

Southeast Regional Support Center

What is Your School's Policy on Alcohol?

Whatever your role is as an educator— teacher, principal, health educator, school nurse, coach, or guidance counselor— you can play an important role in preventing underage drinking. In the school setting, children draw conclusions about alcohol use from what they see and hear from their friends and classmates. Those who believe that alcohol use is the norm accepted by their peers are at greatest risk for experimenting with alcohol and becoming regular drinkers at an early age. When schools establish an alcohol policy that clearly states expectations and penalties regarding alcohol use by students, they help reinforce the fact that underage drinking is not an acceptable form of behavior. A good school alcohol policy states that:

- Alcohol and alcohol use are not allowed on school grounds, at school– sponsored activities, and while students are representing the school
- Describes the consequences for violating the policy
- Explains how to assess and refer students who use alcohol, and guarantees that self– referral will be treated confidentially and will not be punished
- Pays attention to due process issues in dealing with violators
- Is cautious about imposing suspension and expulsion for violators because students who are away from school, especially if unsupervised, have even more opportunity to drink alcohol.
- Offers students accurate information about the addiction and other detrimental effects of alcohol use

For examples of school alcohol policies, a guide to making an alcohol policy, and more information, you can go to alcoholfreechildren.org.

Alcoholfreechildren.org

As an educator, ask yourself these questions:

- Has your school or community assessed student drinking to determine the extent of the problem?
- Do you know what factors may be contributing to underage drinking in your school or community (easy access to alcohol, peer pressure, adults' failure to address the issue)?
- Do you know what prevention steps, if any, are being taken within your school system to help kids resist the pressure to drink?
- Is your school currently working to educate parents about underage alcohol use?
- Does your school have an active alcohol partnership with the families of its students?

Alcoholfreechildren.org

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Prosecuting Parents for Underage Drinking



Between graduation parties, end-of-school celebrations, and summer gatherings, your teen's calendar is likely to be full of festive events in the upcoming months. You and your teen might even be planning a party of your own. While you decide many of the party planning details, have you thought about what might happen if you allow alcohol and drugs at your event? Even if you do not buy alcohol for your teen's party, youth may still get it from your home or from a sibling or a friend who is over 21.

Some parents believe that it's safer for their teens to drink at home than to drink anywhere else. Other adults, including some parents, mistakenly think that underage drinking is a part of growing up. Under new social host liability laws, adults who serve or supply alcohol to persons under the age of 21 can be held liable if any of those underage persons are killed or injured. Adults can also be held responsible if teens who drink at their homes kill or injure another person. The laws vary from state to state, but parents who break these laws could be charged for medical bills and property damage, and could be sued for emotional pain and suffering. Parents may be held responsible even if they are not home when underage drinking occurs and if underage drinking takes place anywhere on their property. Social host liability laws often extend to parents who fail to take sufficient measures to prevent underage drinking in their homes. You might think twice about leaving your teen home alone during the weekend.

The good news is that more teens are enjoying alcohol- and drug- free parties. School systems, parents, community groups, and faith-based organizations often host events without alcohol that provide parent supervision, food, games, and prizes. These types of parties keep teens and parents safe.

A Family Guide to Keeping Youth Mentally Healthy & Drug Free

Summer Activities— Get Your Teen Involved

There are many opportunities for teens to take part in positive activities within the community. Keeping youth busy in positive activities leads to healthy lifestyles and giving them better things to do than using alcohol, tobacco, and illegal drugs. Here are some ideas:

- **Sports**– Encourage them to join a local sports team, go inline skating, or play a couple rounds of tennis with you. Check out your local parks and recreation department for information about current activities.
- **Spectator Events**– Take them to a baseball field, basketball court, or swim center to see their favorite team. Not only is it fun, but it also teaches your teen about good sportsmanship.
- **Mentoring Opportunities**– Mentoring is a great way to serve the community and make a difference in both the mentor's life and the younger child's life. Check out the National Mentoring Partnership for more information.
- **Volunteer Opportunities**– Encourage them to volunteer at a local community organization, such as a homeless shelter, humane society, hospital, nursing home, or childcare center. Through volunteering, teens learn responsibility while helping others. Check out Volunteer Match and Volunteers of America for more information.
- **Outdoor Activities**– Check out www.Recreation.Gov for some good ideas about activities for your teen.

A Family Guide to Keeping Youth Mentally Healthy & Drug Free

WITH SO MANY THINGS TO DO, NO WONDER MOST KIDS CHOOSE NOT TO DRINK.

be cool. stay cool. don't drink. www.thecoolspot.org

National KidsDay

National KidsDay is a day set aside each year to celebrate and honor America's children by spending meaningful time with them. It's about celebrating kids— whether your children, grandchildren, or any child in the need of mentoring. This special day is celebrated annually on the first Sunday of August. The inaugural National KidsDay took place on August 5, 2001. The celebration for this year is on August 7th. This day is very important because research shows that when adults spend meaningful time with kids, it helps them develop a positive self-image and a sense of belonging, usefulness and purpose.

Last year, there were over 1,000 National KidsDay celebrations and hundreds of thousands of people celebrated. Even 30 state governors proclaimed it as a national holiday. This effort is led by the Boys and Girls Clubs of America in partnership with Kids Peace, the National Center for Kids Overcoming Crisis. You can use National KidsDay as another platform to make your voice heard about the needs of America's children and the importance of spending meaningful time with them. To find out more information on National KidsDay, events in your area, or tips for creating a personal celebration, visit the website at www.kidsday.net.

The National KidsDay Pledge:

*We promise to spend
meaningful time together,
to talk,
to listen,
to learn and to play,
to share a moment,
create a memory &
make a kid's day!*

National Kids Day

Why Are You Drug Free?

There are many ways that a teenager can show people that they have made the decision to stay drug free. They can wear a ribbon or a T-Shirt, talk to friends and classmates, or simply just being strong by standing up and saying no to drugs, alcohol, and tobacco. But, now teens can tell the WHOLE WORLD about their decision to be drug-free by having access to the World Wide Web. Imdrugfree.com is a website designed for kids to tell the world why they are drug free. They can share their ideas and commitments on why they have chosen to be drug-free and have some fun while doing it. Teens can start to create their own Web pages to share personal messages with people all over the globe. The website offers links to learn how to write Web pages, creating graphics, finding a place to host the pages, and letting teens know some of the cool tools that will make all these jobs easier and more fun. Teens can send an e-mail to drugfree@imdrugfree.com to tell where they have created their own site. The web pages will then be linked to the imdrugfree.com website so others can learn more about them, and they can find out about people who share their own interests. Imdrugfree.com also offers basic drug facts, drug-free kid certificates, a discussion area, and more. Visit the website for more information.

imdrugfree.com

**It doesn't take much more than the basic facts to understand
that drugs really are just dumb.**

National Safety Month

National Safety Month is in the month of June and the theme for this year is “Safety: Where we Live, Work, and Play”. Each year more than 20 million Americans suffer disabling injuries. Another 100,000 die from their injuries. Nearly two-thirds of those who die are workers or their family members. Your organization can promote on and off-the-job safety and health to employees during National Safety and throughout the year. The theme for this year reflects the need for injury prevention awareness in the workplace, in our homes and communities, and on our roads and highways. National Safety Council data reveal:

- 54% of injury-related deaths occur in the home and community
- 45% of injury-related deaths happen to workers while off the job
- 61% of injury-related deaths are workers off the job or their family members

The national cost to businesses is more that \$200 billion in wages, productivity, medical expenses, insurance administration and costs for those uninsured. This year’s campaign provides organizations with the information and tools needed to increase awareness of injury prevention everyday, everywhere we go. There will be available a range of safety and health educational resources that can be provided to employees and their families in groups or delivered electronically to employees individually. The National Safety Council’s website offers information on how to organize activities for the month and where to get the information. Materials that are offered include daily tips, risk and tip sheets, e-mail newsletters during June, fact sheets, posters, ribbons, and more. You can visit www.nsc.org/nsm for more information.

National Safety Month



National Night Out

August 2, 2005 is America’s *Night Out* against crime! This unique crime/drug prevention event sponsored by The National Association of Town Watch is celebrating its 22nd annual National Night Out. Last year’s National Night Out campaign involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 10,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, over 34 million people participated in 2004. National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support for, and participation in, local anticrime programs
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back

If you would like to register an event in your community then the official National Night Out Registration form is available at the website at www.natw.org/nno. You can simply complete the online form and submit it. There is no cost to register or to participate.

National Night Out– Police-Community Partnerships

World No Tobacco Day— May 31

A spirit of worldwide cooperation is our best chance for stamping out tobacco-related death and disease and working towards a tobacco-free world. World No Tobacco Day is designed to help you, your friends and your loved ones take action against tobacco use on May 31, 2005. Currently, approximately 1.1 billion people around the world smoke. Of these smokers, around 3.5 million die every year as a result of tobacco-related illnesses. This equals 10,000 deaths per day. National and local efforts organized to mobilize public awareness, interest and action include:

- Media campaigns to draw attention to the scope of tobacco-related disease
- Quit and Win competitions to encourage group participation in smoking cessation
- Media stories focusing on individual tobacco users and the strategies that helped them succeed in stopping
- Lobbying of professional bodies representing health workers (doctors, nurses, dentists, pharmacists) to adopt smoking cessation as a major issue for healthcare professionals
- Lobbying government and other providers of health care to give a higher priority to smoking cessation services
- Forming alliances to increase public awareness and action on quitting smoking

If you are interested in learning more about how to plan activities in your community, please contact The Coalition for World No Tobacco Day at 1(212)601-8245.

World No Tobacco Day

Sign This Petition on Secondhand Smoke

Secondhand smoke is a serious health hazard that each year kills 50,000 nonsmoking Americans. The dangers of secondhand smoke are so severe, that the Centers for Disease Control and Prevention (CDC) recently issued a warning to people at risk for coronary heart disease to avoid exposure to secondhand smoke.

Hundreds of communities and six states have responded to the dangers of secondhand smoke by passing laws providing smoke free public places and workplaces. In these communities, the results have been effective in not only reducing exposure to secondhand smoke but in increasing the number of people who quit and discouraging kids from starting to smoke.

Yet most states and communities still have not passed laws protecting people from secondhand smoke where they work. All workers deserve to work in a smokefree environment. People should not have to risk their health in order to make a living.

To sign the petition and join the 12,000+ citizens that support smokefree communities go to <http://lungaction.org/campaign/cia>.

American Lung Association



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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.

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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 Stacey at 573-651-5153 if you would like to add information about your team and/or community events to our newsletter.

We're on the Web!
www5.semo.edu/community2000

Upcoming Dates: Mark Your Calendar

World No Tobacco Day
May 31, 2005
www.aawhworldhealth.org

National Safety Month- June
www.nsc.org/nsm

National Night Out
August 2, 2005
www.natw.org/nno

National Kids Day
August 7, 2005
www.kidsday.net