



Presents

Newsletter Packets for Middle and High Schools

How Parents Support The Good Decisions Children Make Every Day

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About Coalition for Placer Youth (CPY)

CPY was established in June 2008 as a grass roots response to the increasing youth substance abuse trends. The purpose of CPY is to promote the norms for safe and healthy communities throughout Placer County.

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Parent Factor

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Custodial Networking

By Joanna Jullien

Over ten years ago one of the peers of my oldest child showed up at our home with an open can of beer and he had been drinking. He had found a small supply of beer stored in his parents' garage. We took the beer from him and dumped it down the drain. Then my husband and I told him that we would not call his parents, but we would walk him home so he could tell his parents about what happened – and we advised him that we would not leave his house until he did. Our aim was not to punish him; we wanted to help him start the conversation, and assure his parents that we would appreciate the same courtesy were it our own child caught drinking alcohol in their presence. The parents were very appreciative and there was no lingering anxiety about the incident. The right people said the correct things to one another, our children learned a lesson, and we all moved on.

I share this anecdote because this is a type of "custodial networking" among parents is increasingly important with the social norms our children encounter today – and yet it is not widely practiced. When done correctly, sharing information about what is going on with our children can create a safety net desperately needed because they are by design subject to poor choices (their frontal lobe in the brain responsible for good judgment is not yet fully developed). And yet we often explain poor choices, turn our heads, and/or keep secrets for fear that our own child will feel the retribution at school for having a parent that speaks the truth about what is going on once a risky choice has been revealed.

And we are seriously convinced that our own children could never be implicated or involved in any way. Sergeant John Weaver oversees the deputies assigned to juvenile justice services with the Placer County Sheriff. "I often encounter the 'not my kid' syndrome wherein parents vehemently refuse to accept that their children have been involved in risky conduct", said Weaver about one of the challenges of his job. The wise old adage "never say never" is appropriate because so much of what happens with our youth is out of our control especially as they enter into

The social norms have shifted as depicted in Figure A



their teen years.

The first decade, we have a chance to set their "moral compass" – the do's and don'ts of what is right and what is wrong. Then during adolescence teens need parents to inspect what we expect and hold them accountable for their choices. And it is not enough to simply rely upon the mutual trust between you and your child because the social norms that existed when we were children, that our parents relied upon when they were actively parenting – have disappeared. Below are some examples:

Then (A generation ago)	Now (Popular Culture aided by Internet/Mobile Phones)
Underage drinking not ok	It's ok to drink if you don't drive – binge on
Marijuana – not ok	Marijuana is harmless— heck, doctors prescribe it
Pre-marital sex – discouraged	It's ok to have sex just don't get pregnant
Honesty = best policy	Lying is ok—just don't get caught
Delayed gratification rewarded	Instant gratification is an entitlement
Prescription Pills = caution	Prescription pills are harmless and easy to access

Figure A

In other words, there was a time when limits and expectations for discipline were commonly respected. Today our common culture no longer integrates those limits to support good-decision making. So custodial networking is even more imperative to reinforce the good choices our children make. To access a worksheet on custodial networking see www.bananamoments.com.





Your Child, Drugs and Alcohol: Inspect What You Expect.

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Recent surveys and anecdotal information confirms without a doubt that our children are exposed to drugs and alcohol every day on and off campus. Alcohol is easy to access and the drugs are more potent and addicting than ever. So how can you be sure your child is drug and alcohol free?

If you do not have reason to believe that your child is using alcohol or drugs, then it is still important to inspect what you expect. Be alert for the warning signs:

- Negative changes in schoolwork; missing or declining grades
- Use of incense, room deodorant or perfume, which can mask smoke or chemical odors
- Subtle changes in conversations with friends, e. g., more secretive, using “coded” language
- New friends
- Change in clothing choices – new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia, such as pipes, rolling papers
- Evidence of inhaling products and accessories, such as hairspray, nail polish, correction fluid, paper bags and rags, common household products
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs – especially narcotics and mood stabilizers

(Source: “Suspect Your Teen Is Using Drugs or Drinking? A brief Guide to Action for Parents” produced by American Academy of Pediatrics and National PTA.)

Parents. The Anti-Drug: What Does This Mean to Me?

Below are some suggestions for ways to help ensure that your child chooses not to use drugs and alcohol:

- Have conversations with your child about the dangers of using drugs and alcohol and the consequences if they do; what you have to say about drugs and alcohol matters to your child
- Keep track of their income sources and spending habits
- Regular family dinners – or another family time weekly (such as board games, etc.)
- Stay involved in their life by supporting their interests and endeavors
- Talk with host parents where kids are socializing
- Know the warning signs of drug and alcohol use
- Know your inventory levels of liquor and check it for any unexplained losses

You Suspect or Know Your Child is Using Drugs or Alcohol, Now What?

If you think you have uncovered a problem, seek help from family doctors or pediatricians and licensed professionals. Some resources for parents include:

- Campus Officer to provide confidential tips on drug or alcohol suppliers, or parties where drugs and alcohol are provided to minors
- **Full Circle Treatment Center** <http://www.fullcircletreatmentcenter.com> 730 Sunrise Ave # 250, Roseville, CA 95661-4556 (916) 787-4357
- **Recovery Happens** Outpatient treatment for adolescents and young adults for substance abuse. 7996 Old Winding Way, Suite #300, Fair Oaks, California 95628 916-276-0626 <http://www.recoveryhappens.com>
- **People Reaching Out** <http://www.peoplereachingout.org> - – counseling and mentoring services for children and parents in crisis (916) 576-3300



Prevention of Underage Drinking: How Limousine Services Help

By Joanna Jullien



Our culture today places great emphasis on zero tolerance for drinking and driving, and adopts widely the rationale that “if we don’t drive, it’s safe to drink”. Many children have been allowed to think that “alcohol is harmless if I am not driving”. This ethos and the fact that alcohol is easy to access puts all our children at risk because the perils of underage drinking are largely ignored. In March 2007, the U.S. Surgeon General’s office issued a call to action for public and private sectors of our nation to help prevent underage drinking. “Too many Americans consider underage drinking a rite of passage to adulthood,” said Dr. Moritsugu. According to Moritsugu, we have over 11 million underage drinkers, and statistics reveal that kids are starting at earlier ages. Kids under 15 who start drinking alcohol are five times more likely to have alcohol problems later in life. Over seven million are considered binge drinkers, and over two million kids are classified as heavy drinkers. (Source: <http://www.surgeongeneral.gov/topics/underagedrinking>).

Prom Season is one of the times our children are at greatest risk of consuming alcohol as “the thing to do”. Reputable limousine service providers can be a parent’s final line of defense. Limousine services across the country have adopted policies for underage drinking. Their experiences with kids who attempt to smuggle alcohol in hand bags or backpacks, stash it at various destinations along the way, have people meet them at destinations with a supply, or who become drunk after being dropped at a location reveal that there is a need to establish and maintain ground rules for a substance free evening. When done correctly the kids will have a great time and stay safe.

Parents and kids often assume that when they hire a car service they are getting a safe and professional service. This is not always the case. According to Doug Dean, owner of *Top Notch Limousine and Executive Services LLS*, in Sacramento California (www.topnotchexecutive.com), it is important that parents know that the car service hired for their children to go to prom or another formal event are compliant with state regulations and have a zero tolerance policy for underage drinking, and their drivers are trained and rewarded to enforce the zero tolerance policy. “There is a big trust with transporting the kids”, says Chris Christian of *Send My Limo* in Dallas, Texas (www.sendmylimo.com). “I am on the phone ‘til every vehicle is in safe each night.” Christian has been in the business for 12 years and runs 20-30 proms during the season. He trains his drivers to sweep the vehicle at every stop. Adults may bring alcoholic beverage in their cars, but if there is anyone under the age of 21 then it is simply not allowed.



See next *Banana Moments* edition Winter 2008: “*The Perils of Underage Drinking: What Every Parent Needs to Know*”
Photo Courtesy of www.calimo.com

John Riga, owner of *California Limousine Sacramento, California* (www.calimos.com/prom), has had to terminate trips only a few times for underage drinking over the 27 years he has been in the executive and luxury transportation business; he and his drivers work hard to ensure that the problem with alcohol and minors does not ruin the evening for the kids. Each prom season they do 200+ trips. All the passengers and their parents sign an agreement to be drug, alcohol and weapons free and they still have to exercise controls for substance or other contraband and give a warning to terminate the trip. One of Riga’s most dramatic experiences with minors and alcohol was in downtown Sacramento when the kids returned to the car from the prom dance completely smashed. One of the girls was so incapable of functioning she was dragged into the car by her friends, and then fondled and kissed by four of the boys taking turns holding her for each other in the back of the car. “She was a petite girl”, said Riga, “I worried she might have alcohol poisoning because she was clearly not responsive to anyone or anything. And she was incapable of consenting to or fending off what was happening to her in the car.” Witnessing this, Riga terminated the trip. He called the parents to come and pick up their children at the prom location. While this type of scenario is not common when limousine services enforce the rules as California Limousine does, Riga cautions parents who believe that drinking underage is harmless. Children can end up dead from alcohol poisoning or engage more in risky and depraved behavior. Riga points to the fact that the State of California adopted strict regulations for limousine service providers after two alcohol related deaths of students during one prom season in Southern CA. “This is not a California concern”, says Riga., “This is a national concern”.

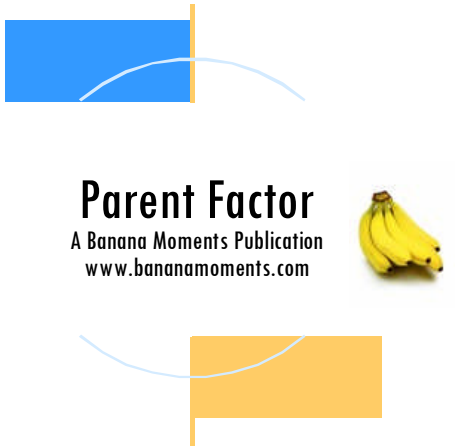
Issues with kids and drinking on prom night are for the most part not a problem when the rules are clear and there is a contract that the kids and parents sign. The evening is usually a great experience for the students. John Chumbulich of *PrimeTime Limousine* in Cleveland, Ohio (www.primetimelimold.com) says most of the time the kids are polite, kind and compliant and they have a very memorable and special evening.



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Parent Factor

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Why Stay Sober on Prom Night? So You Can Remember It... So You Will Always Want to Remember It...

Based upon the recent surveys of a local high school campus, there is no doubt that students have easy access to alcohol and regular parties with alcohol are a part of their culture. The chances that your son or daughter attending a formal this spring will be offered and/or consume alcohol are very great. Presume it will happen. So what does this mean?

Alcohol Related Risks for All Students Attending Prom

- Unprotected sex and sexually transmitted diseases and pregnancy (would not do so if sober)
- Sexual assault
- Damage to the brain including memory impairment and harm to the development of the brain
- Alcohol poisoning leading to coma and possibly death
- Bodily Injury Due to Violence and/Or Loss of Motor Control
- Suspension from school and/or sports
- Risk of death or injury resulting from auto crash (DUI)
- Loss of self-respect and esteem by regretful events and actions fueled by alcohol

An important distinction between “when we were that age”, and our children today is that increasingly we are seeing students drinking to excess – some as a way to self-medicate or escape, and they are starting at younger ages (cite sources). So it will be very important to establish firm ground rules and circumstances for your students prior to the event.

(Source: “Suspect Your Teen Is Using Drugs or Drinking? A brief Guide to Action for Parents” produced by American Academy of Pediatrics and National PTA.)

Prom Night: Respect Yourself and Your Friends

1. Casual sex, drugs and alcohol are portrayed in the movies as normal. Stress to your students that, *they are valued*; and that this formal is happening so they can have a special, memorable evening as opposed to taking senseless risks with serious consequences including disease, broken hearts and relationships, violence, suspension from school, jail and death.
2. A good limousine service will pride itself in enforcing a “no substances” rule throughout the entire evening, and will operate with the expectation that they are responsible for keeping minors safe until returned home. Be sure to hire a limo service that has an agreement for students and parents to sign with rules prohibiting alcohol and drugs and who is committed to enforcing it (i.e. terminating the evening early).
3. Be sure to establish with your teen, ahead of time that there will be an approved itinerary (when you are at dinner, at the dance, etc.) and that after-prom activities are approved in advance with contact information for the supervising adult. Establish when they will check in with you throughout the evening, and what time you expect to see them home.

For more information about safe and fun after-prom parties, check out: <http://www.after-prom.org>



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4/21—Test Your Teen Day

Parents, April 20 is upon us – and upon our teens! Are you aware? Are you prepared?

Some parents will immediately recognize the number “420” (pronounced “four-twenty”) as drug culture code for “April 20,” the annual pot-smokers’ “holiday.” This self-proclaimed “holiday” has become an underground tradition within the drug culture, and has developed quite a following over the years. There are numerous stories purporting to explain the origin of this dubious holiday. One, for example, says that “420” goes back to the 1960s when a group of California teens developed a habit of getting together every day to smoke pot, shortly after school at “4:20” P.M. “4:20” then became code for “smoking pot” and evolved into an annual “holiday.”

But whatever, the true origin, April 20th is a time when parents ought to be especially vigilant in monitoring children and looking out for any signs of potential drug use.

420 Awareness Tips . . .

- 1) Listen for slang and lookout for paraphernalia. If you hear your teens using the number “420” is any form of conversation or communication – beware! Listen up for other pot related terms like, **bud(s), herb(s), blunt, bake, and ganja**. Likewise, keep a close eye out for pot related paraphernalia, like makeshift bong (perhaps made out of a water bottle), makeshift pipes (perhaps made out of common plumbing hardware), as well as rolling papers, butane lighters, and eye drops.
- 2) Know where your teen is and who they’re with. Does your teen have any special plans for April 20? If they will be out of the house, will they be at a supervised location? Teens often try to get together with friends to “celebrate” the “holiday.” Also, beware of teens sneaking out of the house in the middle of the night to go “celebrate” with friends.



- 3) Pay attention to your teen’s appearance and behavior. Bloodshot eyes and the distinctive odor are the most conspicuous telltales. Likewise, watch out for eye drops (used to cover up the bloodshot eyes) and deodorant (used to cover up the odor). Beware if your teen seems to be acting secretive, and watch for changes in behavior, such as sleeping more than usual (which might indicate a hangover and/or sneaking out in the middle of the night).

Declare “4/21” to be, “Test Your Teen! Day”

Why not take advantage of this dubious “holiday” to raise our awareness and to take constructive precautions to protect our teens? Hopefully, we’ve all already had clear and consistent discussions with our teens about the dangers of drug and alcohol use. Still, it wouldn’t hurt to take this occasion to remind them once again.

Home Use Drug Tests

There are two basic types of home use drug tests, which are, urine tests and hair tests. Urine drug tests are easy to use at home and are available at any local drug store. They range in cost from about \$15 for a marijuana only test, up to \$40-60 for multiple drug test arrays. Home drug tests can also be purchased on-line, often at better rates. With urine tests, be aware that drugs are eliminated from the body at varying rates, but for most, the test must be done within 1-3 days of drug use. Your best bet is to purchase a test in advance and have it available as the need arises.

On-Line Drug Test Kit Sources:
www.kleenteen.com
www.collectionplus.net



Teens caution parents: do not assume. Don't jump to conclusions that if your child is a good student she will not use drugs or if your son has a friend who is abusing that he is using too.

In response to public demand, the Coalition for Placer Youth (CPY) was formed in June 2008 to address increasing trends of drug and alcohol abuse among the youth in Placer County, CA communities. CPY primarily, but not exclusively, addresses the communities Lincoln, Roseville, Rocklin, Loomis, Granite Bay and Auburn. Based upon local research and input from the communities involved town hall forums and law enforcement, the coalition is focusing on

1) underage alcohol abuse and 2) pharmaceuticals, both prescription (Rx) and over the counter (OTC). CPY wants citizens to know that of these two areas, the abuse of pharmaceutical is especially alarming because most adults do not think about Rx and OTC when they think of drug abuse. This creates a situation that is even more dangerous for youth because the adults are often completely unaware of even the possibility.

When we think of drug abuse, most parents think of “street” drugs such as methamphetamine or heroin. However, recent trends show that children who are abusing drugs are doing so with other people’s prescriptions. There is an *abundant supply in plain sight*: on kitchen counter tops, medicine cabinets with the toothpaste, in Mom’s purse, or in the master bedroom nightstand. We don’t realize the dangers of prescription drugs unsecured in our homes, at a friend’s home, or at grandma’s house. The Placer County Sheriff indicates a sharp increase in narcotics arrests (pharmaceuticals, schedule II/IV, Oxycontin and Vicodin.) In 2005 18% of the juvenile felony arrests were for narcotics, in 2006 21%, and 2007 64%.

A key part of CPY’s charter is to raise parent awareness of the types of choices our children face with peer pressure every day, and to encourage the adults in the lives of our children to reinforce the norms for what is legal and safe. Most of our children are making good choices. Let’s support them. By connecting with the parents of your child’s friends, your relatives, their teachers and school administration about the importance of keeping

the Rx drugs under lock and key, you are reinforcing expectations that your child and his or her peers will follow the law – because the lives and futures of our children are at stake.

For more information about Rx abuse prevention go to: http://www.theantidrug.com/drug_info/prescription_dangers.asp#foo

For more information about CPY, contact: Joanna Jullien, jullien@surewest.net

In October, the Rocklin Police Department and the Coalition for Placer Youth (CPY), sponsored a community forum on prescription drug abuse. The event, *“What Teens think parents need to know about drugs and alcohol”*, featured five teenagers who shared their experiences. Below are some of the salient findings:

- ◆ **Do not assume.** Do not be fooled by “good kids”. The popular accomplished kids are at risk—good students, athletes, kids active in school affairs are susceptible. Most students will have a friend or more who has used or abused drugs and alcohol. Do not assume that your child is using because he knows someone who is.
- ◆ Talk to your teen; don’t lecture them. They need to know you will not freak out if they are exposed to drugs and alcohol and that you care.
- ◆ Escape triggers for drug and alcohol abuse:
 - ◆ Crisis in the family
 - ◆ Trying to fit in
 - ◆ Pressure to succeed—to be the best at everything

Teens advise parents: don’t lecture—relate to your teen so they will want to talk about what’s going on in their lives



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Teens Google how to beat drug tests

By Joanna Jullien December 2009



Effective cyber parents must anticipate how children can use the Internet to outsmart consequences of risky choices. For example, some teens that have abused and/or become addicted to prescription drugs will tell you that they learned about which pills to take via the Internet. This practice is also known as a self-medication for various symptoms including depression, insomnia and anxiety.

Another way that youth outsmart disciplinary oversight is by googling “how to beat a drug test” where they access advice and a host of “detox” products. Below are some of the websites advising people who seek to beat drug testing:

- http://www.squidoo.com/ways_to_pass_a_marijuana_test
- <http://www.ureasample.com/> - mail order for clean urine samples
- <http://www.drug-testing-solutions.net/>

The more parents familiarize themselves with the information and advice to which our children have access, the better we can anticipate how to defeat attempts to elude detection and intervention.

Parent Factor: Why conduct random drug tests?

In Placer County a grassroots group, Coalition for Placer Youth (CPY), mobilized in June 2008 to address increasing trends for children to

abuse drugs and alcohol at earlier ages and the Internet facilitates an accelerated trend. In particular, abuse of prescription drugs, which are easily obtained from homes, has become epidemic in the county.

Cyber safety tips to help parents establish a balance of “trust and verify” for mitigation of risky choices during adolescent years:

1. Consider random drug tests. Study tricks to beat drug tests listed in the drug test packages, and by googling “how to beat drug tests”.
2. Check your child’s Internet history regularly and review text messages on the mobile phone you provide.
3. Inspect packages that arrive in the mail. It’s easy to purchase drugs and other products that will enable drug abuse.
4. Inspect your child’s bank account statements, and if you have allowed use of a credit card, inspect the charges.
5. Lock up or legally dispose of prescription drugs in your home.

For more information about Coalition for Placer Youth, contact Kathie Sinor at ksinor@rjuhsd.us.

Related articles:

Google *Sacramento Cyber Safety Examiner* for Joanna’s column, and go to <http://www.bananamoments.com/blog> more about youth trends and parenting.

