



Southeast Regional Support Center

Smoking Starts in Summer Months, When School's Out

More teens start smoking during the summer months than any other season, according to new research. These findings suggest that programs aimed at stopping teens from starting the habit should not take place in schools, but the community needs to get involved to help keep kids from smoking.

In a study of 826 adolescents, average age 16, 47% of teens said they started smoking during May, June, July, or August, with the most popular months for starting the habit being May and June.

Teens tend to smoke more during the summer months than the school year, due to the fact being that the warm months are associated with more freedom, more spending money, feeling

bored and hanging out with friends. However, in this study, the students reported smoking the same number of cigarettes, on average 11 per day during all the seasons.

Although the study did not determine why students are more likely to start smoking for the first time during the summer, it makes sense that more freedom and free time provides opportunities to pick up the habit. During school hours kids are supervised from 8 to 3, while the summer months most of the time they are not supervised and are on their own.

Previous research has also found that teens who engage in more extracurricular activities are less likely than others to try drugs or drink alcohol, again

because they are supervised during those after school hours.

Along with getting the community to realize that teens may be more likely to start smoking during the summer months, summer programs such as overnight or day camps need to be made more available to students. Many of these programs and activities already exist, but often they are too expensive for many parents to afford. So making the programs accessible and affordable for kids is important to turn them away from alcohol and drugs.

Source: Alison McCook, Reuters Health

Inside this issue:

Drug-Prevention Strategies for Parents During the Summer Months	2
Alcohol and Tobacco Facts	3
Youth That Drink Often Display Other Serious Problems	3
Serious Problems Associated with Adolescent Drinking	3
Summer Camps	4
Our Mission	5
Did You Know?	5

School's Out, So Who Watches the Kids?

Unsupervised Hours-

During the school year, the difference between a child's six hour school day and a parent's eight hour work day, can add up to 20-25 hours a week, leaving many parents searching for safe, affordable, and enriching programs to fill after school hours.

Statistics estimate 8-

15 million children come home to empty house after school, and 44% of third graders spend at least some time unsupervised. Findings show that unsupervised hours can be dangerous because from 3-6pm, youth are more likely to commit crimes, be victims of crimes, or experiment with alcohol or drugs.

It is essential to find programs for kids during the summer months, because there is definitely a difference in kids who have been in a good program during the summer. It has been found that they retain more information, perform better in school, and stay out of trouble.

Source: Kristen Kreisher, Adoption.com

CHOICES

- ◆ *Let the choices you make today be choices you can live with tomorrow.*

-Unknown

- ◆ *Nothing is so potent as the silent influence of a good example.*

-Unknown

- ◆ *It is your choices that make you uniquely you.*

-Walter Anderson

Drug-Prevention Strategies for Parents During the Summer Months

The use of alcohol and other drugs by children is always of great concern to parents, but summer vacation brings added worry. Tobacco is often the first drug that children will use. In addition to the very serious health problems that result from tobacco smoking and chewing, use of this highly addictive drug also frequently serves as a stepping stone to other drug use. Once children disobey parents and break laws regarding the purchase and use of tobacco products, it is much easier to smoke marijuana and crack. And once the rules about tobacco are broken, the next step is often alcohol.

Studies have found that the average first use of alcohol occurs at 12 1/2 years of age. Generally, that drink is first taken at an unsupervised home, often during the summer. With these statistics in mind, parents clearly need to take steps for a summer that will be alcohol and drug free. Establishing a safe summertime environment depends on the availability of family and community resources; yet, certain principles are universal:

- At the beginning of the summer, parents and children must come to an agreement which places importance on giving structure to each day. Children who have not set plans for their waking hours are at risk for using alcohol and other drugs. By developing a summertime plan of action, the changes for trouble are minimized.
- Summer should certainly be a time for fun, but by incorporating work into the routine, children will learn to develop a sense of responsibility which will stay with them throughout their lives. If they are too young to be employed outside the home, or are unable to find summer employment, there are still opportunities for work, either at home or in the neighborhood. Pet and plant care for vacationing neighbors, lawn mowing and yard work, housecleaning for working parents, babysitting, errand-running - there are many chores children can undertake which will cut down on the amount of free time available to them, thereby eliminating the change that boredom and mischief will lead to alcohol or other drug use.
- It is critical that teenagers are occupied and supervised, with jobs, sports and other pursuits during the summer months. Volunteering their time for the benefit of others is another good way to burn up some of that adolescent energy. Also, activities that help protect the environment, such as recycling or road, park and stream cleanup provide visible results while establishing good lifetime habits. It is essential that they are kept busy!
- Parents should communicate with other parents to plan for a summer that is safe for all children. It is particularly important to avoid placing youngsters in unsupervised situations. Day camps, community or county recreational programs, swimming pool memberships, planned outings (hikes, amusement parks, museums, scheduled sports activities, etc.) are more easily attainable when parents share in the planning, transportation and supervision. Providing an action-packed summer, however, does not guarantee perfectly behaved children. Things can and will go wrong. The increasing independence and mobility of teens (many have access to automobiles or public transportation), often puts them in situations where alcohol and drugs are readily available. Parents must prepare their kids to say "no" when these situations occur. If necessary, they can help them make up excuses and volunteer to act as scapegoats so the adolescents can refuse drugs more acceptably.

Parents who are tuned into their children, who insist that open communication play a vital role in their relationship, are much better able to help their kids refuse drugs. Knowing what their children are thinking, where they're going, and who they'll be with are all important factors in preventing alcohol and drug use. When communication is good, the kids are less likely to get into trouble. Because they want to believe their children will never become involved with alcohol or other drugs, parents often fail to see the signs of use. They need to remember that they, the parents, are in charge, not the children. It's necessary to ask the tough questions when alcohol or drug use is suspected while keeping in mind that both denial and manipulation are typical behaviors of the user. Children and teens require privacy; it's part of growing up. Yet, parents who suspect their child is using drugs, should give themselves permission to check their rooms if they believe a search will provide them with needed information. The need for privacy must be weighed against the health and safety of the child, their lives are at stake. Summer vacation should be fun, for children and parents. And it can be by carefully planning supervised activities that keep children busy.

Source: American Council for Drug Education

Enjoy the summer!

Alcohol and Tobacco Facts

- Alcohol abuse frequently begins at age 11
- Alcohol related automobile accidents are the leading cause of death among teens
- More than 4 million teens use alcohol in any given month
- Young people, who begin drinking before age 15, are 4 times more likely to develop alcoholism than those who begin drinking at age 21
- It takes an adult anywhere from 5 to 15 years to become an alcoholic, but it only takes an adolescent 6 to 18 months.
- Cigarettes contain over 4,000 chemicals
- 43 of the 4,000 chemical compounds contained in cigarettes are known to cause cancer.
- 3,000 teenagers begin smoking everyday
- 85% of smokers begin smoking before age 18
- The biggest influence on cigarette use among students is having a friend who smokes. About 80% of adolescent smokers, report having at least one close friend who smokes.



Spend time as a family !
Supervision is a key to keeping kids away from alcohol and drugs.

Youth That Drink Often Display Other Serious Problems

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), a strong correlation exists between alcohol use by adolescents aged 12 to 17 and behavioral problems, especially aggressive, delinquent and criminal behaviors such as stealing, fighting or deliberately trying to hurt or kill themselves.

The study indicates that adolescents users, whether they are

Parents need to talk with their children and other teens repeatedly to let them know that it is not okay to drink alcohol. Chances are good that each day a young person delays the onset of first use, is a day they will delay possible behavioral problems and alcohol abuse.

heavy, binge or light drinkers are more likely to use illicit drugs than non-drinking young people.

Teens who are current heavy drinkers (five or more drinks per occasion on five or more days in the previous 30 days) are 16 times more likely to use illicit drugs than their non-drinking peers. Light drinkers (at least one, but fewer than five drinks on any occasion during the previous 30 days) are eight times more likely to use illicit drugs.

Source: Action News

Serious Problems Associated with Adolescent Drinking

- Heavy drinkers are 4 times more likely to commit theft outside the home, 3 times more likely to report deliberately trying to hurt or kill themselves and 3 times more likely to get into a physical fight than non-drinking adolescents.
- Heavy drinkers are 7.5 times more likely than non-drinkers to be arrested and charged with breaking the law.
- Heavy and binge-drinking adolescents are 5 times more likely to have driven under the influence in the past year and 4 times more likely to report that they had driven under the influence of drugs.
- The younger a child begins to drink, the more he or she will eventually develop a clinically defined alcohol disorder, according to the National Institute

on Alcohol Abuse and Alcoholism (NIAAA). More than 40% of young people begin drinking before age 15 were later classified with alcohol dependence compared with 24.5% who began drinking at age 17 and about 10% who began drinking at age 21.



Source: Action News

2004 Summer Camps

Southeast Missouri State University:

Football Camps

*Day Camps, Grades 9-12 (\$30.00)

June 7 (Caruthersville, Mo)

June 9 (Paducah, KY)

June 14 (Moberly, Mo)

June 21 (St. Louis, Mo)

June 24 (Sikeston, Mo)

*7-on-7 Camp (\$150 per 15 man team)

June 26, Cape Girardeau-Houck Stadium

Basketball Camps (Boys)

Individual Ages 10-18, June 7-10

Team I, JV and Varsity, June 21-23

Day, Grades 1-9, July 7-9

Team II, JV and Varsity, July 12-14

Team III, JV and Varsity, July 30-Aug. 1

Basketball Camps (Girls)

Skill Camp, Grades 3-12, June 3-7

Team Camp I, JV and Varsity, June 11-13

Team Camp II, JV and Varsity, July 10-12

Elite Camp, Grades 7-12, June 13-15

Gymnastics Camps (Boys & Girls)

Ages 6-18, July 11-15

Soccer Camps (Boys & Girls)

Ages 10-18, July 29-Aug. 1

Volleyball Camps (Girls)

All Skills, Grades 9-12, June 15-17

All Skills, Grades 6-8, June 18-20

Cheer and Dance/Drill Camps

* Cheer Camp (Special Elite Section),

All-Star Camp, Dance/Drill Camp

(NDA), June 16-19

* Cheer Camp (Special Elite Section),

July 20-23

* Cheer Camp (Special Elite Section),

July 24-27

* 3-Day Cheer Camp (Special Jr. High

Section), July 28-30

Horizon Youth Programs

Three 1-week Camps, Ages 9-14, June

7-11, June 14-18, June 21-25

Camp Capaha 2004

*A summer day camp, 8 a.m. -4 p.m. for children ages 6 to 12.

Session I, June 14-18

Session II, June 21-25

Session III, June 28-July 2

Session IV, July 5-9

Session V, July 12-16

Music Camps

Elementary & Junior Band, July 6-10

Junior & Senior Band, July 13-17

Junior & Senior Strings, July 13-17

Contact Information:

Athletics Camps: 573-651-2113

NCA/NDA: 800-527-4422

Southeast Cheer: 573-651-2509

Horizons: 573-986-6879

Music Camps: 573-651-2335

Summer Camps and Leagues in Cape Girardeau

Soccer

Challenger Camp:

The Challenger British Soccer Camp is June 28-July 2 at Jackson City Park soccer field #1. The camp includes 1 1/2-hour sessions for novice players and 3-hour sessions for recreational and competitive players. The staff also will offer a free coaching clinic for parents and coaches.

Contact: Karen Preusser, 833-6537 or www.challengersports.com

JHS Youth Camp:

The Jackson High School Youth Soccer Camp is open to all youths entering grades 1-8. Camp will be 6:30-8:30 p.m. each evening June

7-11 at the Jackson High School soccer fields. The fee is \$35.

Contact: Zack Walton, 243-1876

Track and Field

Hershey Meet:

June 12, 9 a.m. at Central Junior High School track.

Open to boys and girls ages 9-14, \$2.00 entry fee.

Six running events, two field events and one relay. Winners advance to June 25 state meet in Jefferson City, with transportation offered by the Cape Girardeau Parks and Recreation Department.

Contact: Chris Eastridge, 335-5421



Keeping kids activity throughout the summer, keeps them away from alcohol and drugs.

Tips for Parents: Laying Down the Rules

Parents are the first line of defense when it comes to your child's drug use or drinking. Nearly two-thirds of teenagers see great risk of upsetting their parents or losing the respect of family and friends if they smoke marijuana or use other drugs.

Here are some simple steps parents can take to keep track of your child's activities:

- **Set Rules.** Let your teen know that drug and alcohol use is unacceptable and that these rules are set to keep him or her safe. Set limits with clear consequences for breaking them.
- **Praise and Reward** good behavior for compliance and enforce consequences for non-compliance.
- **Know where your teen is and what he or she will be doing during unsupervised time.** Research shows that teens with unsupervised time are 3 times more likely to use marijuana or other drugs. Unsupervised teens are also more likely to engage in risky behaviors such as underage drinking, sexual activity, and cigarette smoking than other teens. This is particularly important after school in the evening hours, and also when school is out during the summer or holidays.
- **Talk To Your Teen.** While shopping or riding in the car, casually ask your child how things are going in school, about their friends, what their plans are for the weekend, and so forth.
- **Keep Them Busy (especially between 3 p.m. to 6 p.m.).** Engage your teen in after-school activities. Enroll your child in a supervised educational program or a sports league. Research shows that teens who are involved in constructive, adult-supervised activities are less likely to use drugs than other teens.
- **Check On Your Teenager.** Occasionally check in to see that your kids are where they say they are going to be and that they are spending time with whom they say they are with.
- **Establish a "core values statement" for your family.** Consider developing a family mission statement that reflects your family's core values. This might be discussed and created during a family meeting or over a weekend meal together. Talking about what they stand for is particularly important at a time when teens are pressured daily by external influences on issues like drugs, sex, violence, or vandalism. If there is no compass to guide your kids, the void will be filled by the strongest force.
- **Spend Time Together.** As a family regularly spend time together and be involved in your kid's lives. Create a bond with your child. This builds up credit with your child so that when you have to set limits or enforce consequences, it is less stressful.
- **Take Time to Learn the Facts About Marijuana and Underage Drinking.** Talk to your teen about the harmful health, social, learning, and mental effects on young users. Visit the drug information section at TheAntiDrug.com.
- **Get to Know Your Teen's Friends and Their Parents.** By inviting them over for dinner or talking with them at your teen's sports practice or other activities.
- **Stay in Touch with the Adult Supervisors.** Have camp counselors, coaches, employers, teacher inform you of any changes in your child. Warning signs of drug use include distance from family and existing friends, hanging out with a new circle of friends, lack of interest in personal appearance, or changes in eating or sleeping patterns.

Source: Parents. The Anti-Drug

2004 Statewide Prevention Conference: "Ignite Our Spirit Illuminate Our Communities"

When: August 5-8

Where: Millennium Hotel in St. Louis, Missouri

Who: Community-Based Prevention Providers, Youth-Led Prevention Groups in Middle/High Schools, Community 2000 Teams and other Coalitions, School Faculty/Administrators, Parents/Adult Community Leaders, Faith Community, and Law Enforcement

What: Statewide Prevention Conference, which will give participants new strategies, resources and networking opportunities which will help promote non-violent and drug-free lifestyles and build prevention partnerships in your schools and communities.

Registration Fees: \$200.00 before July 12th (postmarked after July 12th \$225.00)

Optional Activities (deadline for sign-up July 12th): Six Flags & Six Flag Meal Tickets, Cardinal Baseball, Mundy Opera, and Gateway Arch, River Boat Sightseeing and Dinner.

Questions: If you need registration brochures, simply call Karen Jones at NCADA at 314-962-3456 or 800-666-5124. You also can fax a request to 314-968-7394 or send your name and address with an e-mail message at kjones@ncada-stl.org.

SOUTHEAST REGIONAL SUPPORT
CENTER

Southeast Missouri State University
MS 7650 Parker Rm. 204/205
Cape Girardeau, MO 63701

Phone: 573-651-5153
Fax: 573-651-2856

Dr. Ed Leoni eleoni@semo.edu
Leah Shrum lshrum@semo.edu
Jim Maginel jmaginel@semo.edu
Lori Sarantakis lsaranta@hotmail.com

Feel free to look around our website. It is full of useful information, links, and other resources. If you have any questions, please contact us.

Please call Leah, Jim, or Lori at 573-651-5153 if you would like to add information about your team and/or community events to our newsletter.



Our Mission

The mission of Southeast Regional Support Center is to promote and facilitate the development of community prevention initiatives concerning the use and abuse of alcohol, tobacco and other drugs by serving as a catalyst for mobilization and change in the communities of Service Area 21.

We're on the Web!

www5.semo.edu/community2000

Did You Know?

- Kids say their parents are the single most important influence when it comes to drugs.
- The average Missouri child takes his/her first drink at the age of 12.
- 60% of smokers begin by age 14 and 90% by age 19.
- One-third of 4th graders and more than half of 6th graders say they have been pressured by friends to drink alcohol.
- Marijuana tends to be the first illegal drug teens use. Today's marijuana is more potent and its effects can be more intense.
- By the time they are high school seniors, more than 80% have used alcohol and approximately 64% have gotten drunk.

Young people begin to take risks and experiment as they transition from childhood to adulthood. Without support and guidance, some young people may engage in risky behaviors, placing them and others at risk.

- Youth use of club drugs, e.g. Ecstasy, GHB, Methamphetamine, Rohypnol, Ketamine, has risen largely due to the increasing popularity of all-night dance parties known as "raves."
- Alcohol-related traffic accidents are the second leading cause of teen deaths.
- Inhalants like paint thinner and butane can cause irreversible brain damage and can bring on disorientation, unconsciousness, and death even when used just once.
- 22% of youth under age 18 report drinking at least once a week.
- Between 1991 and 2001, the number of 8th graders who used marijuana doubled from 1 in 10 to 1 in 5.
- Drinking under the age of 21 is illegal in all 50 states, yet 10.4 million kids consume alcohol illegally starting on average at age 13.
- Underage drinkers are 22 times more likely to use marijuana and 50 times more likely to try cocaine than kids who do not drink.
- Underage drinking costs society more than \$58 billion annually.

Source: White House Office of National Drug Control Policy