

# CORE



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## October Drug & Alcohol Awareness Month

### Teaching your child to be able to say "No"

- \*Encourage your child to ask questions. If a drink or candy is offered to them, they should ask, "What is this?" and "Where did you get it?"
- \*Teach your child to be able to assertively say, "No, thanks."
- \*Discuss with your child how to leave uncomfortable situations and always help provide them an "out".
- \*Teach your child to NEVER ride with someone who has been drinking (tell them they can always call you for a ride with no questions asked)



I have found that the right friends have a powerful influence on your life. Choose your friends wisely. Make certain they will help build within you the right standards with which to govern your life."

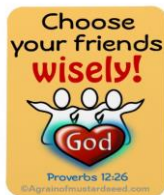
-L. Tom Perry

True or False: Prescription Pills are now the second most abused substance by youth?

TRUE. The most common place that a teen obtains prescription pills are from a friend or a family member – And they usually get them for free.

What can you do to prevent prescription pill abuse? • Count your medication • Dispose of unused or expired medication properly • Store your medication in a safe place, where others do not have access.

"The friends we choose to associate with are main contributing factors in the formation of our character. We form social habits by association with our friends. These habits can be useful when directed towards the formation of a wholesome personality.



## Healthy "Pumpkin" Recipes for Kids

Smoothie

Stir 1 cup of pumpkin puree into vanilla yogurt. Layer with granola for a parfait.

### Spice Pumpkin Seeds

Great Snack! Toss pumpkin seeds in melted butter, cinnamon, nutmeg and allspice. Bake at 300°F until golden brown, about 30 minutes.

### Pumpkin Spread

Pumpkin puree and pumpkin-pie spice into cream cheese. Spread on toast or bagels.

## Teens and Drug Abuse

Teens are prone to poor decision making, not thinking about the future, giving in to peer pressure, risk taking, impulsivity and self-control, and unformed identity.

But the question is.....why?

Some answers as to why teens experience these things are: The brain is not finished growing and developing until about mid 20's. Most of the development that occurs after the age of 12 has to do with our pre-frontal cortex and a teen is not able to fully access all areas of the pre-frontal cortex. This is why teens are more impulsive, risk-takers and more prone to addiction. A developing brain is more affected by the influence of outside chemicals. Everything we do can change and influence our brains, but more so when it is still developing. – Immature brain regions may place teenagers at elevated risk to the effects of drugs.

### **Physical warning signs of drug abuse:**

Bloodshot eyes, pupils larger or smaller than usual

Changes in appetite or sleep patterns.

Sudden weight loss or weight gain

Deterioration of physical appearance, personal grooming habits

Unusual smells on breath, body, or clothing

Tremors, slurred speech, or impaired coordination

### **Behavioral signs of drug abuse:**

Drop in attendance and performance at work or school

Unexplained need for money or financial problems. May borrow or steal to get it.

Engaging in secretive or suspicious behaviors

Sudden change in friends, favorite hangouts, and hobbies

Frequently getting into trouble (fights, accidents, illegal activities)

### **Psychological warning signs of drug abuse:**

Unexplained change in personality or attitude

Sudden mood swings, irritability, or angry outbursts

Periods of unusual hyperactivity, agitation, or giddiness

Lack of motivation; appears lethargic or "spaced out"

Appears fearful, anxious, or paranoid, with no reason

## DRUG and ALCOHOL FACTS

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those that don't. Yet only a quarter of teens report having these conversations (Red Ribbon Week Campaign)

In 2013, about 24.6 million Americans aged 12 and older (9.4% of the population) had used an illicit drug in a month's time. This reflects the recent rise in use of marijuana, the most commonly used illicit drug ([www.drugabuse.gov](http://www.drugabuse.gov))

THERE IS HOPE...Alcohol and tobacco use have decreased from 2002 to 2013. Alcohol from 28.8 % to 22.7% and tobacco from 26% to 21.3% ([www.drugabuse.gov](http://www.drugabuse.gov))

Most people use drugs for the FIRST time when they are teenagers. We HAVE to talk to our children about the dangers of drug use!! (NIH, National Institute on Drug Abuse)

Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$700 billion annually in costs related to crime, lost work productivity, and health care.

## What are E-Cigarettes?



Because this month we are talking to the students about drugs and alcohol use, this is a perfect time to mention E-cigarettes. E-cigarettes look high tech, so it's easy to believe the hype that they're a safe alternative to smoking. Unfortunately, they're not....E-cigarettes are just another way of putting nicotine, a highly addictive drug, into your body.

Electronic cigarettes are battery-powered smoking devices often designed to look and feel like regular cigarettes. They use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals. A heating device in the E-cigarette converts the liquid into a vapor, which the person inhales. (That's why using E-cigs is known as "vaping.")

Because E-cigs don't burn tobacco, people don't inhale the same amounts of tar and carbon monoxide as they would with a regular cigarette, but anyone using one still gets an unhealthy dose of nicotine and other chemicals.

### What's the Danger?

When you use or "vape" an E-cigarette, you're still putting nicotine, which is absorbed through your lungs, into your system. In addition to being an addictive drug, nicotine is also toxic in high doses. It was once even used as an insecticide to kill bugs.

Nicotine affects your brain, nervous system, and heart. It raises blood pressure and heart rate. The larger dose of nicotine, the more a person's blood pressure and heart rate go up. This can cause an abnormal heart rate or arrhythmia.

After its initial effects wear off, the body starts to crave nicotine. You might feel depressed, tired, or crabby (known as nicotine withdrawal), and crave more nicotine to perk up again. Over time, nicotine use can lead to serious medical problems, including heart disease, blood clots, and stomach ulcers.

Also.... FYI!!! It's NOT SAFE to use E-cigarette devices around kids. The vapor from E-cigs has chemicals in it than can be harmful to kids. Parents should always keep their E-cigs and vaping devices locked up.

# TALKING TO CHILDREN ABOUT PRESCRIPTION DRUG ABUSE

**15,000** people fatally overdose on prescription painkillers every year  
That's more than heroin and cocaine overdose deaths combined

**1 IN 4** teens has abused or misused a prescription drug

**PARENTS DON'T KNOW**  
6% of parents said that their teen had abused medication, but 10% of teens admitted abusing/misusing medicine in the past 6 months

**...OR MAYBE DON'T CARE?**  
27% of teens mistakenly thought that prescription drugs were safer than street drugs  
16% of parents

**PARENTS AREN'T TALKING**  
Only 14% of teens said that their parents talked to them about abuse of any prescription drugs in their last talk about substance abuse

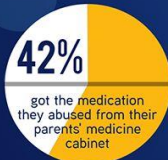
**PARENTS THINK THEY DON'T HAVE ANY INFLUENCE**  
1 IN 5 parents of teens didn't think that they had much influence on whether their child used drugs

**...BUT THEY DO**  
Teens that had learned about prescription drugs from their parents or grandparents were up to 42% less likely to abuse prescription drugs than teens that didn't

Teens whose parents cared less about prescription drug abuse (compared to illegal drug abuse) were more likely than average to use medication without a prescription

- 32% of teens whose parents cared less
- 24% of teens use Rx drugs (TOTAL)
- 20% of teens whose parents cared as much

## PARENTS CAN STOP IT



Parents can reduce teens' access to prescription drugs:

- MONITOR** prescription drugs within the home, so you know if any go missing
- SECURE** prescription drugs within the home, so your teen does not have access
- DISPOSE** of any old, unwanted medicine safely, when your teen isn't home

TALK TO YOUR CHILDREN ABOUT PRESCRIPTION DRUG ABUSE THEY WILL LISTEN

Promote Prevent  
PromotePrevent.org

SOURCES  
CDC Vital Signs: Prescription Painkiller Overdoses in the US. <http://1.usa.gov/ua98yF>  
Medicine Abuse Project Booklet. <http://bit.ly/1bWAsZg>  
Partnership at Drugfree.org. Not In My House. <http://bit.ly/1mh1H4>  
Partnership at Drugfree.org. 2012 Partnership Attitude Tracking Study. <http://bit.ly/11Pw05S>  
SAMHSA News. More Than 1 in 5 Parents Believe They Have Little Influence in Preventing Teens from Using Illicit Substances. <http://1.usa.gov/1Bu1B53>

# SOBERING FACTS

42,000 people die each year in motor vehicle crashes -- 16,000 of these deaths are alcohol or drug related.

**one for the road**  
Almost 30 americans are killed each day by alcohol-impaired driving. This amounts to one death every 48 minutes  
38% of motor vehicle deaths are alcohol related.

One in three Americans will be involved in an alcohol-related crash in their lifetime.  
Drunk drivers are typically first arrested after their 80th OFFENSE

## drugged driving

10.5 million Americans reported driving under the influence of drugs in 2009.  
Males were 84% more likely to drive under the influence of drugs than females.  
18% of fatally injured drivers tested positive for drugs in 2009.

## most at risk

In most states, a person is considered legally intoxicated if his or her blood alcohol content (BAC) is .08% or greater.

On average this is 3 drinks for women and 4 drinks for men.

### Repeat Offenders:

- 50% to 75% of convicted drunk drivers continue to drive with a suspended license.
- Drivers with a BAC of .08% or higher are 8 times more likely to have a prior DWI than sober drivers.

### Motorcyclists:

- 29% of motorcyclists killed in crashes during 2009 had BACs of .08%

### Young People:

- 35% of drunk drivers killed in crashes during 2009 were between the ages of 21 and 24.

## prevention and education



**Drug Abuse Resistance Education (DARE)** was founded in 1983 to teach children from kindergarten to high school how to resist peer pressure and live productive, drug and alcohol-abuse free lives.

900 lives are saved each year from alcohol-related deaths by a 1984 law increasing the national minimum drinking age to 21 years old.

The fatal crash rate has been reduced by 9% to 24% by zero-tolerance laws prohibiting young people from driving with any detectable BAC.

Alcohol-related crashes drop by 20% in areas where police checkpoints assess drivers' impairment.



**Mothers Against Drunk Driving (MADD)** was founded by Candice Lightner after her 13-year-old daughter was killed by a drunk driver in 1980 in California. MADD seeks to stop drunk driving, support those affected by drunk driving, and prevent underage drinking.

Impaired driving arrest rates decline by 70% with use of ignition interlocks, which prevent operation of a vehicle by anyone with a BAC above .02% or .04%.

FRIENDS DON'T LET FRIENDS DRIVE DRUNK

Alcohol-related crashes drop by 13% as a result of mass media campaigns addressing drunk driving.

Sources: CDC | MADD | DUI FOUNDATION | DARE | NHTSA.GOV |

Certification Map  
Teacher certification made simple

design by francesca greggs & lemonwood design.