

How to Succeed at Walton

Helping your kids get all they need to out of these high school years!



Tuesday, September 12th, 7:00pm
Walton Media Center



There is a lot more to high school than academic classes. Join us to hear how your kids can get the most out of their high school years and what they need to do to be successful at Walton. We will have several speakers to share their expertise with you.

***Ann Carlson, Walton Guidance Dept. Chair.** She will discuss strategies for a successful experience in school determined by a survey given to graduating seniors. What do they think you need to succeed. How important is family support? Where does my teen learn study techniques?

***Jeff Dess, Prevention Specialist, Cobb Prevention/ Intervention Center-** How do we keep our kids making good, healthy choices regarding, friends, alcohol, drugs, and lifestyle

***Judy McNeil, Walton administrator,** How will being involved in clubs, band, Walton Leadership, and all our other programs help kids get the most out of Walton? What should we know about truancy and absences?

Learn about all this and more. Ask questions. For more information contact

Bonnie Brand, PTSA Parent Education brandone@mindspring.com or

Pat Giuliani, Walton Parent Corps Leader at pat.giuliani@parentcorps.org.



HOMECOMING DANCE—Sept. 30

Last year the Student Climate, PTSA and Parent Corps teamed up to bring back the popular homecoming dance we all remember attending during our high school years.

This year we will once again work together to bring the students another successful home-

coming dance. For this to be an enjoyable evening we are in need of support and help from our parents. If you are interested in helping with the dance contact: Pat Giuliani :

404-409-9112 or pat.giuliani@parentcorps.org

The areas we need help will be with **decorating**, which will take place Saturday afternoon, **food service**, involves purchasing water bottles and snacks, **chaperoning**; securing areas inside and outside during the dance and during drop off and pick up.

PARENT CORPS®

Parent Corps®



Inside this issue:

Family Day, September 25th	2
Trunking	2
Teens and Prescription Drugs	2
Joshua Law	3
Teen and Caffeine	3
Alcohol sales online	3
2006 Teen Survey	4

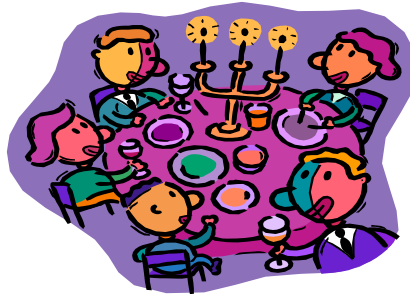
Special points of interest:

- Parents who communicate, listen well, are approachable and who give choices (not orders) do well.
- Make sure that you know what you are talking about when you talk with your teenager about drugs and choose a good time.
- Don't be afraid to ask for help. You don't need to handle a drug problem on your own.

Family Day-A Day to Eat Dinner With Your Children

As hard as it may be for your family to sit together for meals on a regular basis, The National Center on Addiction and Substance Abuse (CASA) since 1996 has consistently found that the more often children eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs. CASA launched *Family Day* as an annual event starting in 2001, which takes place on the fourth Monday of each September—this year, *Family Day* will be celebrated on **Monday, September 25th**.

You can go to www.casafamilyday.org to find out more about this 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 dine with their families
- Are less likely to have friends or classmates 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

Riding in Trunks a Risky Trend Among Teens

A startling new trend has emerged among teenagers. Just to get around the new graduated license laws—that ban new drivers from having other kids in the car—some teens are now riding in the trunk. Or hazing of underclassmen are placing individuals in the trunks and driving recklessly around town. This new trend is called “trunking” and many kids fail to realize that is illegal and incredibly dan-

gerous. Two young men were riding in the trunk when their car hit a tree causing the lid to pop open they were ejected onto the road and both were run over.

Tips for Parents:

1. If you find that your child has been “trunking” make the consequences severe. Suspend all driving privi-

leges for a period of time.

2. Maintain a zero-tolerance policy with you teen regarding alcohol-on and off the road
3. Any unbelted passenger is at extreme risk in an accident—whether they are in the car or in the trunk. Insist that your child always wears a seatbelt.

Many Teens Think Taking Prescription Drugs is Fine

There is good news and there’s bad news. First the good news, according to a study conducted by the Partnership for a Drug Free America, teen smoking is down from 42 percent in 1998 to 22 percent in 2005. Even better, teen drinking is down from 42 percent in 1998 to 31 percent in 2005. Now the bad news.

Teens are using less alcohol and tobacco, but more prescription drugs. What’s even worse is the prescription drugs they are

taking haven’t been prescribed to them. In other words, teens are taking other people’s or your very own prescription drugs from your medicine cabinet.

One out of five high school kids have tried prescription painkillers like Oxycontin or Percocet, without a prescription.

Many of the high school student surveyed saw nothing wrong with this and said prescription drugs are not only safer, but non-

addictive.

So while parents are worrying about drug dealers who mainly sell in big cities, the worst culprit these days may be right in your own bathroom medicine cabinet or grandparents’ or neighbors’.

Maybe it is time to check your medicine cabinet and throw out those pills you no longer take and keep an eye on your daily medicine prescription.

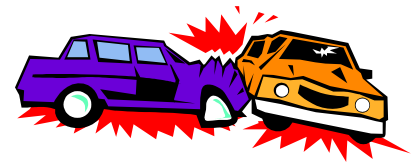
State takes hard line on teens with “Joshua Law”

2007 will bring mandatory driver’s education for 16-year olds looking to get a license. Starting January 1, 2007, any new 16 year old wanting to get their driver’s license will have to have completed a certified driver’s education course and documented six hours of supervised driving time. (Before this was optional for insurance deduction only, NOW it is mandatory.) If you opt not to take a driving education class then your child will have to wait until they are 17 to obtain their license.

Senate Bill 226, Joshua’s Law, was drafted on behalf of State Senator Preston Smith, after being approached by Alan and LuGina Brown the parents of Joshua, who was killed in a single car

accident when his car hydroplaned on a raining day in Cartersville, GA. Passing with an overwhelming majority of 87% in the Georgia House and Senate, Legislators ranked the legislation as the second most important piece of legislation passed in the 2005 session.

If you are looking for certified driver’s education classes be sure to look in the Walton Raider Review for information about Marietta/Cobb Driver’s Education classes or go to www.cobbk12.org scroll down to *drivers education* under special services and you will find further information about class location, price, and download a form to register your son or daughter for their class. You can also check in the yellow pages



for certified driving classes offered by Taggart’s and other companies.

The Governor’s Office of Highway Safety reported that in 2003 across the state, teen driving deaths represented 12 percent of crash fatalities even though teens only represented 7 percent of the population. In 2004 there were 301 teenagers killed in car crashes and in the first six months of 2006, at least seven Cobb teens died in car related crashes.

More Teens Turn to CAFFEINE

You probably did not drink coffee as a child, but times are changing. The latest studies show teenagers are becoming a larger percentage of the coffee drinking public than ever before. That has doctors concerned and they say parents should be also.

Studies show that 25 percent of teens report daily coffee consumption and market research indicates the numbers of

teenage coffee drinkers increases an average of 12 percent to 15 percent every year.

Caffeine is more potent in teens’ smaller, growing bodies. Doctors say too much causes headaches, fatigue and irritability plus memory, learning and mood problems. And when teens choose coffee drinks full of fat and sugar, it puts them at risk for obesity and cardiovascular dis-

ease later in life.

Doctors say parents should limit children’s consumption to one cup.



Million of Kids Buy Internet Alcohol

In a recent report released August 10, by Teenage Research Unlimited (TRU), report that 3.1 million minors (12%) ages 14-20 report having a friend who has ordered alcohol online. Two percent, (551,000) of those ages 14-20 say they personally have bought alcohol online. Among those



ages 14-20 who have tried alcohol, 75% tried liquor, 64% have tried wine, followed by beer at 60% and wine coolers at 55%.

This is a dangerous situation reported Chairman Stan Hastings from the Wine and Spirits Wholesalers of American. For the first time we have hard evidence that teens are buying alcohol online without ID check and state legislatures are

rushing to allow wine and other online alcohol sales at a time we know regulatory agencies are telling us they are unable to monitor these types of sales because they lack manpower and resources.

Teen who mainly live and shop online say it is very easy to find alcohol on line. Just do a search for “buy alcohol online” and watch all the random sites pop up.

PARENT CORPS®

Pat Giuliani
Pat.giuliani@parentcorps.org
404-409-9112

National Families in Action
www.parentcorps.org
www.nationalfamilies.org

**Drug Prevention
Starts Here**

Have a friend who has not joined PARENT COPRS®? Forward this newsletter to them and invite them to email me:

Pat.giuliani@parentcorps.org

I will follow up with a membership form so I can receive all the information to get them enrolled as a full time FREE member to Parent Corps®.

Contact them TODAY because all children are one step away from making a bad choice that could affect them and their family for the rest of their life.



14th Birthday Marks Turning Point in Teen Substance Abuse Risk

One-third of teens and nearly half of 17-year olds attend house parties where parents are present and teens are drinking, smoking marijuana or using cocaine, Ecstasy or prescription drugs, according to the back to school survey conducted by The National Center on Addiction and Substance Abuse (CASA).

“Teens drinking and drugging is a parental problem. Too many parents fail to fulfill their responsibility to chaperone their kids’ parties. They have no-idea how drug-and alcohol-infested their teens’ world is.” said Joseph A. Califano, Jr., CASA’s chairman and president.

Parental Blinders:

80 percent of parents believe that neither alcohol nor marijuana is usually available at parties their teens attend. BUT 50 percent of teen partygoers attend parties where alcohol, drugs or both are available.

98 percent of parents say they are normally present at the parties they allow their teens to have at home. BUT a third of teens partygoers report that parents are rarely or never present at the parties they attend.

99 percent of parents say they would not be willing to serve alcohol at their teen’s party. BUT 28 percent of teen partygoers have been at parties at a home where parents were present and teens were drinking alcohol.

Only 12 percent of parents see drugs as their teen’s greatest concern. BUT twice as many teens, 27 percent say drugs are their greatest concern

CASA’s survey also reveals that teens who say parents are not present at the parties they attend are 16 times likelier to say alcohol is available, 15 times likelier to say illegal and prescription drugs are available and 29 times likelier to say marijuana is available.

The transition from age 13 to 14 is a particularly risky time for American teens.

At the age of 14 teens are:

Four times likelier to be offered prescription drugs

Three times likelier to be offered Ecstasy

Three times likelier to be offered marijuana and

Two times likelier to offered cocaine

The CASA survey also reveals that, compared to 13-year olds, 14-year olds are almost three times likelier to attend parties where parents are present and teens drink alcohol, two times likelier to attend parties where parents are present and teens smoke pot, and four times likelier to attend parties where parents are present and teens use other drugs.

Other striking findings:

Ten million 12 to 17 year olds say they can buy marijuana within a day, and 5 million can buy marijuana within an hour or less

Parental separation and divorce are associated with higher teen substance abuse risk

Most high school students (51 percent) and one in five middle schools (20 percent) attend a school where drugs are used, sold or kept.