



RIVERTON DISTRICT #14

PARENT CORPS

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"COMMUNICATING WITH YOUR TEEN"

"My husband and I were both very impressed with the meeting. Joan was a terrific speaker. She presented her information in a way that parents could understand and relate to. "

"What a great topic = communicating!"

These are comments from parents that attended the meeting night that was held, Sept. 27th at the middle school. Joan Stephens, Sangamon County Department of Health was the speaker. She gave great information on ways to communicate with your teen, that was easy to implement in everyday life. Suggestions we may have heard before but she presented them in a positive way.

We hope to have her present on more informational topics in the near future.
Thank you to those who attended the meeting.

Congratulations

to Cassidy Cheek and Kerry Miller for winning the KICKS 66 cards during the Middle School Youth Corps membership drive. We had 140 children become new youth members and one new parent membership.

*Great job
parents and teens!!*

Red Ribbon Week-October 23-27, 2006

Both High School and Middle School celebrated Red Ribbon Week during school. They had theme dress up days, handed out candy and signed pledges to stay alcohol, tobacco and drug free. There were 36 high school students that signed up to be Youth Corps members in a one day pledge drive. They also had trivia questions read daily that gave more information on the dangers of drugs. The middle school students had a "brick" signing day, where the children signed a paper brick that was placed on the wall to "Build a brick wall against drugs". The week long activity signed up 310 students. We are thankful to all of the students that have made a decision to be alcohol, tobacco and drug free. Once they take this pledge, they feel more confident about making positive choices.

Parents, keep up the good work with communicating with your children about your expectations, the law and your family rules. The more they hear it from you, the more likely they are to avoid negative behaviors.

RESOURCE LIBRARIES



Check out the updated resource libraries found in both High School and Middle School offices and at the Village Library. If you would like other resources, please contact Deb Behrens @ 652-6169.

IDEA Conference Update

There were 14 high school students that attended this year's 24th Annual Prevention Conference in St. Charles, Illinois. This was a two day event where the students listened to speakers and attended workshops on leadership, positive choices, and alcohol, tobacco and drug prevention. The teens paid a portion of the conference fee and thanks to the generosity from the School District and the community, the other financial responsibilities were taken care of. The teens had a great time and came back excited and ready to talk about what they had learned. Again, a big thank you to Dr. Mulligan, Principal Bill Lamkey, Mr. Geiger, Mr. Jim Cribbett, Debbie Moore, Clearlake Township, Mr. Dennis Wieland, Village of Riverton and the Knights of Columbus for their support with helping our teens attend this conference. Next years conference is scheduled to be held in Springfield and we hope to take even more teens to attend this wonderful event.

WHAT KIDS ARE DOING!!

Kids will do most anything when they are bored or unaware of the consequences. Along with alcohol, tobacco and marijuana, the use of inhalants and over the counter medicines are other areas of concern with teens today. Teens use inhalants and over the counter medicines to get a "high". They use solvents like paint thinners, degreasers, gasoline, glue, art supplies that includes correction fluid and felt tip marker fluid to list a few. Gases that come from aerosols from butane lighters, propane tanks, even whipping cream aerosol cans, and spray paint cans. The use of inhalants can cause a slow down of the body functions, intoxicating effects, loss of consciousness, heart failure, and even death. Children may not know that sniffing any of these items is dangerous, talk to them about the consequences. Over the counter medicine is used in extreme doses. The teens use both liquid and pill form of over the counter cold medicines. They use more than four times the recommended doses which causes a "high". The side effects include impaired judgment and mental performance, loss of coordination, dizziness, nausea, dissociation, hallucinations, and even death. Talk with your kids about these dangers.

The tobacco industry says it doesn't want your kids to use tobacco.

But it spends \$41 million a day trying to get them to.
(It has to replace 1,200 smokers who die every day from tobacco-related diseases.)

DON'T BUY IT!

(And don't let your kids buy it either.)



**Join the Parent Corps®.
Tell the tobacco industry:
Hands off our kids!**

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Media plays a bigger role in our children's lives than we really know. I used to think that manufacturers and distributors made commercials about their products to make you remember their product by the humor in commercials. But the more you really dissect the materials in the commercial the more you see they are directing their sales to the younger group. For example, the Cool Camel was directed towards kids and being cool, not adults and their interests. Another example is the flavored cigarettes they sell. They have found that the tobacco in today's cigarettes has far more nicotine and is more addictive than the tobacco of years past.

Talk with your kids about the dangers that come with smoking, that even the first puff of a cigarette can be addicting. Give them the information to make the right choices.

The alcohol industry creates all different types of beverages. "Alco-pop" is another name for the fruity sweet flavored alcoholic drinks. Once again the beer industry tries to target the younger population by producing beverages and commercials that relate to the interest level of teens as well as adults. Adults know there are various types of alcohol and we don't always need to see them advertised on television to want to try them. I don't make a decision of what to eat or drink because of a commercial, I choose at the moment because of taste. Kids look at the "glamour" and "coolness" of the product based on the ads. They may want to experience the same euphoria they see experienced on television. While most kids will tell you that they don't do things just because it was on t.v., yet a specific ad may be in the back of their minds at the time of exposure, creating the desire to experience the product.

The alcohol industry says it doesn't want your kids to use alcohol.

But the industry exposes underage kids to 92 percent more ads for "alco-pops" and alcoholic lemonades than adults.

DON'T BUY IT!

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