

# PARENT RESOURCE CENTER BULLETIN

March—April 2008

## WHERE DO TEENS GET Rx DRUGS?

Teens say they are readily available -- in their own homes, from friends or relatives, and online pharmacies.

## SUBSTANCE ABUSE IS A DISEASE: EVIDENCE UNVEILED AT WFUHS

The January 30<sup>th</sup> meeting of the NC Parent Network was hosted by the Wake Forest University School of Medicine's Department of Physiology and Pharmacology. Approximately thirty Parent Network partners were on hand for the presentation, "Addiction is a Disease."

Presenters were departmental faculty Dr. Allyn Howlett, Dr. Linda Porrino, and Dr. Anthony Liguori. Howlett, whose research investigates the cannabinoid receptors in the brain, the targets for the active compounds in marijuana, presented on "The Biology of Marihu-

ana: Practical Implications for Contemporary Issues". Dr. Porrino, whose research focuses on visualizing the effects of chronic drug use in the brain, presented on "This is Your Brain on Drugs: Visualizing the Effects of Marijuana", and Dr. Liguori's, who studies the acute effects of psychoactive compounds on mood, attention, memory, simulated driv-

ing, and psychomotor task performance, presented on the difficulty in quitting marijuana use. All three presentations were very informative and generated lively discussion.

The NC Parent Network is grateful to the Department of Physiology and Pharmacology at Wake Forest University for sharing its time and expertise with those who are working diligently to prevent illicit drug use by children and youth.



Caption: From left—Allyn Howlett, Ph.D, Anthony Liguori, Ph.D, Linda Porrino, Ph.D

**IF YOUR CHILD IS GOING AWAY DURING SPRING BREAK...be sure there is adequate responsible adult supervision. Go yourself if you aren't satisfied. High-school students are too young to handle the total lack of rules and party atmosphere that prevails by themselves. Give them an excuse for adhering to family values by being there!**

## Mark your CALENDAR



**NC Parent Network Meeting**  
Wednesday, March 26, 2008  
10:30 AM-1:00 PM

Host: NC National Guard, Charlotte  
Presenter: Kim Shropshire, NCDPI  
Topic: School Dropout Prevention—What's YOUR Role?

## 4th Annual NC Parent Network Conference

*Making Prevention a Priority:  
Get Involved-Get Results!*

**April 22-23, 2008**  
First United Methodist  
Church of Elon, NC  
[www.ncparentresourcecenter.org](http://www.ncparentresourcecenter.org)

**REGISTER NOW!  
SPACE IS LIMITED!**

## TWO MINUTE CHALLENGE FOR PARENTS

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|---|---|---|
| <p>1. <b>By graduation time, what percent of seniors will have experimented with illegal drugs?</b></p> <p>A) over 25%<br/>B) over 50%<br/>C) over 75%<br/>D) almost 100%</p> <p>2. <b>Cigarette smoking among teens has declined significantly over the past five years.</b></p> <p>True or False?</p> <p>3. <b>Illegal drug trial by teens has declined</b></p> | <p>significantly over the past five years.</p> <p>True or False?</p> <p>4. <b>The most popular drug of choice among high school seniors is?</b></p> <p>A) Alcohol<br/>B) Marijuana<br/>C) Cigarettes<br/>D) Inhalants</p> <p>5. <b>Because sniffing powdered heroin doesn't require needles, it isn't very risky.</b></p> <p>True or False?</p> | <p>6. <b>Most kids get their drugs from:</b></p> <p>A) Friend<br/>B) Family Member<br/>C) Dealer<br/>D) Classmate</p> <p>7. <b>The leading source of information about the risks of drugs for a teen comes from?</b></p> <p>A) Media<br/>B) School<br/>C) Internet<br/>D) Parents</p> |
|---|---|---|

- ANSWERS:
- 1. Over 50%
  - 2. True
  - 3. True
  - 4. Alcohol
  - 5. False
  - 6. Friend
  - 7. School



## TIPS FOR PARENTS

### Help strengthen ties with grandparents.

Encourage a strong relationship between your children and their grandparents. Whenever possible, plan for them to spend time together playing games, telling stories, spending the night. Grandparents have a unique bond with your children and can help you reach your goal of raising healthy, happy children.

### Get grandparents involved.

Encourage your parents to exert their incredible influence in preventing drug use with their grandchildren. One of the major reasons teens decide not to use drugs is the fear that their parents or other family members will lose respect for them. Teens do not

want to let down their families. Encourage grandparents to educate themselves about the dangers facing today's children and then state their position on drug use clearly and often.

### Reach out to a kid.

There may be a neighbor's child or the child of a good friend who just needs another adult ear. Think back to your own childhood and remember the significant adults you enjoyed being with - a favorite aunt, a friend of the family, a coach or a teacher. Now it's your turn to "pass it on". Be a mentor. Be a friend.

### Get involved in your kids' education.

Talk about what they are learning. Encourage them to

tackle difficult subjects a piece at a time. Share stories of the difficulties you went through in school to make them see that they are not the only ones who have ever had problems with their school work. Volunteer to help at school. Establish a reputation of working collaboratively with the school to help your child succeed.

### Expect good behavior and be sure to acknowledge it.

Everyone likes to be recognized for doing a good job. The older your child gets, the longer they can go without being constantly praised for "doing their job". However, no one is too old for a hug and a whispered "Thanks for being a great kid!"

### Look for "teachable moments" to raise the issue of drugs.

Use television reports, anti-drug commercials, current event or school discussions about drugs to help you introduce the subject in a natural, unforced way.

### Monitor your child's use of the Internet.

It's a treasure trove of information but not all of it is good. Consider putting your family's computer in a common area so everyone can use it and so you can observe which sites your kids are visiting. A great kid-friendly site for information on marijuana is [www.ForReal.org](http://www.ForReal.org) -- suggest it to a kid you care about.

[www.drugfreenc.org](http://www.drugfreenc.org)

## Thanks for the Feedback...

**"Since your presentation, I have heard many positive comments about this eye-opening program. Small steps are how we all learn to walk, maybe this will turn into a giant leap for our children and community. Thank you again."**

*Jack Jones, President, Baptist Men*

*First Baptist Church of Wilson, NC*

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Prevention that works!

[www.familiesinaction.org](http://www.familiesinaction.org)

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