

UPDATES FROM SCIP

October 2005



RED RIBBON WEEK

October 23-31, 2005

Are you looking for activities to do during Red Ribbon Week? The website for Lincoln Council on Alcoholism and Drugs, www.lcad.org, has lots of ideas and a link to another Red Ribbon Week site.

For schools in Lincoln, visit the LCAD website to order your free red ribbons (first come, first served) and print off posters about the SKATE Parties scheduled for October 24th in Lincoln. Other schools may contact the prevention centers in their region.

The Child LEAST Vulnerable To Drug Use

The following characteristics profile a child who is least vulnerable to drug use.

- Strong family in which there is a clear policy on drug use and personal conduct.
- Child's parents know the parents of his or her friends.
- Parents stay in contact with each other to establish reasonable standards of behavior for the group.
- All parents take a very clear position against drug use and set a good example in their own use of alcohol and of pharmaceutical drugs.
- Child frequently has friends come to the house and the behavior of all youngsters is open and normal.
- Child is busy and productive, pursuing a number of interests...school, sports, clubs and hobbies.
- Child has a spiritual dimension or a religious conviction to his or her life.

(Source: Joint Action, Spring/Summer, 1996)

Bringing Up Teens

In the October issue of Good Housekeeping magazine, several books were listed for helping parents raising teens. They are as follows:

- **GROWING UP TOO FAST** by Sylvia Rimm, Ph.D. Kids now confront grown-up decisions by age nine or ten, says this leading child psychologist. What parents need to know.
- **TALKING TO TWEENS** by Elizabeth Hartley-Brewer. A how-to on raising kids eight to 12 years old. The relationship parents build now will affect how well they get along later, says the author.
- **WHY DO THEY ACT THAT WAY?** by David Walsh, Ph.D. Information on the changes in a teen's brain and how parents can deal with their child's erratic behavior.
- **YES, YOUR TEEN IS CRAZY!** by Michael Bradley, Ed.D. An inside look at the world of a teen with advice for communicating better with high schoolers.



"PHARMING PARTIES"

Time magazine reported this summer (July 24) that young people are attending so called "pharming parties" where prescribed Ritalin, OxyContin and other psychoactive prescription drugs are available for them to trade and mix pills with alcohol to get high. The use of narcotic painkillers and stimulants has skyrocketed. Youth will often steal these drugs from the medicine cabinets at home.

A seventeen-year-old in New Jersey recently reported, "If I have something good, like OxyContin, it might be worth two or three Xanax. We rejoice when someone has a medical thing, like, gets their wisdom teeth out or has back pain, because we know we'll get pills. Last year, I had gum surgery, and I thought, 'Well, at least I'll get painkillers'. My friend told me to save the painkillers for when I'm drinking or getting high. I know a lot of people who live by pills.



They take a pill to wake them up, another pill to put them to sleep, one to make them hungry and another to stop the hunger.



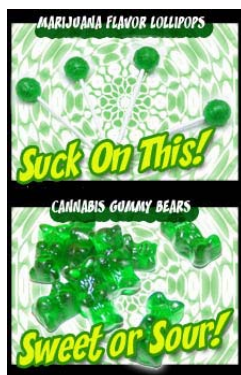
Pills can dictate your life...I've seen it."

Prescription drugs are often easier for kids to get than illicit drugs. Some trade on their own prescriptions (obtained legitimately or by faking symptoms). Others steal from family members or order drugs from online pharmacies. Often, the medicine is leftover and adults don't know that it is missing.

(Source: Join Together, 7-26-05)

Marijuana Candy Ban

Chicago lawmakers have approved a ban on marijuana-flavored candy, making it the first city to prohibit the sale and manufacture of the controversial confection. The rapper Snoop Dogg is said to be endorsing the product. The chairman of Chicago's finance committee says, "They advertised the product...the marijuana-flavored lollipop and gummydrop line...with claims that every lick is like taking a hit. Snoop Dogg wants all of our kids to buy this product."



(Source: Join Together, 7-1-05)

Screening Entertainment

There are two websites that help parents screen their children's entertainment for objectionable content, including the glamorization of drugs. The site, www.screenit.com/index.html, helps parents screen their children's movies.



Besides Screen It, there is now another site which is also helpful for parents. Common Sense Media, www.comonsensemedia.org not only reviews movies, but also reviews television shows, games, music, websites and books. Parents are provided with descriptions of the entertainment involved. The website also rates the age-appropriateness of content with ratings for sex, violence, language and message. The website notes it is "designed for people who are busy being parents or educators and need a resource they can turn to for guidance."

(Source: PRIDE Omaha, Inc., September/October 2005)

Online Pot

The Internet can yield hundreds of websites offering marijuana and related paraphernalia for sale. According to the International Narcotics Control Board, everything from bongs and seeds to growing instructions to marijuana itself can be obtained with more ease than in the conventional illicit street market.

Many parents don't realize how available the drug and related items are online. Even parents who do realize that marijuana is a serious problem still think that their teens are going to be exposed to marijuana from a shady character in the street, not on the computer.

Preventing drug sales on the Internet is very difficult. There are over 400 varieties of marijuana seeds for sale on the internet. The small size and lack of odor make the seeds hard to detect in the mail. Also, part of the problem is that sites selling marijuana and other drugs are often located in nations like the Netherlands, which have more liberal drug laws than the United States.

(Source: Join Together, 7-8-05)