

Coalition For Placer Youth
RAISING PLACER
DRUG FREE



October, 2012

www.coalitionforplaceryouth.org

US SENATE RESOLUTION

Urges Communities to Fight Teen Medicine Abuse

This September the U.S. Senate passed S.Res.564 naming October, National Medicine Abuse Month

The resolution calls for increased national attention and awareness of prescription and over-the-counter (OTC) medicine abuse among teens.

5% of teens (1 in 20) have abused over the counter cough medicines containing Dextromethorphan (DXM) to get high. Sometimes consuming as much as 25 times the recommended dose.

Monitoring the Future 2011



DXM is the most widely used cough suppressant ingredient and is found in more than 100 commonly used OTC medicines in the form of liquids, capsules, gel caps, lozenges, and tablets. When used correctly, these medicines are safe and effective. But when they are abused and taken in higher than recommended doses, DXM has very dangerous side effects including potentially fatal liver injury, cardiovascular effects, and over-sedation. OTC cough medicine is also sometimes abused along with other drugs including alcohol, which can cause additional

harmful effects.

- Learn the facts www.stopmedicineabuse.org
- Safeguard Medications
- Communicate with your teen - Make sure they understand that abusing cough medicine is just as dangerous as abusing illegal drugs.



NATIONAL
Medicine Abuse
Awareness Month



Quite frequently all young people need to do, is merely open the medicine cabinet in their own home and there before them are a variety of drugs available for the taking: pain meds, cold/cough medicines, sleeping pills, etc.

PARENTS:
Learn about teen medicine abuse
www.StopMedicineAbuse.org

***The time to act is now!
Safeguard your medicines!
You are the key to your child's drug free future!***



OCTOBER IS NATIONAL PREVENTION MONTH

October marks a time to celebrate youth living a drug free life as well as recognize the power of prevention efforts in our local communities.

October 18th

The 1st National "Above the Influence" (ATI) Day

A national campaign reaching teens for more than 7 years through television, print, radio and online media. Providing messages, activities and support to stay "above the influence" of drugs, alcohol and other risky behaviors. Scientific findings indicate that teens with increased exposure to the campaign have stronger anti-drug beliefs and reduced drug usage. For more information and a free ATI Tool Kit go to www.ATIPartnerships.com

October 23rd - October 31st

Red Ribbon Week / Lock Your Meds Campaign

Launched in 1985 by the National Family Partnership (NFP) Red Ribbon Week is the oldest and largest drug prevention program in the nation. Reaching millions of young people each year and challenging them to

Say No to Drugs www.redribbonweek.org



In 2010 NFP expanded its prevention efforts and launched Lock Your Meds - a national multi-media

campaign designed to reduce prescription drug abuse, by making adults aware that they are the "unwitting suppliers" of Rx medications being used in unintended ways. Especially by young people. The campaign urges parents to secure their medicines by removing drugs from purses, medicine cabinets, or other easily accessible household locations.

Go to www.coalitionforplaceryouth.org and sign the parent pledge -

BE A PARENT NOT A PAL

Teen Pot Use

New research suggests that teens who smoke pot regularly, may be setting themselves up for significant decline in brain function that can persist well into adulthood.

In a study of more than 1,000 adolescents in new Zealand, those who began habitually smoking marijuana before the age of 18 showed an 8 point drop in IQ between the ages of 13 - 38.

(published in Proceedings of the National Academy of Sciences)



"Adolescents, in particular, are vulnerable to the effect of cannabis."

Madeline H. Meier, lead researcher and post-doctoral associate at Duke University

Heavy pot smokers tended to show deficits in memory, concentration, and overall brain power. The effects were more lasting among those who began smoking pot in their teens.

An 8 point drop is not insignificant - and can have a long term impact on a person's career prospects, job performance and income.

The study further suggests that the still-growing teen brain is highly susceptible to the cumulative effects of marijuana.

SOCIAL NETWORKING TIED TO TEEN DRUG, ALCOHOL USE

Casa Columbia's 2012 back-to-school teen survey confirms an alarming link between Social Networking sites and teen alcohol and drug use. According to the nationally-representative survey, teens who regularly use social networking sites are at an increased risk of smoking, drinking and using drugs.

- 68% of 16 - 17 year olds have seen pictures on Facebook, My Space or another social networking site of kids using drugs, getting drunk or passed out.
- Half of adolescents who said they had seen pictures of people being drunk, passed out or using drugs, first saw such images when they were just 13 or younger.
- 75% say that seeing pictures on social networking sites of kids partying with alcohol or marijuana encourages other teens to want to party as well.
- Youth who spend time on social networking sites are five times more likely to use tobacco, three times more likely to use alcohol and twice as likely to use marijuana.



Many parents are not aware of the risks. An accompanying survey of nearly 500 parents found that 86% did not think social networking sites would increase the risk of their child drinking alcohol. Social Networking sites pose unique challenges for parents. These sites expand cliques and peer groups almost exponentially.

"Parents need to monitor their kids with respect to social networking and the TV shows they watch, and know what their kids' lives are like," says CASA President Joseph Califano Jr.

Source: CASAColumbia.org: Newsroom: 2012 Teen Survey

PARENT PROJECT 2012

Broken Window	\$100
Time off work to meet with principal	\$300
Counseling services\$1,000
<i>Parent Project Solutions</i>	<i>Priceless</i>



Empowering Parents - Transforming Teens

- Learn how to never argue with your child again
- Prevent or intervene in alcohol or drug use
- Improve school attendance and performance
- Program for teens available

Next Class Starts Tuesday, October 2nd - Register Now! (916) 787 - 4357

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 teen

Take the Parent Pledge

Join our efforts
to reduce youth
access to alcohol

Sign the Pledge@
www.coalitionforplaceryou.org

Contact Information

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