

PARENT RESOURCE CENTER BULLETIN

March—April 2009

“It is a surprise to many parents that they are the most powerful influence in a child’s life — greater than peers, celebrities, athletes and musicians!

Did you know that kids who consistently learn about the risks of drugs from their parents are 50% less likely to use drugs and alcohol than those who do not! Yet, only 30% of teens report learning a lot from their parents...

April is Alcohol Awareness Month!

Alcohol Awareness Month is intended to draw attention to problems related to alcohol abuse and to inform people about resources that can help. For many communities, the annual observance is a way to focus on underage drinking prevention. More than 2 billion dollars is spent on alcohol advertising every year. The majority of which focuses on the positive aspects of drinking—our nations largest youth drug problem. It is the leading contributor to violence, accidental death and injury, suicide and domestic abuse.

For more information, visit: www.stopalcoholabuse.gov or www.faceproject.org

Those anti-drug talks? Your teens are listening!!!

Data Reveal First Major Increase in Number of Teens Reporting “Learning a Lot” About Risks of Drug Use From Parents

February 24, 2009 – The Partnership for a Drug-Free America today announced the findings from the 2008 Partnership Attitude Tracking Study, (PATS) which revealed the first major increase in the number of teens who reported “learning a lot” about the risks of drugs from their parents. The study shows that 37 percent of teens reported learning a lot about the risks of drugs from their parents, a significant 16 percent increase from the previous year and the first major increase since the inception of the study. Research consistently shows that teens who learn a lot about the risks of drugs at home are up to 50 percent less likely to use, yet many parents have difficulty talking with their kids about drugs and alcohol.

“Parent-child communication about the risks of drugs and

alcohol is critically important, and research has shown a lack of parental awareness of adolescent substance use,” said Dr. Amelia Arria, a senior scientist at the Treatment Research Institute and a nationally recognized researcher on the identification of risk factors for adolescent and young adult drug involvement. “This study may indicate that parents and teens are finding some common language and that these important messages are getting through. We hope to see this trend continue to increase, as there’s still much work to be done.”

Despite the increase in parent-teen discussions, only 24 percent of teens report that their parents talked with them about the dangers of prescription (Rx) drug abuse or use of medications outside of a doctor’s supervision; just

18 percent of teens say their parents discuss the risks of abusing over-the-counter (OTC) cough medicine. “The strong declines in illegal use combined with the news that teens are learning a lot about drugs and alcohol at home underscores the power and influence of parents,” said Steve Pasierb, president and CEO of the Partnership. “Yet too many parents are missing opportunities to talk about the intentional abuse of prescription and OTC medications, which is the most pressing—and least understood—threat to our kids. This risky behavior is still not on parents’ radar, many of whom don’t realize that when abused or used without a prescription, these medications can be every bit as dangerous as illegal drugs.”

Mark your CALENDAR



March

11-13—EAP Conference
Concord, NC
www.eapa.com

April

Alcohol Awareness Month!

2nd

NC Parent Network Workshop:
WHERE DO I TURN?
www.ncparentnetwork.com

15-17

APNC Spring Conference
Asheville, NC

21-22

5th Annual NC Parent Network
Conference
“Collaborating for Change:
Better Tools, More Knowledge,
Greater Power”
Burlington, NC
www.ncparentresourcecenter.org

As a parent, the things you say and do have a tremendous influence on the decisions your child makes - especially when it comes to using drugs or alcohol. Research shows that kids who learn a lot about the risks of drugs from their parents are up to 50% less likely to use. By talking to your kids about drugs and alcohol, you can help them make better choices and live safer, healthier lives.

Starting the conversation with your kids and keeping communication open is never easy -- but it's also not as difficult as you may think. Whether you're having trouble finding the time or finding the right words, Time to Talk provides the support and resources you need when it's time to talk to your kids about drugs and alcohol.

www.timetotalk.org

DON'T MISS UPCOMING SHOWS ON CADCA TV!

CHANGING THE WORLD AROUND US: ENVIRONMENTAL STRATEGIES

March 26, 2009, 1-2pm EST

MANAGING THE ANTI-DRUG MESSAGE

May 28, 2009, 1-2pm EST

THE WAR WITHIN: HELPING RETURNING VETERANS

July 23, 2009, 1-2pm EST

www.cadca.org



Cheap Family Dates for Parents...and Grandparents too!

⇒ Camp Out at Home

Grab some marshmallows and sit around the fire pit or the grill for an evening of s'mores and spooky stories. When it's bedtime, head back in for some "tent-making," using card tables or large corrugated boxes as the frame for a bed-sheet tent. Throw in some sleeping bags, along with a few flashlights, and you have a do-it-yourself camp-out. If that goes well, you can take the little ones camping in the wilderness the next time.

⇒ Kick it, old school

With the popularity of Dancing With the Stars, why not plan a dance-off? Parents and Grandparents, fire up the

turntable and teach the kids the Bunny Hop or the Electric Slide. The kids can haul out their MP3 players and show you the newest version of the Cha Cha Slide. Great for fitness and an evening of laughs.

⇒ Plan a pasta night

Kids love to cook,! Assemble ingredients for a homemade marinara sauce. Along the way, you can teach them about different pasta shapes. (Follow with an ice cream sundae bar, and you may get an extra hug.) If you can stand the after-mess, you've avoided the price of eating out.

⇒ Clean up for cash

Invite the children to pick up

around the house, with the incentive of allowing them to keep all the loose change they find while vacuuming sofa cushions or under chairs.

⇒ Rediscover old movies and VHS films

If you're like many families, you probably have a treasure trove of home movies, old MGM musicals, or videotaped vintage cartoons that the grandkids may not have seen. They'll love watching videos of their own parents as kids, and you may also find them well entertained by Gene Kelly's choreography, or by an old Tom and Jerry episode.

⇒ Use your bird brains

Your neighborhood's a verita-

ble ornithological laboratory. And there are many ways to make birding a family event. For the younger ones, count as many birdies as you can on a walk around the block. For the older ones, bring along a journal to record various species.

⇒ Have them teach you

Learn about their video games while you wait for home-baked cookies to come out of the oven. Boys especially, will be all-too-happy to explain every aspect of the latest handheld gaming systems. Oftentimes, this is a key way for grandparents to connect with the younger, tech-savvy generation.

Families in Action
Prevention that works!

www.familiesinaction.org



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 **NC**
Parent Network

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