

# PARENT THE POWER OF PARENTS YOUR CHILD



Email us at: [mcleodmeada@yahoo.com](mailto:mcleodmeada@yahoo.com)

Dear Parents:

It seems we are always in the midst of celebrating one thing or another – prom, graduation, end of the school year, summer, and more. This is good, but it can also be worrisome. We want to take this opportunity to remind you that as parents you have a particularly important role in shaping these events.

### **Please help keep your teen and his or her peers stay safe and alcohol-free.**

Alcohol use is illegal by those in Minnesota who are under the age of 21 years. The only exception is that parents may provide alcohol to their own children in their own homes. Surveys of teens indicate that adults are teens' primary source of alcohol: at home, in bars and restaurants or on the street. To help reduce underage alcohol use, you can:

Refuse to supply alcohol to underage young people when you host your own celebration. Do not buy a keg of beer for teens at a high school graduation or other party. This is illegal and it also invites young people to drink illegally. Teen alcohol use is **not** a rite of passage into adulthood. In fact, alcohol has kept too many teens from becoming adults.

- Make sure that alcohol is not available at events your teen attends. Talk with other parents and party hosts to ensure alcohol-free celebrations. Be proactive. When parents stand together on this issue, they present a united front to teens.
- All law enforcement agencies within McLeod County are participating in the

Zero Adult Provider program (ZAP). With this program law enforcement agencies will be actively investigating and prosecuting adults who provide alcohol to underage drinkers. Please take an active role in assisting us in protecting your child.

Remember that as a parent, you play an important role in preventing underage alcohol use. In research studies, teens say that their number one reason for refusing to drink alcohol is centered on worrying about what their parents would think. That is a powerful statement about the importance of your message and role modeling.

We care about young people. We want them to enjoy celebrations and to have fond memories of them. Please join us in this effort to help teens remain safe and sober.

Sincerely,

HUTCHINSON POLICE SERVICES

Daniel T. Hatten  
Director of Police /  
Emergency  
Management Services

HUTCHINSON HIGH SCHOOL

Carmen Morrow  
Chemical Health  
Prevention  
Counselor

**"Live so that when your children think of fairness and integrity, they think of you."**

**--H Jackson Brown**

## Tweens at Critical Time for Smoking, Drinking

PsychCentral By Janice Wood  
Associate News Editor

Children between the ages of 10 and 12 are ambivalent toward cigarettes and alcohol, making this an important time to prevent substance abuse, according to new research.

"We need to be concerned when kids are ambivalent because this is when they may be more easily swayed by social influences," said Dr. Roisin O'Connor of Concordia University.

Full article at:

<http://psychcentral.com/news/2012/03/13/tweens-at-critical-time-for-smoking-drinking/35899.html>

## A Parents' Guide to Facebook

Download the fully updated 2012 edition of [A Parents' Guide to Facebook](#) (PDF)! It's designed to help you understand what Facebook is and how to use it safely. With it, you will be better informed and able to communicate with young Facebook users in your life more effectively. That's important because 1) if something goes wrong, we want our children to come to us and 2) as the Internet becomes increasingly social and mobile, a parent's guidance and support are ever more key to young people's well-being in social media and technology. The guidebook is published in partnership with the iKeepSafe Coalition.

## Marijuana Fact of the Month



Marijuana increases heart rate by 20-100 percent shortly after smoking; this effect can last up to 3 hours. In one study, it was estimated that marijuana users

have a 4.8-fold increase in the risk of heart attack in the first hour after smoking the drug.[1] This may be due to increased heart rate as well as the effects of marijuana on heart rhythms, causing palpitations and arrhythmias. This risk may be greater in aging populations or in those with cardiac vulnerabilities.

[1] 5 Mittleman MA, Lewis RA, Maclure M, Sherwood JB, Muller JE. Triggering myocardial infarction by marijuana. *Circulation* 103(23):2805-2809, 2001.

## Teen Video Contest

Take Your Best Shot at Preventing Teen Drinking video contest is sponsored by MADD. The deadline for submitting entries is April 27. Information at:



<http://www.madd.org/underage-drinking/power-of-youth/power-of-youth-video-contest.html>



Email us at: [mcleodmeada@yahoo.com](mailto:mcleodmeada@yahoo.com)

*"Adolescence is usually described as 'pre' or 'in between' - a stage between childhood and adulthood. It is seen as a turmoil because one moves from a protected state into a state of independence. I prefer to see **adolescence as a significant stage** in itself, an 'adolescethood' with new experiences and new strengths, **not merely an interim period and a problem.**"*

--Dr. Gisela Konopka, D.S.W.

## What to Say When Your Teen Reacts Defensively About His or Her Alcohol or Drug Use

Your teen may not be happy that you're approaching him about his drug or alcohol use. That's to be expected. What you might not expect is to be called a snoop, a hypocrite or clueless. Think about how you will handle these accusations if they come up. It's good to be prepared. Here are some suggested responses:

1. If Your Child Says: "You went through my stuff?! You're a snoop!"  
**Try To:** Defend your choice to look through your teen's things by expressing your concern for his health and safety.  
**You Can Say:** "I'm sorry you feel that I broke your trust. But as a parent, my job is to keep you safe and healthy, so I have to be nosy when I believe you're doing something unsafe."
2. If Your Child Says: "You smoke/drink! You're such a hypocrite!"  
**Try To:** Focus on the issue at hand — you don't want YOUR CHILD using drugs or drinking  
**You Can Say:** "I wish I had never started smoking because it's so hard to stop."

"It is illegal for people under 21 to drink because their brains are still developing and aren't equipped yet to handle alcohol."

If You Are In Recovery, You Can Say, "I love you too much to let you make the same mistakes that I did."

3. If Your Child Says: "I've never done drugs! You're wrong!"

**Try To:** Remain calm and do whatever you can to keep the conversation going.

**You Can Say:** "I love you way too much to let anything happen to you. I need you to tell me the truth so I can figure out how to help you. I have no intention of getting mad or punishing you."

[www.cdpcertification.org/news.php?page=8&id\\_module=1](http://www.cdpcertification.org/news.php?page=8&id_module=1)

## Is drinking alcohol at kids' events acceptable?

By Molly Snyder OnMilwaukee.com  
February 6, 2012

Whether or not alcoholic beverages and children's events are an acceptable mix is a controversial topic. Some say it's social, fun and shows kids how to drink responsibly, others say it's pathetic and suggests to kids the only way to have fun is to include alcohol. And there are a lot of opinions in between.

Some parents like to consume "adult beverages" at kids' parties because it mellows them out in a sugar-loaded, balloon-popping, chaotic environment. Others like to consume because they do not have many other social outlets at this point of their child-centered lives.

Full article at:

<http://onmilwaukee.com/family/articles/drinkinparents.html>

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Parenting & Prevention Newsletter



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## NEW BEGINNINGS

**YOU CAN'T CHANGE  
THE CHOICES YOU MADE  
YESTERDAY,**

**BUT**

**YOU CAN  
MAKE A DIFFERENT,  
BETTER, CHOICE  
TODAY.**

Poster from the **PACT for Families "5 to 25 Committee on Mental Health"**. [www.pactforfamilies.org](http://www.pactforfamilies.org)  
Just a reminder that the posters can be used in any way that works for your school. They could be a lesson starter for a teacher (Homeroom, Advisory, Health, Language Arts, English, Journalism, etc.), a poster in the hallway/bathrooms, a part of the daily announcements, or an insert in your school paper.

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