

Oregon School District Family Resource Newsletter

For Parents of Tweens and Teens

Do you Know?

Abuse and misuse of prescription and non-prescription medications is one of the most common forms of drug abuse among teens and tweens.

Where do the drugs come from?

Sharing—teens on prescription medications share with friends.

Teens also share non-prescription medications.

Your medicine cabinet—prescription strength pain relievers are commonly abused.

What to do?

Talk about the dangers of sharing medicines with your teen.

Discard any medications you no longer need.

Keep medications you need in a safe, secure place and monitor the contents of the bottle.

Read what a doctor says at <http://tinyurl.com/drdrew>

Cyber Bullying and your Teen

Today's teens and tweens have a world of technology at their fingertips—literally—with their cell phones. They can text friends, follow tweets and even occasionally make phone calls. Many phones are also capable of taking both snapshots and video and uploading to facebook, myspace or youtube.

Cyberbullying happens when texts, tweets, pictures or video are used to threaten, harass or embarrass another child. Cyberbullying is a kid on kid action. Once an adult is involved, these actions are considered cyberstalking or cyber-harassment.

As a parent of a tween or teen, you should be aware of the potential for your child to be involved in cyberbullying. Many kids don't realize that what they're doing seems like bullying to someone else, and it's not unusual for victim and bully to trade roles.

Here are some things parents can do:

Take a firm stand against cyberbullying. Let kids know there will be consequences including losing ISP and IM accounts.

Let your kids know they can come to you when things go wrong online and offline.

Have your kids store their cell phones outside of their bedrooms each night. They'll get more sleep and you'll know when they're on line.

If there is any indication that threats have been made or that contact information has been posted online, contact the local police immediately.

Visit stopcyberbullying.org for more information, advice and support for you and your child.

For more information contact Cynthia DiCamelli, Family Resource Coordinator at 835-4052 or cad@oregonsd.org

“Energy” Drinks and Teens

Energy drinks such as Red Bull are a popular item among teens. Easily available and marketed to teens, most of these drinks are heavily caffeinated and sugared, providing a short energy burst. T

Parents should also be aware that some “energy” drinks are actually flavored malt beverages. Called “alcospeed”, these drinks have elevated alcohol content pre mixed with caffeine or other

stimulants. Alcospeed drinks may be marketed to capitalize on the popularity of non-alcohol energy drinks. Names such as Sparks, Tilt or Rockstar21 give no clue to the real content of the drink.

Research shows that over 30% of energy drink consumers are teens and tweens and another third are college students. Make sure you know what your teen is drinking.

Aside from the concerns about underage alcohol use, excess caffeine can lead to insomnia, anxiety and heart palpitations. There is no evidence that the combination of alcohol and caffeine is safe!

For more information on alcospeed, visit <http://tinyurl.com/alcospeed>