

Summer Vacation is Here. Now What?

This is a great Opportunity to Communicate and Share Vital Information

Submitted by Carmen Morrow

Talk to your preteen and teen about the physical, mental, and social impact of alcohol, marijuana and other drugs. Look for teachable moments in everyday life to keep the conversation ongoing.

The teen brain: Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence and are two and a half times more likely to become abusers of alcohol than those who begin drinking at age 21.

Cigars - still tobacco, still hazardous to your health. Many people, including young people, view cigars as less dangerous to smoke than cigarettes. Yet large cigars may contain as much tobacco as an entire pack of cigarettes. The nicotine in tobacco is highly addictive and can be absorbed through the mouth lining or dissolved in saliva and swallowed. It's possible for a cigar smoker to absorb addictive levels of nicotine *without inhaling*.

Hookah - A "tobacco" water pipe popular on college campuses but not a safer way to use tobacco. May also be used to concoct a mixture of herbs often including marijuana - user has a vague (if any) idea of what they are smoking.

Alcohol: Be especially vigilant with your **almost-out-the-door senior** and **returning-home college student**. They may have easy access to alcohol and friends who are using. [Glencoe's Social Host Ordinance](#) makes it illegal to provide a setting where underage

drinking occurs. McLeod's ZAP (Zero Adult Provider) promotes that if you are having an underage party consider law enforcement invited. ZAP is invested in keeping underage drinking parties from occurring and fines and possible jail time for those adults buying for minors.

Share the [symptoms of alcohol poisoning](#) and signs that someone needs medical help. You aren't doing your kids a favor by taking a softer stand on drinking in their senior year (or before they are 21). Don't assume they have to "learn to drink" now to be safe in college. Students whose parents strongly disapprove of underage alcohol use in high school engage in less drinking, and less risky binge drinking, once in college.

Underage Drinking-Related Hospital Emergency Department Visits Double For Underage Males During July 4th Weekend

For most Americans, the Fourth of July weekend celebration is all about food, family, and fun in the sun. For emergency rooms across the United States, however, it's one of the busiest times of the year. In fact, the Fourth of July represents one of the worst days of the year for underage drinking and alcohol-related injuries among teenage boys. Historically, Independence Day has been second only to New Year's Day in alcohol-related emergency room visits in the United States. According to a report released today by the U.S. Substance Abuse and Mental





Health Services Administration (SAMHSA), alcohol-related emergency room visits by teenage males double during the Fourth of July weekend.

The study, which measured ER visits from July 3rd-5th, 2009 found nearly 1000 daily alcohol-related visits to emergency rooms by those under 21, two-thirds of which were from teenage boys.

For underage males, alcohol poisoning, physical altercations, and drunk driving accidents account for the majority of these hospital visits and although the correlation between alcohol misuse and fireworks wasn't specifically measured in the study, we can reasonably assume that the risks of injury increases when alcohol and fireworks are involved. Read the full report [here](#).

Stranger Danger: Are Parents Too Paranoid About Safety?

By [Bonnie Rochman](#) | [@brochman](#) When a childless man decided to sip his coffee on a bench in a Washington, D.C., playground, nervous parents dashed off emails and called the cops. Was it overreaction? Either way, one mother has a suggestion for controlling the chaos: create a family password to help kids better assess threats. [Click here to read the full article](#)

Clearing the Smoke on the Myths of Marijuana

Recently, marijuana users have been proclaiming the health benefits of the drug and have even claimed that smoking (yes, they said smoking) marijuana even increases lung function. However, let's clear the smoke and take a look at the truth behind marijuana smoke.

The study in question claims that lung function is increased by smoking marijuana. After looking at this study closer, one can see that the "benefit" only pertains to moderate marijuana users and not heavy users. Also, the explanation for the increase in lung function can actually be traced back to the way that marijuana is smoked, not any medicinal qualities this drug might have. Most marijuana smokers take a deeper breath and hold it, and the action actually increases the lung function.

Another study was done by a group of Canadian scientists who wanted to see if the health claims by marijuana advocates were valid. The study showed that marijuana smoke actually causes significantly more damage to cells and DNA than cigarette smoke. Let's clear the smoke on marijuana and learn the truth without believing the biased hype that marijuana advocates like to circulate.

[Click here](#) for Drug Free Action Alliance's Marijuana as Medicine Position Paper.

More teens smoke pot than cigarettes, CDC says

By Mike Stobbe Associated Press

A government survey shows more teens are now smoking pot than cigarettes.

The Centers for Disease Control and Prevention reported Thursday that 23 percent of high school students said they recently smoked marijuana, while 18 percent said they had puffed cigarettes. The survey asked teens about a variety of risky behaviors.

Full article:

http://www.msnbc.msn.com/id/47729476/ns/health-childrens_health

Fast Fact:

[A Day in the Life of American Adolescents: Substance Use Facts Update](#) illustrates the prevalence of alcohol and drug use among youth. On average, for every day in 2008, 508,329 adolescents drank alcohol and 5,740 drank alcohol for the first time. Those who had used alcohol during the preceding 30 days consumed an average of 4.6 drinks per day on the days they drank. Every day, an average of 76 adolescents were admitted to substance abuse treatment programs for their alcohol use.

Risky Rise of the Good-Grade Pill

New York Times By Alan Schwarz

He steered into the high school parking lot, clicked off the ignition and scanned the scraps of his recent weeks. Crinkled chip bags on the dashboard. Soda cups at his feet. And on the passenger seat, a rumpled SAT practice book whose owner had been told since fourth grade he was headed to the Ivy League. Pencils up in 20 minutes.



The boy exhaled. Before opening the car door, he recalled recently, he twisted open a capsule of orange powder and arranged it in a neat line on the armrest. He leaned over, closed one nostril and snorted it.

Full article:
<http://www.nytimes.com/2012/06/10/education/seeking-academic-edge-teenagers-abuse-stimulants.html>

[Video] AASHTO's Teen Driving in America: A Look behind the Wheel

Summer is the deadliest time of year for teen drivers and as Americans hit the road this Summer AASHTO is launching a new video, Teen Driving in America: A Look behind the Wheel, to raise awareness about the increased risks teen drivers face each summer. In this video, produced by AASHTO's Transportation TV the parents of a 16-year old victim discuss their son's death in the summer of 2007 and what they are now doing to save other parents from living their nightmare.

- [Teen Driving Safety](#)
- [Read more](#)

Student painkiller abuse may be linked to depression, suicide

A study by researchers in the emerging West Virginia University School of Public Health and Western Illinois University shows that college-aged females who abuse painkillers are more likely than males to feel depressed and suicidal.

WVU associate professor Keith Zullig and Amanda L. Divin, assistant professor in the Western Illinois University Department of Health Sciences, explored prescription drug abuse and depressive symptoms because of the prevalence of nonmedical prescription drug use among college students.

Full article:
<http://www.statejournal.com/story/18676289/student-painkiller-abuse-may-be-linked-to-depression-suicide>

PARENT THE POWER OF PARENTS YOUR CHILD

Parenting & Prevention Newsletter



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NHTSA

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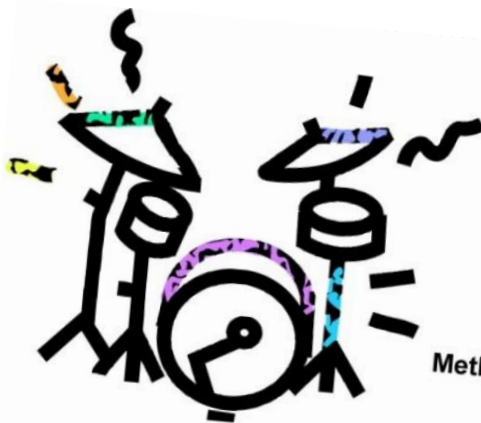


Safe Teen Driving Website

The National Highway Traffic Safety Administration has a great website that you can use as YOU help YOUR teen to celebrate and appreciate safe driving.

Check it out by [clicking here](#).

Support and materials for [Under YOUR Influence](#) is provided by the [National Highway Traffic Safety Administration](#). Visit [NHTSA](#) for more information.



BATTLE OF THE BANDS/MUSICAL TALENT COMPETITION

THURSDAY, AUGUST 16, 2012

3:00PM - 7:00PM MCLEOD COUNTY FAIR

Sponsored by MEADA of McLeod County
Methamphetamine Education and Drug Awareness (MEADA)
Coalition of McLeod County, MN

6TH ANNUAL REGISTRATION GUIDELINES

Performance format: Each band will play two songs (max total of ten minutes for both songs) in front of a live audience and judges to determine a winning band.

- Solo acts are acceptable but the individual must play an instrument.
- Bands may have up to 5 members within the age of 12- 20 yrs. old.
- Large cash prizes awarded. 1st place \$350.00, 2nd place \$200.00, crowd favorite \$100.00 and best original song \$50.00 All participants receive a t-shirt.

Registration requirements: See MEADA web site for registration forms and further detail:
<http://mcleodmeada.org/>.

Contact Corey with any questions at 320.583.7472 or email Corey@yfcminnesota.com