



Created for Parents by Parents.

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The Parent Corps

September: National Recovery Month

Article submitted by Topsail Middle School (NC) Parent Corps Leader Debra Bell

September has been selected as National Recovery Month to show support for those individuals and families affected by alcohol and drug abuse.

The Center for Substance Abuse Treatment (CSAT), sponsors the 18th Annual Recovery Month celebration. CSAT will be hosting nine *webcasts*, which will air on the first Wednesday of each month starting in September. In addition, the center will also feature an *Ask the Expert*, where individuals can pose questions about each monthly webcast to an expert in the field and receive answers to their questions by the end

of each month.

Created in October 1992 by a Congressional mandate, CSAT works to improve cost-effective addiction treatment and increase facility capacity to decrease the number of individuals not able to receive addiction treatment. It helps develop new treatment programs and provides technical support to those treatment systems seeking to offer the best service to their patients.

During this annual celebration, public and private treatment organizations across the country will educate their communities about addiction treatment

programs, how they work, and who receives the treatment, and will celebrate the successes of those individuals and families in recovery.

By educating the community about alcohol and substance abuse, CSAT hopes to remove the stigma associated with addiction and treatment.^[1]



Sex, Drugs and Online Chats

One out of every ten teens' are about sex and drugs. The messages, although in code or slang, discuss where and how to obtain drugs and alcohol or where the party will be for the weekend or night. Sometimes the con-



versation will provide how to get high "safely."

Parents need to familiarize themselves with the latest Internet lingo.

- *Candy flipping* refers to using ecstasy.
- *420, 51, and A-bomb*

all refer to marijuana.

- *Crunked* is code for being drunk.
- *Scag* means heroin.
- *Pre-game* is drinking before teens go to the party.^[2]

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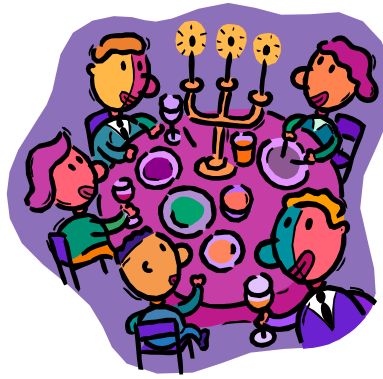
- *Be a good role model*
- *Get to know your child's friends, activities, and whereabouts*
- *Discuss rules and consequences for breaking them*
- *Talk often to your child about current issues*
- *Learn the signs and symptoms of drug abuse*

Family Day-A Day to Eat Dinner With Your Children

Article submitted by Walton High School (GA) Parent Corps Leader Pat Giuliani

As hard as it may be for your family to sit together for meals on a regular basis, you need to continue the fight to make it happen. The National Center on Addiction and Substance Abuse (CASA) has consistently found since 1996 that the more often children eat dinner with their families, the less likely they are to smoke, drink, or use illegal drugs. Starting in 2001, CASA launched *Family Day* as an annual event which takes place on the fourth Monday of each September. This year's Family Day will be celebrated on **Monday, September 24th**.

You can go to www.casafamilyday.org to find out more about the national event and how you, your family, and your workplace can be involved with promoting Family Day in your community.



Teens who have frequent family dinners:

- Are at half the risk for substance abuse compared to teens who do not dine with their families
- Are less likely to have friends or class-

mates who use illicit drugs or abuse prescription drugs

- Have lower levels of tension and stress at home
- Are more likely to say that their parents are proud of them
- Are likelier to say they can confide in their parents
- Are likelier to get better grades in school
- Are more likely to be emotionally content and have positive peer relationships
- Have healthier eating habits
- Are at lower risk for thoughts of suicide^[4]

Pot On the Teen Brain

Article submitted by Fairview High School (CO) Parent Corps Leader Marsha Moritz

Research shows that the teen brain is still under development until a person reaches his or her mid-20s. The limbic system, which controls memory and emotions, is fully developed by adolescence, but the prefrontal cortex, which is responsible for judgment, is still “under construction.” This slow brain development could explain why teens tend to make decisions based on emotions rather than reason.

THC (tetrahydrocannabinol), the active

ingredient in marijuana, acts on neurons in the limbic system, the part of the brain that controls memory function, emotion, aggression, and fear.

Today's teens are smoking a more potent form of marijuana and starting to use at a younger age. Teens are not smoking marijuana as a joint, or in a pipe or bong. They are

taking an empty cigar, called a “blunt” and refilling it with marijuana, sometimes in combination with another drug, such as

methamphetamine. The overall impact that pot has on the brain can have long-term consequences, and it's up to you to influence your teen's life when it comes to drugs.^[5]

Those teen's who smoke marijuana weekly:

- double their risk for depression
- are three times more likely to have suicidal thoughts
- increase their risk for schizophrenia in later years.

'Blow' Caffeine Energy Drink Glamorizes Drug Use

Article submitted by CEO and President of National Families in Action (GA) Sue Rusche

“Blow” is a white energy powder, with 240 mg of caffeine per vial, and is designed to be mixed in drinks, particularly alcoholic drinks.

Blow, a street name for cocaine, is sold over the Internet in a variety of



different packages. A Blow press kit contains two vials of the powder, a toy credit card, a mirror on which to arrange lines of Blow, and a photo strip that pictures the growing, processing, and smuggling of cocaine.

Redux Beverages tried to

market another energy drink, *Cocaine*, but the FDA ruled the marketing of the product illegal and Redux pulled the product from distribution.

The Parent Corps hopes that you will write to the FDA and request that Blow be cancelled also. You can write to: Alonza E. Cruse, District Director, United States Food and Drug Administration, 19701 Fairchild, Irvine, CA 92612.^[6]

Smokeless Product to Launch in August

Philip Morris and Reynolds American Inc. will soon be entering the smokeless tobacco market. "Snus," small bags of powdered tobacco designed to be placed between the check and gum, will help tobacco companies recover from the decline in cigarette sales.



The U.S. Surgeon General and other public health authorities have determined that smokeless tobacco products:

- are addictive

- cause serious diseases such as cancer, cardiovascular disease, and other diseases of the mouth, gums, teeth
- may increase the risk of serious diseases when used in combination with smoking
- cause adverse reproductive effects and should not be used during pregnancy
- are not a safe alternative to smoking

The National Cancer Institute estimates that three million people under the age of 21 use smokeless tobacco. Each day, 2,200 adolescents try smokeless tobacco

for the first time and 830 adolescents become regular users.



The amount of nicotine in one pouch of snus, held in your mouth for thirty minutes, equals the amount in

three smoked cigarettes.

Philip Morris says it will encourage retailers to take certain actions, including responsibly marketing snus at retail stores and helping prevent underage tobacco sales. You as parents need to make sure you are talking to your teens about the effects smokeless tobacco will have on their lives.^[7]

They Look Like Energy Drinks But....

Article submitted by Walton High School (GA) Parent Corps Leader Pat Giuliani

Alcohol awareness groups across the country are sounding the alarm on a new category of alcoholic beverages they say are marketed to teenagers: energy drinks containing alcohol.



Which of these energy drinks contains alcohol? The two cans on the right contain alcohol.

The alcohol content in these drinks ranges from 6 to 8 percent. A can of Coors Light beer has an alcohol content of 4.15 percent.

At most stores selling alcohol, scanners immediately alert cashiers to ask the buyer for identification. However, these energy drinks are being sold at convenience stores and gas stations, where cashiers are not alerted to card those purchasing the products.

Teens who consume alcoholic energy drinks assume that caffeine, a stimulant, reduces the intoxicating effects of

alcohol. Research shows that teens think they are less drunk than they are, and therefore engage in risky behavior. Some of these behaviors involve traffic accidents, violence, sexual assaults, and suicide.

With the way the products are packaged, innocent teens can buy an energy drink not realizing it contains alcohol. Parents, teachers, coaches, school administrators, and law enforcement officers need to be aware of these alcoholic energy drinks and the impact they have on today's teens.^[8]

Drinking Tied to Teens Who Work More Hours

The University of California conducted a study that showed teens who work more than ten hours a week have a tendency to consume alcohol more heavily than those teens who work fewer hours, or not at all.

The study, consisting of 6,500 adolescents, states that 24 percent of teenagers who worked more than ten hours a week reported that they drank heavily



in the last year.

On the other hand, less than 10 percent of teenagers who worked fewer hours or not at all

reported that they did not drink at all.

Mallie Paschall, lead researcher, speculated that when teenagers work more than ten hours a week they have the income that allows them to purchase alcohol. Also, work relationships with older teens and adults who drink may lead teens to believe that heavy drinking is socially acceptable.^[9]



NATIONAL FAMILIES IN ACTION

2957 Clairmont Road
Suite 150
Atlanta, GA 30329
404-248-9676

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And
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NFIA also co-sponsors the Addiction Studies Program for Journalists and the Addiction Studies Program for the States with Wake Forest University School of Medicine. NFIA has been providing scientifically accurate information about alcohol, tobacco, and illegal drug abuse and addiction since it was founded in 1977.

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Back to School Homework for Parents

Article submitted by Walton High School (GA) Parent Corps Parent Leader Pat Giuliani

With school starting back, it is a time for new beginnings— maybe a new school, new classes, new teachers, and new friends or classmates. With all of this newness in your child's life, there will also be new challenges of peer pressure. You can help your child keep ahead of the pressure to do drugs and alcohol if you do your homework on a daily basis.

By taking the following steps you will be able to keep tabs on your child. It is not pestering, it's PARENTING!!!!

Educate yourself on the challenges facing your child as he enters middle school or high school: The most dramatic increase in drug use occurs between 7th and 8th grade and 8th and 9th grade.

Get to know your child's friends and where they like to hang out: Research shows that teens (12-17) get drugs or

alcohol from their friends and usually receive it inside a home, apartment, or dorm.

Role play peer pressure situations: During car rides to practice or a friend's house, role play situations where your teen needs to come up with a NO response to illegal behaviors—taking drugs, alcohol, shoplifting, prohibited driving, etc.

Make sure your child is aware of your NO DRUG policy in your household: Don't assume your child knows your views on drugs and alcohol. Enforce rules with clear consequences for breaking them. Losing the respect from family and friends is one reason why so many children stay clear of risky behavior.

Try to eat as many meals together as a family: Family conversation and bonding will provide support for the peer pres-

sure your child will face. It also gives her an opportunity to talk about the day's events, helps her unwind from the day.

Make sure after-school activities are well supervised: Ninety-one percent of the nation's youth are involved in some supervised after-school activity. These teens are less likely to be involved in risky behavior.

If you work, check in with your teen when he gets home from school: Make sure you know your child's plan for the afternoon. Call the parents of the friends if he is going over to study or play after school. The danger zone for drugs is between 3:00 P.M. and 6:00 PM.

Be alert to a decline in school performance or involvement: Students with low grades or negative attitudes towards school are more likely to be enticed to try drugs.^[10]