



### The Importance and Role of Police Liaison Officers in our School

by Officer Aaron Berry  
Hutchinson School District #423

Why does there have to be a cop at the school? What do you do all day? It's sad that in our society we have to have a cop in the schools. These are all things that I have heard when I have a conversation to people about what I do as a School Resource Officer for the Hutchinson Police Department and the Hutchinson Public School district.



When I started the position at the beginning of the 2011-2012 school year it was called the School Liaison Officer, but I don't like that name. It says that I am a liaison between the schools and the Police Department and that's very limiting. I consider myself a resource to the school, the students, the parents, and yes the Police Department. As a resource to the students, it may be as simple as teaching them about traffic laws and criminal law, and can be as big as investigating the victimization of a student. It's also being a presence at the schools for the students to get to know me and feel comfortable talking with me about what is happening in the community or in their lives. It is also a deterrent for the students to see me in the hallways and know that I may be just around the corner. Yes it is also to investigate crimes that occur at the school

or on school property. The school's in each building are a small community unto themselves, during the school day. When you consider the staff and students depending on which school you are in it can be approximately 500-1000 people, with all different types of personalities among them. The schools are not immune to the things that happen every day in our own community and there is a need for policing, much the same way as in our community.

I am also a resource to the parents, that if they need me to speak with their son or daughter about something I am there for that. If parents have concerns or questions about their child and the laws I am available for that as well. I am available to the parents as I am to the students and if there is anything that I can help parents out with I encourage them to call me.

In closing I have tried in my short time in the schools to develop relationships with the students and staff so that they are not afraid to ask me for help or come to me with a problem legal or otherwise. I have tried to get to know the students so that I may have a positive influence in their lives to help them feel safer in the schools and help make a productive school environment for them. And that's what I spend my time doing in the schools, along with many other duties.



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### The Importance of your Teen's Friends: Peer Influence & Peer Relationships

Carmen Morrow

Chemical Health Prevention Specialist/REACH  
Program Counselor



"Everyone needs to belong — to feel connected with others and be with others who share attitudes, interests, and

circumstances that resemble their own. People choose friends who accept and like them and see them in a favorable light." Focus Adolescent Services 2012

Every day, I get the chance to see the importance of peer relationships in action. Teenagers often tell me their relationships are extremely important to them and for some it causes serious negative repercussions. The influence of peers, whether negative or positive, is very critical during this time of teen's development as they separate their identities from their parents' images. Often times, the opinions of their peers carry more weight than the adults in their life. Why? They feel their peers are more accepting of their thoughts, feelings, and actions.

Follow [this link](#) to learn valuable information in shaping and understanding your child's peer group.

### Teen Dating Violence Linked to Substance Abuse

By Denise Mann WebMD Health News



Teens in abusive relationships may be more likely to develop emotional problems and substance abuse issues as they age, a new study suggests.

The study included more than 5,600 12- to 18-year-olds who had been in one or more relationships with someone of the opposite sex back in 1996. Of these, about a third said they had experienced teen dating violence, including emotional and physical abuse.

For the full article: [click here](#)

### What is Addiction?

Addictions come in many forms such as from drugs, food, gambling, and sex. So, what is the definition of addiction and what can be done to assist those stuck in the cycle of dysfunction?



People with an addiction do not have control over what they are doing, taking or using. Their addiction may reach a point at which it is harmful.

To read more: [click here](#)



### Use of Prescription Painkillers on Rise in Minnesota

Minnesota Public Radio



ST. PAUL, Minn. (AP) -- Prescription painkillers like oxycodone and hydrocodone are being prescribed in Minnesota in greater numbers than ever before, with legal distribution of all opioids increasing by 72 percent statewide from 2005 to 2011, according to a joint investigation by the St. Paul Pioneer Press and the Duluth News Tribune.

The largest increases were in Ramsey County and the northwestern corner of the state, the newspapers found. Last year, Duluth had the highest rate of opiate painkiller distribution in the state at more than 5,000 grams per 10,000 people. The southwestern corner of the state had the lowest rate at 1,600 grams per 10,000 people.

For the full article: [click here](#)

Drs. Oz and Roizen:

### Busting Myths About Alcohol

The Oregonian by Syndicated columns

Blame it on craft beers, inexpensive wine or the down economy -- North Americans are sipping more alcohol, more often. (Twenty-two percent of you say you drink too much, up from 17 percent a decade ago.) And while you all know that problem drinking is a serious health risk (any more than two drinks a day makes your Real

Age older), the current hoopla about how wine is good for you may have led even the most abstemious sippers to believe there's no harm in a good belt or two.

So we're going to blow the cork on the most common myths about alcohol.

For the full article: [click here](#)

### The Risks in Your Medicine Cabinet

Barron's Penta Daily by Christiana Cefalu



If you live with your family in a quiet, safe and affluent neighborhood, then drug abuse may not be high on your priority list when considering your child's safety. But if you don't monitor your own medicine cabinet, you may be unwittingly

enabling your kids to experiment with and abuse prescription and over-the-counter drugs that you keep at home.

There's no shortage of horror stories, which occur in families from all backgrounds. A parent testimonial for the Partnership at Drugfree.org details the story of a promising young man on the Arizona State University football team who made a deadly concoction of alcohol, Xanax, and Oxycodone at a friend's birthday party. He went to sleep at the end of the night and never woke up.

For the full article: [click here](#)



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A large red bow is positioned at the top of a rounded rectangular frame. The frame is decorated with several green circles of varying sizes and colors (light green, medium green, dark green) scattered around the text.

**AS A GIFT TO  
YOUR FAMILY,**

**PRIORITIZE  
~~WHAT~~ WHO IS  
THE MOST  
IMPORTANT.**

