



NATIONAL FAMILIES IN ACTION

PARENT CORPS®



THREE IDEAS FOR GOOD COMMUNICATION

Learn How to Start:

The way you present an issue often determines the response. Sometimes it's best to address a problem immediately, while other times waiting a few hours is more appropriate. Wisely choose a time, place, and approach with the goal not just rebuking, but correcting, and finding resolution.



Learn When to Stop:

Once a dialogue has developed, have discernment to know when to stop. Some parents feel like they must win an argument or come to resolution by the end of the conversation so they end up pushing too hard. Other times emotions get too involved. Still other parents end a simple correction with preaching, bringing up the past, or making exaggerated statements about the offense.

In any case, it's important for parents to know when to take a break or simply stop the conversation. Learning when to stop during conflict is a very important skill. You might say, "I think we better stop here. Things are getting pretty tense. We need to

continue this conversation, but let's take a break for now. Maybe we'll think of some other ideas in the meantime to help resolve this problem."

Learn How to Listen:

Conflict represents opportunity. Children watch parents handle conflicts and observe how they resolve differences. Listening and affirming a young person's thinking is an honoring step in conflict management.

As you dialogue with your kids, you must learn to tolerate criticism. Many discussions you have will open the door for your teens to criticize you. Don't feel threatened or take these jabs personally. Use them to discuss issues and explain your decisions.

Marijuana Gumballs

The U.S. Drug Enforcement Agency (DEA) has issued an Intelligence Alert Bulletin regarding the discovery of marijuana-packed gumballs.

The gumball is bright yellow with a happy face on one side and a "bored hole filled with greenish-brown

marijuana" on the opposite side. The gumballs are individually wrapped in tin foil. The tin foil has a label with the word "Greenade" and an image of a marijuana leaf. Also on the label are detailed instructions on how to use the gumball.

Police say that Greenade gumballs contain enough THC to kill smaller children and caution parents to be on the alert for innocuous-looking hard-coated candies.



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Special points of interest:

- Besides alcohol, often the first drug adolescents abuse, marijuana may simply be the most accessible and least scary choice for a novice susceptible to drug addiction.
- Adolescents have the greatest rates of marijuana use, and they also have the greatest amount to lose by using marijuana.

New Strawberry-Flavored Meth Hits the Streets

Law enforcement officials in Carson City, NV have discovered a new kind of methamphetamine that they fear can be more attractive to young people— bright pink strawberry-flavored meth.



Flavored methamphetamine is the newest metamorphosis of the dangerous street drug made from ephedrine and toxic chemical such as lye and battery acid. It

appears that the flavor and color were added to the meth during the cooking process, instead of afterward, which would mean the drug does not have any less potency than its common counterpart.

Sgt. Sloan, commander of the Carson City Sheriff's Department said the "strawberry quick" methamphetamine is popular among new users who snort it because the flavoring can cut down on the tests. He said teenagers, who have been taught meth is bad, may see this flavored version as less harmful. In warns parents to please aware of this new kind of drug that is making its way into our culture.

Why are Some Young People Using Meth?

To Get a Rush—immediately after smoking or injecting meth the user gets an intense sensation, called a "rush" or "flash".

To Boost Self-Esteem—Meth can put an individual at ease in social situations.

To Lose Weight—One of meths effects is loss of appetite which in turn may cause a person to lose weigh.

To Stay Awake—Meth can cause users to stay up for hours giving them energy and focus.



Helmet Boxing A Secret Dangerous Game

It's a game that goes beyond horseplay, and is being blamed for serious head and hand injuries. Teens call it "locker boxing" or "helmet and gloves." It usually involves players on high school hockey and lacrosse teams.

A pair of contestants, wearing protective helmets and gloves, square off and try to land punches to their opponent's head. The match goes on until one player sub-

mits, has their helmet knocks off-or is knocked out. Videos of such bouts have been available for some time on the Internet.

It's hard to say how common such matches are, since the bouts usually take place secretly, away from coaches or other responsible adults. But a pediatric

It's a game that goes beyond horseplay

neurologist warns that young players mistakenly believe their helmets and gloves will protect them from serious

injury. In actually, these teens experience head trauma, fractured hands and facial cuts—all from "helmet and gloves" matches.

Take Action and Talk Back

The Marin Institute has announced a new program that allows concerned citizens to fight back against offensive alcohol ads.

The Institute has created a new website to report ads that promote alcohol to children or ads that encourage heavy drinking. Any alcohol ad that is presented in poor taste can be reported also. Go to www.marininstitute.org/talkback and report when and where you saw the ad,

what alcohol it promotes, and why you feel the ad is irresponsible.

The Marin Institute is a national organization that fights to protect the public from the impact of the alcohol industry's negative practices. They will print out a copy of your letter to mail to the correct alcohol trade organization. The Martin Institute will forward a copy of your letter to the Federal Trade commission, the

government agency that oversees advertising.

The alcohol industry spends billions so we'll see ads everywhere. It's mostly a one-sided conversation—they talk, we listen. Children especially listen to messages of the ads and they believe that alcohol is harmless, it's fun, everyone's using it, and we can't have a good time without it. Take Action and Talk Back.

Parents Need to Set Boundaries For Kids

According to a survey released by the White House Office of National Drug Control Policy, almost 60 percent of parents admit they have a hard time talking to their kids about difficult topics like drug use.

The findings:

- More than half of parents surveyed believe their teen goes to parties where alcohol or other drugs are available.
- Nearly half believe their teen has friends who use drugs.

Despite those findings, few parents are doing anything about it. The study found that:

- Fewer than one in ten parents said they are checking up on teens.

- Only two in ten are asking questions to try to find out what's going on when it comes to alcohol or other drugs.
- Nearly eight in ten parents have difficulty getting their teens to respond and are not sure their teens listen.

One reason? Parents are afraid of sounding mean. Parents are trying to be buddies with their kids. They want their kids to think of them as a friend, says psychologist, Dr. Nancy McGarrah. She follows by saying parents need to say no, set boundaries, and be a parent—even if your child gets upset.

Tips for parents:

Start talking to kids about drug use when they are young

Avoid long-winded lectures, and engage your child in dialogue. Ask your child what he or she would hope to gain from using alcohol, tobacco or drugs.

It's not enough for parents to say, "don't use drugs." Give kids practical advice about how to cope with peer pressure.

Set clear boundaries. Let your child know you expect him or her not to use drugs. Sometimes parents will have to make unpopular decisions like refusing to let your child go to a party where you suspect there will be alcohol or drugs. This may be difficult in the short term, because the child will likely argue, scream and yell. However, in the long run, setting boundaries will help the child learn to make good decisions.

Can I have the Car Keys?

Before you answer that question please read the information below:

Motor vehicle crashes are the leading cause of death for 16-to-20-year-olds, with 5,500 teenage drivers or passengers dying each year. Of those killed, 63 percent are drivers and 37 percent are passengers, boys account for two-thirds of the fatalities. Although teenagers make up only 6 percent of drivers, they are involved in 14 percent of fatal crashes.

The State of Georgia is continues to make new strides in creating safer Georgia roads for the motoring public. The **Teenage and Adult Driver Responsibility Act (TADRA)** directly addresses the leading killer of our young people—traffic crashes. The law significantly changes the way young motorists earn and maintain the privilege of driving by providing a controlled means for new drivers to gain experience and by reducing high-risk driving situations. This Act established a graduated driver licensing for Georgians between the ages of 15 to 18, with three separate classifications: **Instruction Permit**—granted to 15 year olds while driving, must be in the company of a licensed adult 21 years of age or older. **Intermediate License**—granted to drivers between 16 to 18 years of age with the following restrictions: no driving between the hours of 12 am and 6 am. "No EXCEPTIONS", also, for the first six months, no passengers outside of family members. **Full License** is granted to a driver 18 years of age or older who holds a Class D license granted there have been no major traffic convictions for the previous 12 months. A driver can only move to the next level if he or she has completed 12 consecutive months without conviction for any of the following: DUI, fleeing or attempting to elude a police officer, racing, reckless driving, hit and run, any moving violation for which four or more points are assessable. License will be suspended if any of the infractions listed above occur. Their license will be suspended for 6 months (1st offense) or 12 months (2nd offense). Your license will also be suspended for one year or until their 18th birthday if the student is suspended from school for any one of the following offenses: threatening, striking or causing bodily harm to a teacher or other school personnel, possession or sale of drugs or alcohol on school grounds, possession or use of weapon on school ground, any sexual offense prohibited under Chapter 6 of Title 16, causing substantial physical or visible bodily harm to or seriously disfiguring another person, including another student.

Starting January 1st, 2007, **Joshua's Law** goes into effect. Drivers 16 years old wanting to receive their Class D license will need to complete an approved driver education course which includes a licensed private or public driver training school or other training approved by the Department of Driver Services. A total of at least 40 hours of supervised other driving including 6 at night also is required. Drivers 17 years old wanting to receive their Class D license will need a total of at least 40 hours of supervised driving including 6 at night. Driving training is not mandated for 17 year olds although highly recommended.

To aid you in your efforts to teach your teen to drive there is a book recommend by a Walton parent called, Can I Have the Car Key? Teaching your Teenager to Drive to Stay Alive. Check out the website www.canihavethecarkeys.com and order your copy today. Keep it with you at all times to assist with situations that arise while out on the road or conversation in the car when teen is not driving. You can also write up a driving contract or download one from www.gahighwaysafety.org. Help keep our teens safe.



NATIONAL FAMILIES IN ACTION

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*Drug Prevention
Starts Here*

Parent Corps®

HBO to Air Addiction Project Special

One in four Americans has a family member who is struggling with addiction. In 2005, there were 23.2 million Americans who needed treatment for their illicit drug or alcohol abuse problem, yet only about 10% received the treatment they needed.

HBO, in partnership with the Robert Wood Johnson Foundation (RWJF), the National Institute on Drug Addiction (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), has produced an unprecedented multi-media campaign aimed at helping Americans understand addiction as a treatable brain disease, as well as spotlighting new medical advancements.

HBO's Addiction Project premieres during a free HBO preview weekend from **Thursday, March 15 to Sunday, March 18** in participating cable system. Countless television shows, both fictional and real, have captured the seemingly hopeless downward spiral of the drug addict or alcoholic. But, they have failed to explain to the public: What addiction really is, What causes it, and how to get the best available treatment. These messages are conveyed to audience in two ways: leading expert or documentary footage.

More Teens Cruising on the High Seas

Teenagers are one of the country's biggest and most desirable consumer markets. So it should come as no surprise that more cruise lines are catering to them as customers.

The soaring popularity of cruise ship vacations means many teenagers are coming along with their families for the ride—so many, in fact, that the cruise industry is going out of its way to accommodate them.

One cruise line offers discounted Internet rates for teenagers onboard its ships. It also has nightclubs and coffeehouses specially for teen passengers. Another has video arcades, karaoke contest and spa treatments specially for teens. And some cruise companies have on-ship rock concerts with "cover bands" of favorite teen groups.

Some cruises can reportedly have several hundred teenagers on board-leading to a rise of rowdy adolescent behavior. One cruise line has started "teen patrol" on its

ship-whose role, it says, is not to police kids but to make sure they do not interfere with adult passengers enjoyment of the cruise.



9 Tips for cruise safety

1. Check out the report card from Center for Disease Control and Prevention who inspects ships for cleanliness, repair, food preparation, etc. Ask to see the most recent inspection report.
2. Keep your guard up. Be aware of your surroundings on the ship, if your gut tells you something is wrong it probably is.
3. Use the ship's safe. Keep most of your valuables in the ship's safe. The lightweight safe in your cabin is

fine for storing small everyday items like your address book or tip money but leave your passports, jewelry, travelers checks in the ships safe.

4. Watch what you eat. Always insist on bottle water. You can be adventurous just don't be reckless.
5. Watch the booze—booze on the boat is the same as booze on land—only you are moving forward at 20 knots and perhaps pitching back and forth in 20 foot seas.
6. Watch the gambling—crooks cruise too.
7. Watch out for the crew—they are not out to get you but don't give them any reason to take advantage of your goodies.
8. Land Oh- Be careful on shore excursions. Get prices upfront
9. Report anything suspicious— Keep your ears and eyes open always.