

Coalition For Placer Youth  
**RAISING PLACER**  
DRUG FREE



July 2012

[coalitionforplaceryouth.org](http://coalitionforplaceryouth.org)

## What Teens Think Parents Should Know



Del Oro Parent Forum

Over 300 parents and youth participated in the parent forum at Del Oro High School on 5/17. The theme was to encourage parents to have open communication and frequent conversations with their teens about the dangers of underage drinking, as well as to set clear expectations and consequences.

Sheriff Bonner facilitated the meeting, sharing his own experiences and advising parents to be involved - *"you can't expect if you don't inspect."*

Deputy Ryan Berry, School Resource Officer, shared his insights on the "Culture of Del Oro," and practices related to student drinking. *"Some parents think, 'I'd rather they drank at our house so I can keep an eye on them.' This is dangerous thinking."* Another key piece of advice Berry offered was for parents to, *"Keep kids educated that they will*

*be approached by other kids."*

Youth voiced their views and suggestions for parents in a "fishbowl" activity. In their own words:

- The only norm is that, *"it's normal for teens to drink."*
- A lot of parties happen on people's properties in the county. Some parties occur when parents are present.
- Talk with your kids more. Be very clear about setting boundaries.



Only 51% of Placer County 11th graders said their parents/guardians had talked to them about the dangers of using alcohol or other drugs in the past year.  
*Placer County Student Survey 2011*

A definite highlight was a youth presentation by Megan Lent, a senior at a local high

school. Ms. Lent shared her experiences with addiction and recovery. Megan's advice to parents was:



"Having a relationship with your parents is good." Megan Lent, HS student

*"If you know or suspect your son or daughter is drinking, smoking or anything else, take it seriously. For every one time you catch your child, there are 10 - 20 other times they have been drinking or smoking without you knowing."*

*"Parents need to have consequences. Talk to your kids specifically about what will happen if they use. Follow through and don't give empty threats."*

The evening concluded with a performance by Kyle Lutekemuller, a member of the local Hip Hop Congress from Auburn. The Hip Hop Congress is a local youth group that uses the spoken word and other art forms as an expression of our culture today. Kyle performed one of his original pieces.

*"Give your child a reason to say NO." Ed Bonner, Placer County Sheriff*  
*"I'm always a father first - and a friend second, to my own kids." Deputy Ryan Berry, SRO*  
*The conversation we have with our teen is our **hope.***

**CPY Partners Focus on Parenting Resources**

Giving parents the tools to help their adolescents navigate the teen years is a focus of CPY and its Placer County partners. At the quarterly CPY Partnership meeting held in May, local agencies had the opportunity to network and learn about key parenting resources available in Placer County.

Several successful science based parenting programs are provided both in English and Spanish - many are free or available through a sliding fee scale.



## The Parent PROJECT

A comprehensive evidence-based curriculum that provides specific, no nonsense solutions to the problems that parents face today.

- Learn how to never argue with your teen again.
- Prevent or intervene in alcohol or drug use.
- Improve school attendance and performance.
- Classes are available in English and Spanish

Listing of upcoming classes

[www.parentproject.com/upcomingclasses.mv](http://www.parentproject.com/upcomingclasses.mv)

Roseville Contact: (916) 787-4357

[christy@fullcircle.treatmentcenter.org](mailto:christy@fullcircle.treatmentcenter.org)

For Spanish

Classes

Contact: Bertha Magana (530) 320-5353

[LatinoLeadershipCouncil.org](http://LatinoLeadershipCouncil.org)

## Active Parenting Now!!

An award winning curriculum to help parents of



teens deal with real life issues.

**Instruction addresses:**

- **teens & technology** (the internet, social networking sites, etc.)
- **the latest in teen drug use prevention** (including prescription drugs)
- **teen bullying** (how to spot it, how to handle it)
- **special stepfamily considerations**
- **how brain development affects teen behavior and decision-making**
- **improved discipline and communication**
- **updated teen sexuality issues**

Free classes for parents of teens - offered in Spanish and English

**Pre-registration is required:**

**Contact: Blanca (916) 774-6802 ext. 2014**



## Banana Moments

**A quarterly online newsletter offering help for parenting in the Network Culture.** Popular culture and Internet and mobile technology expose and empower youth to engage in increasingly risky ideas and activities at earlier ages.

**Banana Moments** offers insights to reinforce family values and help parents lead children in this network culture.

Subscribe at [www.bananamoments.com](http://www.bananamoments.com)

**COLLISION**  
**COURSE**

# Teen Addiction Documentary Wins Emmy

Produced by Emmy-winning producer Joyce Mitchell and director Ted Ross, and in partnership with Pathways to Prevention, ***Collision Course - Teen Addiction Epidemic*** documentary received a 2012 Emmy award.

***Collision Course*** teaches teens and their parents about the prevalence and risks of substance abuse, so they can make choices to avoid addiction.

Educated by the honest and humbling stories of drug and alcohol abuse, parents and teens are given tools to stop substance abuse before it starts.

View the documentary at [www.pathwaytoprevention.org](http://www.pathwaytoprevention.org)  
It can also be purchased at the [KVIE website](#)



Pathway to Prevention, Kim Box, Executive Director, and Susan King accepting Emmy award at the San Francisco award ceremony.



Bringing together youth development and leadership groups from across Placer County for fun and focus at a summer camp venue.

Youth Participants will gain:

- Connections and understanding among groups
- Respect, awareness, friendships
- Share concerns, projects, dreams
- Leadership and empowerment skills
- Mutually supportive network of motivated peers
- FUN!!!

***Deadline for applicants - July 23***

***For information and to reserve a spot, contact:***

***Lacy at [lbdavi@placer.ca.gov](mailto:lbdavi@placer.ca.gov) or Kara at [ksutter@placer.ca.gov](mailto:ksutter@placer.ca.gov) (530) 889-7141***

***Minimum of 2 students per group, 1 adult chaperone; \$25 student (scholarships available)***

**SUMMERTIME - *Parents be ALERT***



Summer is here which means many kids are at home with lots of free time on their hands. Don't be the provider of alcohol or drugs for your teens or their friends. It's time to clean out your cabinets of unused medicines and keep all prescription drugs locked up. Ensure alcohol is not easily accessible and monitor what you may have on hand. Network with other parents and supervise teen gatherings/activities to ensure they are alcohol/drug free. Don't hesitate to have a conversation with your teen about and drug use.

***KEEP YOUR KIDS SAFE!***

## **It Takes a Village - Friends' Parents Can Sway Teen's Odds for Drinking**

According to a recent study conducted by Michael Cleveland at Penn State University, a friend's parents can influence whether or not a teen drinks alcohol or uses drugs. Over 9,000 9th graders were surveyed.

The study showed *"teens whose parents were consistent in their discipline and generally knew what their children were up to, were less likely to use drugs or alcohol."*

*However, even if parents were consistent and aware of their teen's activities, some of that protection was erased if their friends' parents were more lenient or clueless."*

The study, "empowers parents to know that not only can they have an influence on their own children, but they can also have a positive influence on their children's friends as well," said Cleveland. - "and that by acting together - the notion of 'it takes a village' - can actually result in better outcomes for adolescents."

(Study is published in Journal of Studies on Alcohol and Drugs, May issue)



## **Mothers Against Drunk Driving**

- **Power of Parents 30 minute workshops** - designed to equip parents with communication tools to talk to their teens about alcohol. Participants receive a free parent handbook.
- **MADD Parent Handbook** provides ideas for bringing up the topic and making the conversation go easier.
- **Powerful new web source** where parents can find research proven strategies for preventing underage drinking at home and in their community.

[www.MADD.org/underage-drinking/thepowerofparents/](http://www.MADD.org/underage-drinking/thepowerofparents/)

Contact: Becky Wood

MADD: (916) 481-6233 ext. 109

[www.madd.org](http://www.madd.org)

## **Where do you stand as a Parent?**



Where do you stand when it comes to issues regarding alcohol and substance abuse?

Take this 11 question quiz to find out.

[\*\*Parent Quiz\*\*](#)

**TAKE THE PLEDGE**



**Parents throughout Placer County are protecting their teens from the dangers of alcohol and drugs by taking a STAND.**

- S**ecure medicines and alcohol in your home
- T**alk with your teens about the danger of alcohol and drugs
- A**ssure alcohol and other drugs are not available at teen parties
- N**etwork with other parents
- D**rug test your test teen

## **Take the Parent Pledge**

**Join our efforts  
to reduce youth  
access to alcohol.**

**Check our website!**  
[www.coalitionforplaceryouth.org](http://www.coalitionforplaceryouth.org)

## **Contact Information**

**Shari Crow, Coordinator**

**(530) 889 - 7238**

**[info@coalitionforplaceryouth.org](mailto:info@coalitionforplaceryouth.org)**