

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



January, 2013

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

## National Drug Facts Week

Jan. 28 through Feb. 3, 2013 is the third National Drug Facts Week bringing together teens and scientific experts across the country to discuss facts about drug abuse.

During this week, parents, teachers, community leaders, and caring adults are urged to begin a conversation with youth about the negative effects of drugs and alcohol on the brain, body, and their future. "When given the facts from people they trust, teens are in a better position to make good decisions about drug use." Dr. Nora D. Volkow, NIDA Director. The National Institute on Drug Abuse (NIDA) provides a wealth of resources and tools. For more information and an online toolkit visit the Web site <http://drugfactsweek.drugabuse.gov>



January 28 - February 3  
National Drug Facts Week 2013

January 31  
Drug Facts Chat Day



Jan 31 is National Drug Facts Chat Day. Hosted by top scientists from NIDA, this day is a unique opportunity for teachers and students to ask expert scientists questions about drugs and their impact on the brain and body.

[Register here to tune in on the Conversation.](#)

## ? National Drug IQ Challenge

***New Quiz will be launched January 28th, 2013!***

*Click on this link and test your knowledge regarding drugs and drug abuse.*



NIDA launches new website for parents

## **FAMILY CHECK-UP**

Positive Parenting Prevents Drug-Abuse

[www.drugabuse.gov/family-checkup](http://www.drugabuse.gov/family-checkup)



Supportive parents get involved, and take an active role in raising

## **THEIR AMAZING TEENS**

# **HAPPY NEW YEAR PARENTS!**

**A good time to start fresh - make some choices in parenting  
and connecting with your teen:**

- Choose to be empowered - raise your awareness about today's teen and pre-teen culture. Whether technology issues (cell phones, social media, etc.), substance use, or mental health issues, there are solutions and support.
- Choose to deal with the issues, rather than hoping things will somehow get better on their own, or holding on to the common belief, "not my kid".
- Have a conversation with your teen about the dangers of alcohol and drug use.
- Learn what signs to look for and what action to take if you suspect your teen is using.
- Join other parents in creating a safe and drug free community for our youth.
- Sign the Parent Pledge by clicking on the link below.

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

## Take the Parent Pledge

Join our efforts to reduce  
adolescent drug use

Sign the Pledge@

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



## *Social Host Ordinance*

Placer County Youth Commissioners, in partnership with CPY and Rocklin Police Department, continue their efforts toward the adoption of a Social Host Ordinance (SHO). The City of Rocklin is on the forefront working to create a safe and drug free community for Placer youth. Rocklin's proposed ordinance will enable police to

cite hosts of parties responsible for providing a venue where underage drinking occurs.

### Update on activities:

- Rocklin's proposed SHO is currently under legal review.
- A media campaign to raise community awareness is underway
- Placer County residents have signed a petition in support of a SHO

**Placer Youth Commissioners are asking for your support. To learn more and sign the petition, please visit the CPY website at, [CoalitionforPlacerYouth.org](http://CoalitionforPlacerYouth.org)**

**The Placer County  
Youth Commission  
asks you to**



**SAVE THE DATE  
Wed. Feb 13  
4:30-7:30 p.m.**

**50 Community Leaders  
100 Diverse Young People**

Sharing values, concerns & dreams  
Developing fresh ideas  
Forging new partnerships & strategies

## **A WORLD CAFÉ**

**Places to Go, Things to Do**  
*for all Placer Teens*

Dinner will be served.

*Don't miss this opportunity to engage, empower and strengthen  
our young people and our communities!*

More details will be sent soon! To RSVP click:  
<https://www.surveymonkey.com/s/V5T87J6>  
For more information call Kara Sutter: 530-889-7179

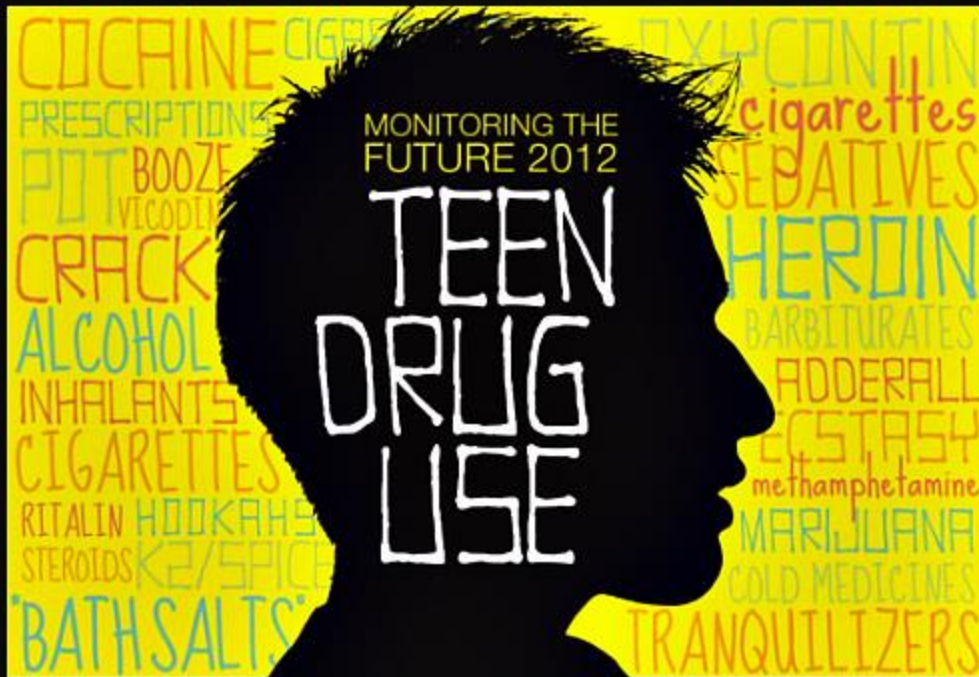
## **Monitoring the Future 2012 Results are In**

Over 45,000 high school students nationwide participated in the annual Monitoring the Future teen drug use survey. Results indicate a five year downward trend in daily use of alcohol among 8th and 10th graders.

Nonmedical use of prescription and over-the-counter medicines remains a significant part of the teen drug problem. 14.8% of high-school seniors used a prescription drug non-medically in the past year. Adderall and Vicodin are the two most commonly abused prescription drugs.

Learn More: For complete MTF survey results visit

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



MONITORING THE  
FUTURE 2012

# TEEN DRUG USE

Monitoring the Future is an annual survey of 8th, 10th, and 12th-graders conducted by researchers at the University of Michigan, Ann Harbor, under a grant from the National Institute of Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured drug, alcohol, and cigarette use and related attitudes in 12th-graders nationwide. Eight and 10th-graders were added to the survey in 1991.

Overall, 45,449 students from 395 public and private schools participated in the 2012 survey.

## THE LOCKING CAP

COMBINATION LOCK FOR PRESCRIPTION MEDICATION BOTTLES



*You deserve the peace of mind.*

- Child Safety
- Safely Store Medications
- Teen Prevention
- Easy to Operate
- Easy to Reset



To order caps (\$11.99 each) go to [www.thelockingcap.com](http://www.thelockingcap.com)

# **CPY Welcomes New Members**

Four Community members have recently joined CPY's Steering Committee. We Welcome their expertise, energy, and personal commitment toward positive change.

**CPY Welcomes:**

*Diane Shinstock - Vice Chair, Juvenile Justice Drug Prevention*

*Sam Stodolski - Chair, Juvenile Justice Drug Prevention*

*Brandon Barry - Chair, Substance Abuse Committee, Placer County Youth Commission*

*Eunice Kim - President, Placer County Youth Commission*

CPY's Steering Committee is comprised of local community volunteers who meet monthly providing program oversight, coordinating prevention activities, and expanding key community partnerships.

**CONTACT INFORMATION**

**SHARI CROW, COORDINATOR**

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