

NW PREVENTION RESOURCE CENTER

PREVENTION PREVIEWS

Parent Edition

CYBER SMART...CYBER SAFE



SEPTEMBER Events...

- National Alcohol and Drug Addiction Recovery Month September 1–30
- National Suicide Prevention Week Sept. 7-13, 2008
- Family Day September 22, 2008
- 2nd Annual Youth Risk Conference Sept. 30-Oct. 1-2, 2008 in Lead, SD



Back to school...and back-on-line...not that most kids haven't stayed connected all through the summer!

Browsing the Internet is like having the world's largest library and entertainment system at your fingertips. Kids can read stories, tour museums, visit other countries, play games, look at photographs, shop, and do research to help with homework. Unfortunately, it also comes with risks.

First, the facts...In a recent survey involving 1500, 10 to 17- year olds , the following statistics emerged:

- 1 in 3 had unwanted exposure to pornographic pictures
- 1 in 7 had received sexual solicitations
- 1 in 11 had received threats
- 1 in 25 had received unsolicited gifts from on-line contacts
- Of the 1 in 7 youth who were contacted...only 12% told their parents!

In another survey involving 10 to 17 year olds, these facts were revealed:

- 34% had posted their real names, telephone numbers, home addresses, or the names of their schools online where anyone could see.
- 45% had posted their dates of birth or ages.
- 18% had posted pictures of themselves.

Now is the time to remind your child about the importance of being smart and safe on-line!

- Some sites and services ask users to post a "profile" with their age, sex, hobbies, and interests. While these profiles help kids "connect" and share common interests, potential exploiters can and do use these profiles to search for victims. Urge kids to restrict access to their profiles so only those on their contact lists are able to view them. Explain to them unrestricted posting of profiles places their personal information in a public forum and could put them at risk from those who wish to take advantage of such information.
- Kids can't "take back" the online text and images they've entered. Once online, "chat" as well as other web postings become public information. Many web sites are "cached" by search engines, and photos and text can be retrieved long after the site has been deleted. Watch what you post!
- Kids don't need to enter a chatroom to "chat" via the Internet. They also communicate with others on gaming sites; on IM sites; and via Internet Relay Chat (IRC) networks, which enable computer-to-computer access. Remind students of these "back roads" predators use to gain access to them.
- Encourage them to choose gender-neutral screen names or nicknames — such as their initials or a word. Make sure the name doesn't include information revealing their identity or location.
- Remind kids to use the privacy settings on social-networking sites to restrict access to their "spaces" or blogs to only people they know in person. Kids sometimes compete to see who has the greatest number of contacts and will add new members to their lists even if they don't know them in person.
- Kids have been punished by their families; denied entry into schools; and even not hired because of dangerous, demeaning, or harmful information found on their personal websites or blogs.
- Don't know much about computers and computer lingo...LEARN! Knowledge is your best defense.
- Keep the computer in the "family arena"! Computers should NOT be in out of the way locations at home.

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WARNING: OVER-the-COUNTER ADDICTION



An estimated one in five teens has abused prescription drugs.



Making a Difference

A man walked up a shore littered with thousands of starfish, beached and dying after a storm. A young man was picking them up and flinging them back into the ocean. "Why do you bother?" scoffed the man. "You're not saving enough to make a difference." The young man picked up another starfish and sent it spinning back to the water. "Made a difference to that one," he replied. ~unknown~

A recent trend among young people involves over-the-counter medicines that teens and "tweens" are abusing to get high. What parents and kids do not realize is the harm these medicines can cause when abused in extremely large amounts and the fact that these drugs are easily accessible in your own home. Surveys and studies completed in the last few years indicate a continuing rise in over-the-counter abuse. **KNOW** what's in your medicine cabinet!

Because here are the facts:

- Many over-the-counter medicines contain a mixture of drugs (one for coughs, another for fever, another for aches and pains). Overdosing intensifies the effects of each dangerously.
- Many over-the-counter drugs contain acetaminophen (pain reliever) which causes liver damage when taken in large doses.
- Large doses can cause clumsiness, vision problems and even dramatically slow down the heart and lungs.
- Most people develop a tolerance quickly to over-the-counter medicines which means higher doses are needed each time. Over-the-counter drugs can become very addictive, very quickly.
- Over-the-counter medicines that are most abused are cough syrup, cold medicines, pain killers, and diet pills.

*More information is available at www.doseofprevention.org or contact NW Prevention Resource Center.

PRESCRIPTION MEDICINE PRIMER...

Prescription medicines, just like over-the-counter drugs, are safe and useful when taking exactly as the doctor has directed. However, abusing any type of drug can lead to addiction, health problems or worse. Recent reports indicate teens across the country are using and abusing in record numbers on drugs they find in YOUR medicine cabinet. There are 3 types of prescription medicines that you should be aware of:

- **Stimulants:**
 - *Speed up the body and brain causing an increase in attention and energy but also raising blood pressure, heart and breathing rate
 - *Prescribed for sleep, weight or attention problems
 - *Most commonly abused
 - ~dextroamphetamine (found in Dexedrine & Adderall)
 - ~methylphenidate (found in Ritalin or Concerta)
 - ***Watch for**-paranoia, seizures, nervousness, high fever, irregular heartbeat
- **Depressants:**
 - *Slow down the body and brain
 - *Prescribed for sleep or stress-related problems
 - *Most commonly abused
 - ~diazepam (Valium)
 - ~alprazolam (Xanax)
 - ***Watch for**-clumsiness, breathing problems, seizures
- **Opioids:**
 - *May slow the body down causing clumsiness, confusion, or breathing problems
 - *Prescribed for pain
 - *Very addictive and have a high risk of tolerance which means the user requires more of the drug to feel the same effects
 - *Most commonly abused
 - ~Codeine & hydrocodone (found in many drugs, Vicodin)
 - ~Propoxyphene (Darvon)
 - ~Oxycodone (OxyContin) or meperidine (Demerol)
 - ***Watch for**-clumsiness, confusion, breathing problems, black outs

*Information from CASA, NIDA, & Clued In.



Many teens mix over-the-counter and/or prescription drugs with alcohol or energy drinks to deal with stress or problems at school or home.

FAMILY DAY...September 22, 2008



Do you want your child to achieve more in school? Research proves that schools experience the most success when parents are involved in the lives of their children and their school.

September 22nd is the perfect time to sit down and eat with your kids. Show you care about your children by sharing a family dinner.

A decade of research consistently found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. This dramatic difference can be directly linked to the fact that parents who eat with their children are more likely to say they know their teen's friends and the parents of their teen's closest friends, know the names of their teen's teachers, and

have good communication with their teen.

According to CASA's (National Center on Addiction and Abuse), children and teens who frequently eat with their families are at a 70 percent lower risk of smoking, drinking and using drugs.

Take time for your own family...and encourage your students' parents to do the same!

" If you want to touch the past...touch a rock. If you want to touch the present...touch a rose. If you want to touch the future...touch a life!
~unknown~



SECRETS OF RAISING A TRULY INTELLIGENT, DRUG-FREE CHILD

Educational toys, flash cards, even computers, really won't make your child smarter or keep them drug-free! True intelligence and learning to make wise decisions depends on the quality of a child's emotional experiences, interactions, and relationships beginning at birth. Even before your child could speak, they learned how to convey their feelings through their interactions with their caregivers. As they developed, speech allowed them to verbalize their thoughts and conversations with those around them provided a wealth of information. What can you do to enhance your child's chances to be smart and drug-free? Read on...

Grades K-3

- Start talking now about school, friends, tv shows & commercials, and tobacco, alcohol and drugs. Let them know what you think and give them the opportunity to share their ideas.
- Get involved. Know what's happening in school. Attend activities. Get to know their friends. Plan family activities.
- Set clear rules and be a good role model. Help your child learn how to handle stress, problems and how to say NO!

Grades 4-6

- Keep talking. Studies show that parents who keep communication lines open and take an active interest in their children have smarter kids who make better choices.
- Make sure your child know your rules—and enforce the consequences if rules are broken.
- Talk about drugs and give your child the facts. Practice makes perfect...role play with your child how to say NO!

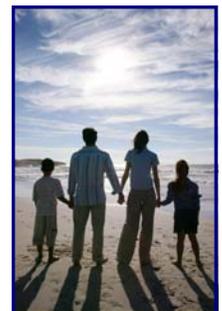
Grades 7-9

- TALK! Show interest and discuss your child's ups and downs. Just because they are older doesn't mean they don't care about what you think and that you're interested in what's happening in their lives.

- Re-evaluate your rules. Make consequences appropriate to their age.
- Role model appropriate behaviors. How do you handle problems? Stress?

Grades 10-12

- Are you still talking? Knowing what your teen is doing and where they are is just as important now as it was when they were little. Stay involved & plan family time, too.
- Encourage your child to volunteer. Compliment their positive choices.
- Discuss their future. Explain how poor choices can affect their plans for the future.



"Remember...
Parenting is
easy...until you
have children!"
~unknown~

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RESOURCES at NW Prevention Resource Center

- **NO ROOM FOR BULLIES** by Dr. Jose Bolton & Stan Graeve. This book shatters popular myths about bullying and will take you beyond problem recognition to proven solutions.
- **THE BULLY, THE BULLIED, and THE BYSTANDER** by Barbara Coloroso. This book addresses the issues of everyone in the bully triad and the adults who dismiss the incidents as a normal part of childhood. Her practical solutions will benefit parents and teachers.
- **CYBER-SAFE KIDS, CYBER-SAVVY TEENS** by Nancy E. Willard. As an internet safety expert, she provides the need-to-know information about online dangers along with practical strategies necessary to help children learn to use the internet safely and responsibly.
- **MY SPACE SAFETY: 51 TIPS FOR TEENS AND PARENTS** by Kevin and Dale Farnham. This book provides specific warnings about MySpace dangers and practices that can be utilized to minimize the risks involved with teen website accounts.

CONFERENCE
YOUTH RISK CONFERENCE

The Second Annual Youth Risk Conference will be held September 30th-October 1st at the Golden Hills Resort in Lead, SD.

The cost is \$30.00 per person and includes lunch and snacks each day and is open to parents or anyone working with youth.

The pre-conference agenda on Tuesday will provide break-out sessions on animal and child abuse, reactive attachment disorder, psilocybin mushrooms, and children of alcoholics.

Wednesday's keynote speaker is Bigg Milt, the former host of the PBS series, "Parenting Works." The former 6' 7", 300 pound college football standout provides straight talk on the important challenges facing young people, families, and modern society.

Lt. Ed Moses will speak on the "Gateway Theory and Marijuana Legalization". His 41 years of experience in law enforcement including undercover narcotics work and long list of awards make him an expert on youth and drug use trends in our country.

NW Prevention Resource Library...



NW PREVENTION
 RESOURCE LIBRARY
 materials are
 available for everyone
 to check out and use
 free of charge.
 Call or stop in today!



RESOURCES
 for
 PARENTS

- **Navigating the Teen Years:**
 A Parent's Handbook for Raising Healthy Teens
- **Keeping Your Teens Drug-Free**
 A Family Guide
- **Helping Your Child Succeed in School**
- **Helping Your Child Become a Responsible Citizen**
- **How to Talk to Your Adolescent About Alcohol**
- **Underage Drinking:** Myth vs. Fact
- **When It's Not your Kid:** How do you deal with drug use and drinking?
- **Step Up:** You've Got the Power to Help a Friend or Sibling Who Uses Drugs or Drinks