

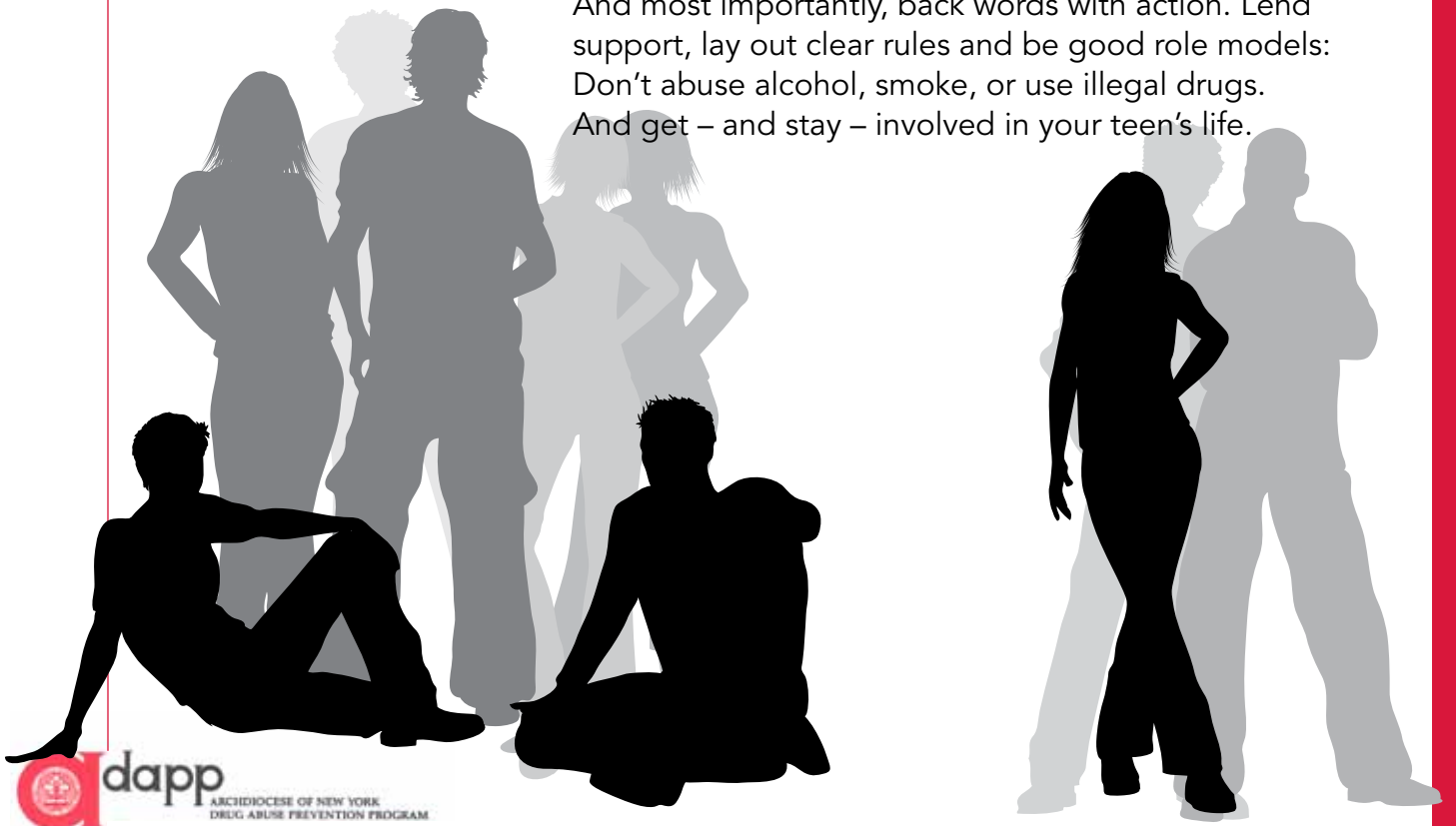
Refuse, Remove, Reasons

Drug and Alcohol Prevention Calendar

Your student is a participant in the ADAPP Refuse, Remove, Reasons multimedia curriculum to help teens understand the realities, refusal strategies and consequences of the decisions they make regarding substance abuse.

Substance abuse can be an overwhelming issue to deal with, but it doesn't have to be. Parents do matter! You are a role model – and a positive influence in the challenge to keep our teens living a life that is drug and alcohol free. To that end, we encourage you to keep the lines of family communication open year-round by watching suggested video news segments and taking advantage of conversation-starting questions.

And most importantly, back words with action. Lend support, lay out clear rules and be good role models: Don't abuse alcohol, smoke, or use illegal drugs. And get – and stay – involved in your teen's life.



September

Watch:

Alcohol Education –
It's Never Too Early

Did you know:

According to Talk2Prevent, nearly 52 percent of New York State students in grades 7-12 reported their parents had never talked to them about the dangers of underage drinking.

Talk with your kids:

- Do you understand how we feel about underage drinking?
- What really makes for a "good time" when you and your friends get together?

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October



Watch:

Gateway Drug Theory

Did you know:

Long-term studies of high school students and their patterns of drug use show that very few young people use other illegal drugs without first trying marijuana.

Talk with your kids:

Some teens smoke pot to experiment; some teens smoke pot to get away from the stress and anxiety in their life.

- What causes stress in your life? How do you handle it – and how can I help?

Like underage drinking, smoking marijuana is illegal.

- What risks does any illegal activity place on our family? How does that make you feel?

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November

Watch:

Pot Lowers Math Scores

Did you know:

It is hard to learn while high — a working short-term memory is required for learning and performing tasks that call for more than one or two steps and the active chemical in marijuana (THC) affects nerve cells in the part of the brain where memories are formed.

Talk with your kids:

- What are some of your academic goals?
- What are some of your hopes for the future?
- How would using pot interfere with those goals?

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December

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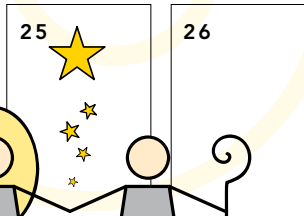
Alcohol From Home

Did you know:

According to Talk2Prevent, most kids who consume alcohol do so in their own home or in the home of a friend and one out of three 13-year-olds in New York State has tried alcohol.

Talk with your kids:

- Do you believe that the party is really more fun when alcohol is involved? What can go wrong?
- What would you do if offered alcohol at a party?

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January

Watch:

Alcohol and the Teen Brain

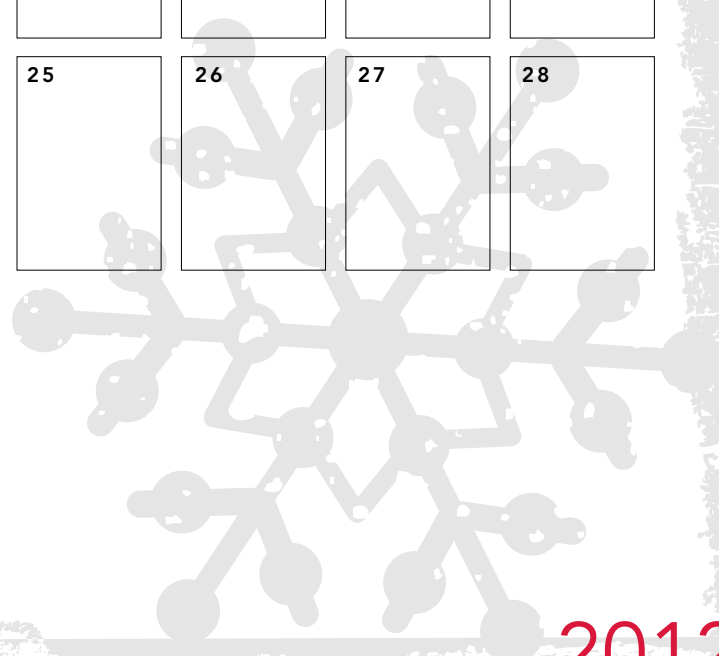
Did you know:

According to experts at The National Center on Addiction and Substance Abuse at Columbia University, a child who reaches age 21 without smoking, abusing alcohol or using drugs is virtually certain never to do so.

Talk with your kids:

- What are your hopes for the coming year?
- What does brainpower and making healthy choices have to do with you accomplishing those goals?

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February

Watch:

Girls' Attitudes Changing About Drugs

Did you know:

According to The Partnership at Drugfree.org, teen girls are more likely to associate "self-medicating" benefits (dealing with stress and anxiety) with drinking and getting high.

Talk with your kids:

- What is stressful in your life?
- How can we help?

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March



Watch:

Pot More Potent

Did you know:

Rates of marijuana use among eighth-, tenth- and twelfth-graders are higher than rates for any other illicit drug — and the average potency of marijuana has more than doubled since 1998.

Talk with your kids:

- Why do you think some people believe marijuana is harmless?

Smoking marijuana is not only more potent, it's illegal.

- What risks are there to breaking the law?

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April

Watch:


Alcohol Related Deaths

Did you know:

Students in grades 9 to 12 nationwide who were questioned by the CDC's 2009 Youth Risk Behavior Survey indicated that in the month prior to the survey, 28.3% had ridden with a driver who had been drinking alcohol.

Talk with your kids:

- What would you do if your only ride home was with someone who was drinking?
- What would scare you the most about that situation? Your own safety? How do you think we would react?

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May

Watch:

Prescription Drug Abuse

Did you know:

Drugs such as Oxycontin, Ritalin, and Vicodin have become so common among today's youth that more than 15 percent of high school seniors say they've taken at least one prescription or OTC pill for nonmedical purposes within the past 12 months.

Talk with your kids:

- Because prescription and over-the-counter drugs are legal, some teens believe that they're safe. Do you?
- What are the real risks?

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June

Watch:


Teen Alcohol Quiz

Did you know:

Many people mistakenly believe alcohol is a stimulant, when in fact it is a depressant. One of the first things to go when you have been drinking alcohol is a sense of good judgment and inhibitions.

Talk with your kids:

- What do you think parents don't understand about the teen drinking scene?
- What questions would you ask adults on a Parent Alcohol Quiz?



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July

Watch:

Summer and Pot

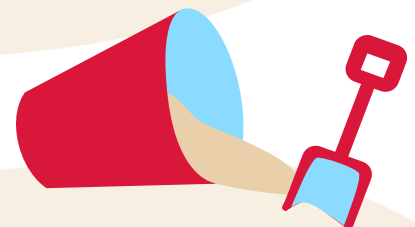
Did you know:

Research from The Partnership at Drugfree.org reports that marijuana use among teens is on the rise. Mix in another statistic: Data released by the National Household Survey on Drug Abuse that shows 40% of teens first try marijuana during the summer.

Talk with your kids:

- What strategies from your school Remove, Refuse, Reasons program can help you deal with "saying no" to pot?
- What are some of the healthy ways you and your friends can take advantage of summertime freedom?

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August



Watch:

Teen Drug Abuse Has Long-Lasting Consequences

Did you know:

Changes in behavior, changes in friends, lying about after school or weekend activities, changes in mood, or depression are indicators that your teen might have a problem with substance abuse.

Talk with your kids:

- How do you define addiction?
- Are there healthy addictions? What should you avoid?

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