



Misuse of Prescription Drugs Common Among H.S. Students

Twenty percent of U.S. high-school students say they have taken prescription drugs without consulting a doctor, including one in four high-school seniors, according to a new report from the U.S. Centers for Disease Control and Prevention (CDC). The biennial Youth Risk Behavioral Survey found that male and female students were equally apt to misuse prescription drugs like OxyContin, Vicodin, and Xanax, but white students were more likely to do so. **To Read more go to: <http://bit.ly/ayr01o>**

Healthy Communities that Care has teamed up with Wegmans Pharmacy to bring community groups and parents information about preventing teen misuse of prescription drugs. Presentations and brochures are available upon request.

For more information go to: <http://bit.ly/cTpk09>



For more information on HCTC, the latest on upcoming HCTC Meetings and Activities

Go To: <http://bit.ly/an83Js>

When Kids Fight

Whether your child fights with you, a sibling, or a friend, she will inevitably engage in arguments. How do you teach your child to resolve conflicts peacefully? Consider these ideas.

Tips for all parents:

- Model how to resolve conflicts peacefully. This not only is about how you act, but also what you say and how you say it.
- Talk to your kids about why you want them to not hit or harass others and how to work out conflicts peacefully.
- Know that teaching a child to resolve conflicts peacefully takes a long time. Keep reminding them what to do when they're upset and want to fight.
- Notice when your child makes good choices. If she tries to calm down during a conflict, point out how proud you are that she did that.
- Teach kids to seek out trusted adults for help if they have trouble resolving conflicts on their own.
- Be honest when you lose your temper. All parents do sometimes

To Read More Go To: <http://bit.ly/9r3b0M>



FOCUS ON ALCOHOL AND THE SECONDHAND EFFECTS OF DRINKING

As a society, we are beginning to realize and accept the fact that alcohol use affects not only the drinker but others *who do not drink* as well. Just as smoking tobacco has secondhand effects, alcohol affects people close to the user and the public at large. Secondhand effects include the tragedies of drunk driving, fetal alcohol syndrome, failed family relationships, and rising healthcare costs. Society's tolerance for these secondhand effects is changing and can be seen in new approaches to workplace policies, laws, and interpersonal relationships. This month, see how you can incorporate this issue into your organization's messages and activities.

Facts

- Alcohol related problems cost every person in the United States \$633 per year, whether he or she drinks or not (National Institute on Drug Use, 1998)
- 21% of workers report that their productivity has been affected by co-workers' drinking, including being injured or put in danger, having to re-do work, or having to cover for a co-worker
- As many as 87% of non-binge drinkers at college experience one or more secondhand effects of other students' misuse of alcohol. These effects include having sleep interrupted, having property vandalized, or being the victim of a physical or sexual assault (Weschler, H, et. Al. 1996)

What to Do:

- Speak out about your concerns about secondhand alcohol effects. Send the message that alcohol use does effect everyone. Write a letter to the editor of your local newspaper about the costs of underage drinking to the community as a whole. These costs include potential vandalism, litter, injury or death from drunk driving, interpersonal violence, and loss of one of the community's most valuable resources—the health and future of the youth.
- Sponsor a college preparation workshop for parents of high school juniors and seniors. Encourage them to learn about the alcohol culture on and off campus before sending their children off to school. Advise parents to look at advertisements around campus that offer cheap alcohol or discounts to students, note articles in the school news paper about the school's alcohol policies. Encourage parents to ask college officials tough questions.