two-year period according to the Partnership for a Drug-Free America.

Inhalants are substances or fumes from products such as glue or paint thinner sniffed to cause an immediate "high." Because they

affect the brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage before you know what's happened...even death the very first time used! Chronic abusers lose ability to perform everyday functions.

How can you tell if a friend is using inhalants? Sometimes it's tough to tell.

Signs you can look for:

- Slurred speech
- Dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body/face
- Red eyes
- Runny nose

THE INTERNET— PREDATORS AND PORNOGRAPHY

The Internet is a valuable tool for most people and for most of the time, but improperly used, children are at risk. Internet predators are able to search for their victims easily and often without detection. **The average age of first Internet exposure to pornography is 11 years of age.**

The best way to avoid predators is to not let youth establish a personal blog and to allow computer use in a common area that is easily seen and under **parental supervision..**

MENDEZ— TOO GOOD FOR DRUGS

Our kids are worth more and deserve more than a life of substance abuse. This is why our schools have adopted the Mendez “Too Good For Drugs” curriculum in all grades K-12. **It’s that important!** The instructional design enables students to learn valuable skills sequentially and retain them year after year. “Home Workouts” brought home by students engage parents, but we can call the school and request updated information.

PRIDE SURVEYS — THE FIRST STEP TOWARD PROGRESS

Each school year, students and their teachers and parents are asked to participate in the **PRIDE survey.**

Why?

The results of this survey tell the community how well we are doing in several areas and where we need to work harder.

The home is the most important place to support a drug-free community, and this requires

parent disapproval of the use of tobacco, alcohol, marijuana and other drugs by their children. These results are shown on the table below.

Increased Parental Disapproval leads to Increased Peer Disapproval which leads to Increased Perception of Risk which leads to reduced use! It sounds simple, but it is not, but parents are key to getting their children

headed in the right direction. Also, the community has successfully received grants to support the anti-drug initiative in the community by demonstrating desirable gains in the fight against substance abuse as shown with the PRIDE data. So when you get your PRIDE Survey this year, take a few minutes to complete it . All surveys are anonymous.

Perception of Parental Disapproval		2004-2005	2007-2008
7 th Grade	Tobacco Use	77.7	100
	Use of Alcohol	74.5	98.7
	Marijuana Use	79.6	100
9 th Grade	Tobacco Use	82.3	94.7
	Use of Alcohol	83.3	89.6
	Marijuana Use	88.5	95.8
11 th Grade	Tobacco Use	84.7	86.5
	Use of Alcohol	80.7	82.1
	Marijuana Use	91.8	91.0

SCHOOL HANDBOOKS—KNOW THE RULES!

Whether students are at school, on a school activity away from school, on the bus or even at the bus stop, school rules apply. What are the rules? Parents and students are required to read and acknowledge understanding all rules in school handbooks, but here are just a few highlights:

- **Alcohol, tobacco and all other drugs** in any form are NOT allowed
- **NO weapons** (explosives, fireworks, knives, glass

objects, guns or any other dangerous items)

- Scuffling, **fighting** and using **profane language** will NOT be tolerated.
- **Cell phones** are NOT allowed at school.
- **Clothing** that is suggestive or distasteful will NOT be worn. This includes vulgar or profane wording or depictions and that which mentions or alludes to violence, sex, alcoholic beverages, drugs or tobacco products.

- Only appropriate use of **technology** is permitted.
- **Threatening**, intimidating or causing bodily harm to any person will NOT be tolerated.
- **Destruction** of school facilities, school grounds or school property or threatening to do so will NOT be tolerated.
- **Cheating** is NOT allowed.
- All employees and students have the right to be free from **sexual harassment**.

Failure to comply with these and other rules may result in

- **In-School Suspension**
- **Out-of-School Suspension**
- **Expulsion**
- **Long Term Suspension**
- **Denial of Privileges**
- **Restitution**
- **Parent Notification**
- **Counseling**
- **Reporting to Law Enforcement.**

