



Parents Are Heroes

A Newsletter of the **Making Sobriety Attractive (MSA)** Program,
a SAMHSA-funded Drug-Free Communities Project for Kent County,

“80% of teens who believe their parents disapprove, do not drink alcohol!”

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In this issue:

- Graduation – Time for a Big Drinking Party? We hope NOT.

- What Do Students Have to Say about Parties?

Previous Parent Newsletters at alertlabs.org/newsletter.php

PARENTS OF CHILDREN with AOD Problems: Alanon Meeting, Monday at 7:30 p.m. Mayflower Church (call: 361-5227)

DID YOU KNOW?

Researchers at the Harvard School of Public Health, suggest that public health authorities closely examine the new **smokeless tobacco products** such as Reynolds American Inc.'s Camel Orbs --candy-like pellets made of finely milled tobacco and containing nicotine -- to determine what type of regulation might be needed. See the journal, [Pediatrics](#).

Marinol is a form of “Medical Marijuana” that is already available by prescription from our doctors. Robert DuPont, MD, the first director of NIDA, recently said, “How any sane and intelligent individual, let alone a

Hosting a Drinking Party for Graduating High School Students Can Result in Arrest, Big Fines and Court Costs, MIP’s for the Guests, and Even Tragedy....

It is illegal to serve alcohol to one’s own as well as others’ under 21-year old children. Hosting an event at which minors are able to obtain alcohol is also illegal. The best choice for Graduation Parties is to go alcohol-free, focusing on activities suited for 18-year olds rather than targeting the party to adults.

Presumably, we parents have been talking with our teens and pre-teens regularly about our disapproval of underage alcohol and other drug (AOD) use. Our children know that we do not want them to suffer the brain damage and other consequences that result from AOD use during adolescence. We have an obligation to reinforce those conversations with our actions when we face the joy/sadness of seeing our teens take a first big step away from home and into the future.

Below are a few tips to consider for hosting your own alcohol-free celebrations (from our friends at the **Wallowa Valley Together Project, Inc., wvtp@class.oregonvos.net**):

- Plan the party with your graduate.



- Don’t assume your graduate understands your expectations; explain them clearly and plainly, as well as the consequences for breaking the rules – The fundamental rule is no alcohol or other drug use by ANYONE.
- Create the guest list with your graduate and know the guests your graduate wants to invite.
- Do not allow uninvited guests into the party
- Do not serve energy drinks; these are not merely beverages with extra caffeine, they are a dangerous stimulant (which can be made even more

physician, could endorse *smoke* as a drug delivery system ... escapes me.”

Addiction to Cigarettes usually occurs in adolescence. Unfortunately, teens fail to recognize the symptoms of nicotine addiction. For new smokers, "an urge to smoke or being irritable because they are not able to smoke" is a sign of early addiction.

But they don't seem to recognize the symptoms as a sign that they need professional help to stop NOR do they know **that once addicted to one drug (nicotine) they will be addicted to all drugs they try**, alcohol, marijuana, etc. See [News-Medical.net](#) on May 4, 2010 and the journal [Pediatrics](#).

Smokeless Tobacco Raises Oral Cancer Risk Tenfold, [The Wall Street Journal](#), April 24, 2010

Heavy alcohol use (4 or more drinks per day) has been linked with premature aging and earlier onset of illnesses associated with aging, such as cancer, ... <http://www.cadca.org/resources/detail/heavy-drinking-and-cancer-linked-cellular-level>

Mothers' Influence: 16.9% of adolescents living with mothers who smoked were themselves current smokers, compared to 5.8 percent of 12- to 17-year-olds whose did not live with mothers who smoked. <http://oas.samhsa.gov/2k10/166/166SmokingMoms.cfm>

dangerous when “spiked” with alcohol).

- Do not allow guests to bring in their own beverages.
- Do not allow guests to leave the party and return; go with guests who need to get something from their car.
- Decide on the location and boundaries of the party and limit guests to this area.
- Keep the party area well-lit.
- Be present and visible during all of the party; walk through frequently.
- Have other parents or adult family chaperone with you.
- Do not allow adult guests or chaperones to consume alcohol.
- If you keep alcohol in your home, put the alcohol away in a secure location where it is not visible and is not accessible to guests.
- Make sure all over-the-counter and prescription medicines are secured and not accessible.

Do all these precautions seem extreme? Look at what students on one high school newspaper had to say about parents and teen parties:

“Some parents feel that if they allow their teenager to drink under their roof with supervision it’s safer. In reality, they may have no clue what could actually be going on at their teenager’s party. Teenagers don’t know their tolerance level nor should they, which means they could easily get alcohol poisoning, or get in an accident while driving home. By the adults allowing this to happen, they will face major charges if caught, along with possibly ruining a child’s life. For example, there have been three cases in the month of April alone Police have busted teenage parties with parents home and they [the parents] were charged with keeping a disorderly house and furnishing alcohol to minors. Parents need to be aware of what’s going on and not allow such events to be occurring. “I think it’s crazy that any parent would allow their child to participate in underage drinking. Don’t they realize how dangerous it can really be?” says parent Sean Quinn.

Not only can parents be criminally responsible for their teenager being involved with underage drinking but the teenager themselves can get in major trouble which could possibly ruin their life. If colleges find out that an accepted student has been charge (sic) with underage drinking or related events they have the right, and most likely will, pull their acceptance.” (see **The Tiger Transcript - Ipswich High School, Ipswich, MA** http://my.hsj.org/Schools/Newspaper/tabid/100/view/frontpage/articleid/358666/newspaperid/266/Underage_Drinking_A_Problem_in_Ipswich.aspx)

The ALERT Labs Group: [Project Director, Nancy L. Harper, Ph.D., Executive Director, ALERT Labs; ED of PAH Newsletter, and Kent Co. Coordinator of MADD, retired Dean of Social Sciences and Professor of Health Communication \(GVSU\); Co-Director and Coordinator for Evaluation, Donald \(Tex\) Bryant. M.S. & M.Ed., Bryant’s Healthcare Solutions, STARR Facilitator for screening and intervention Geoffery L. Stevens, LMSW, Alternative Behavioral Health Services; Theatre Coordinator, Carla Jackson, Certified in Secondary Education, Media Instruction and Peer Listening, Creative Director Shannon Welsh, Welsh Advertising. Contact us at \[info@alertlabs.org\]\(mailto:info@alertlabs.org\)](#)