



DONNA DANIELS  
PARENT LEADER  
MENASHA HIGH SCHOOL PARENT CORPS

# Menasha School District Parent Corps Newsletter

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## Preventing our Teens from Using Alcohol, Tobacco, and Drugs

Alcohol, tobacco, prescription drugs used for non-medical use and illicit drugs continue to be a threat to our teens everyday. Parents can reduce this threat by following eleven tips provided by the Anti-Drug. COM:

1. Set Rules: Teach your teens that alcohol and drugs are unacceptable and that these rules are meant to keep them safe.
2. Praise and Reward good behavior. Give consequences for wrong behavior.
3. Know where your teen is at all times.
4. Talk to your teen about their day, about alcohol and drugs.
5. Keep them busy, especially between 3:00 PM and 6:00 PM.
6. Check on your teenager frequently to ensure they are where they say they will be.
7. Establish a "Core Val-

ues Statement" for your family. Take time in a family meeting to develop a family mission and values statement.

8. Spend time together. A living room camp out with videos and snacks to break up the normal daily grind.
9. Take the time to learn the facts about drugs and underage drinking by contacting your Parent Leader, or visit <http://www.theantidrug.com>.
10. Get to know your teens friends.
11. Stay in touch with the adult supervisors.

Parents who follow these tips are a positive step in preventing teens from initiating in the use of alcohol, tobacco and drugs. However, teens periodically will make the choice to use drugs. Have you noticed the following changes in your teen:

- Change in friends
- Negative changes in school work, missing school, declining grades
- Increased secrecy about possessions and/or activities
- Change in clothing
- Increase in borrowing money

These symptoms are a few of the things you would see if your child is using alcohol or drugs. Other symptoms include use of mouthwash, breath mints, paraphernalia, use of inhalants, and missing prescription drugs.

If you notice these symptoms, talk to your child. Take your child in to his/her pediatrician for a drug test.

For more information, contact: Donna Daniels, Parent Leader at Menasha High School. (920) 830-9425, or [donna.daniels@parentcorps.org](mailto:donna.daniels@parentcorps.org).

## Drugs Impact Every Child Everyday

As parents, we do everything to protect our children from harmful things that threaten them. We take them to get their immunizations, we purchase protection for riding bicycles and participating in sports. Do we every think about the daily exposure to alcohol, tobacco and drugs as a

threat? Many parents are desensitized to the dangerous threats our kids see everyday. Do we notice the advertising at convenience stores? Do we see the peer pressures at school, at the mall, in our neighborhoods? Do we ask our children what

they see, and hear everyday? It because of these threats that our job as parents has become more challenging as our children approach the adolescent years. To learn about what our children see and hear everyday, come to the March 16, Parent Corps meeting in Room 137 at 6:30 PM.

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### UPCOMING PARENT CORPS

#### ACTIVITIES

-MARCH 16, 2006 PARENT CORPS MEETING

SPECIAL SPEAKER: BRAD DUNLAP

TOPIC: COCAINE AND MARIJUANA IN THE VALLEY

6:30 PM

ROOM 137

-APRIL 2006 PARENTS WHO HOST LOSE THE MOST AWARENESS CAMPAIGN LAUNCH

-APRIL 18, 2006 PARENT CORPS MEETING

SPECIAL SPEAKERS JEFF JORGENSEN AND NICK OLESZAK

TOPIC: EVERY 15 MINUTES

-MAY 2, 2006 PARENT/TEACH CONFERENCES IN THE FIELDHOUSE. VISIT THE PARENT CORPS TABLE FOR THE LATEST PARENT INFORMATION.

-SUMMER 2006: THOSE WHO ARE MEMBERS WILL RECEIVE EMAIL UPDATES. IF YOU ARE NOT A MEMBER, YOU CAN STILL BECOME ONE BY SIGNING THE PARENT CORPS PLEDGE AVAILABLE AT ALL MEETINGS AND CONFERENCES, OR YOU CAN GO TO:

[HTTP://WWW.PARENTCORPS.ORG/WI/DDANIELS/](http://www.parentcorps.org/wi/ddaniels/)

YOU CAN FIND OUT THE DETAILS TO ALL THE PARENT CORPS ACTIVITIES AT MENASHA HIGH BY VISITING OUR WEBSITE.

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Find out more about the  
Menasha High School  
Parent Corps . Go to:

[http://  
www.parentcorps.org/  
WI/ddaniels/](http://www.parentcorps.org/WI/ddaniels/)

## Who Do I Contact If I Know Someone is Using and/or Dealing Drugs Around My Children?

### Tips for parents:

- Know who your child's friends are and their parents names
- Ask details about their outings. Who are they going to be with, when will they arrive, when will they be home, phone numbers of the houses they will be visiting, and, what will they be doing?
- Ask you child what they did during the day. Even when they respond with "Nothing", keep asking.

If you suspect your child, or another child is using alcohol, tobacco, prescription drugs for non-medical reasons, or illicit drugs, please contact any of the following people:

### Menasha High School:

- Bob Brooks—(920) 967-1424
- Julie Holly—(920) 967-1816
- Officer Nick Oleszak—(920) 967-1812

**Menasha Police Department:** (920) 967-5141

**Lake Winnebago Area Metropolitan Enforcement Group:** 1-800-858-3874

## March is Inhalant Prevention Month



The term "inhalants" refers to more than a thousand household and commercial products that can be abused by inhaling them through one's mouth or nose for an intoxicating effect. (Office on National Drug Control Policy). Most people don't think of inhalants as a drug. In fact, inhalants is one of four gateway drugs our children and adolescents use.

Inhalants are widely available and are most often abused by preteens and teens. They can be sniffed by holding product next to mouth and nose, pouring liquid over a rag and holding over the mouth (huffing), or holding a bag containing the substance over the mouth and nose (bagging). All users, whether they are first time or have been using inhalants regularly, are at risk of Sudden Sniffing Death Syndrome.

Inhalants causes giddiness, emotional disinhibition, light-headedness, excitation, muscle weakness, slowed reflexes, temporary sensory and perceptual distortions, rapid and/or irregular heartbeat, depressed respiratory rate, nausea and vomiting, headaches and limb spasms. Signs of inhalant use includes skin irritation around the nose and mouth, sneezing and coughing, irritated eyes, nose and mouth, incoordination, and slurred speech.

Common hazards associated with inhalant use is abrupt death from reduced oxygen content in the blood. Sudden Sniffing Death Syndrome can occur with first time users. Brain damage is possible from long-term exposure to inhalants and is characterized by tremors, poor coordination, speech problems, and difficulty walking. Chronic use can damage the lungs, liver and kidneys. Most solvents and aerosols contain additives that are at least as toxic as the psychoactive chemicals in inhalants. Some users experience mood swings, emotional instability and severe depression when intoxicated. Using inhalants during pregnancy can harm the unborn child. And, it is dangerous to drive or operate machinery after using inhalants. They can interfere with vision, concentration, the perception of time/distance and slow reflexes as well as incoordination.

For more information on Inhalants visit: <http://www.inhalants.org> or email: [nipc@io.com](mailto:nipc@io.com). Doctor Harvey Weiss can be reached at 1-800-269-4237.