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Series: Subject Files – ED (Education)

Folder Title: 604422 - 606070

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DOCUMENT NO.	FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
001	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
002	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
003	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
004	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
005	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
006	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/08/2004	P6/b6;

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Records Management, White House Office of

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FOLDER TITLE:

604422 - 606070

FRC ID:

11010

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
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- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

Deed of Gift Restrictions

- A. Closed by Executive Order 13526 governing access to national security information.
- B. Closed by statute or by the agency which originated the document.
- C. Closed in accordance with restrictions contained in donor's deed of gift.

Freedom of Information Act - [5 U.S.C. 552(b)]

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DOCUMENT NO.	FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
007	Cover Sheet	Remarks to the National Catholic Education Association, Draft #4 - To: Harriet Miers	1	01/08/2004	P5;
008	Speech	Remarks to the National Catholic Education Association, Draft #4	3	01/08/2004	P5; P6/b6;
009	Speech	Remarks to the National Catholic Education Association, Draft #4	4	01/08/2004	P5; P6/b6;
010	Speech	Remarks to the National Catholic Education Association, Draft #4 [page 3]	1	01/09/2004	P6/b6;
011	Speech	Remarks to the National Catholic Education Association, Draft #4 - From: Dan Bartlett	3	01/09/2004	P5;
012	Speech	Remarks to the National Catholic Education Association, Draft #4 [page3]	1	01/08/2004	P6/b6;

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013	Speech	Remarks to the National Catholic Education Association, Draft #4	3	01/09/2004	P5; P6/b6;
014	Letter	[Letter] - To: Marianne Fleury - From: POTUS	1	01/16/2004	P6/b6;
015	Letter	[Letter] - To: Marianne Fleury - From: POTUS	1	01/16/2004	P6/b6;
016	Letter	[Letter] - To: Marianne Fleury - From: POTUS	1	01/16/2004	P6/b6;
016	Email	Fleury Letter - To: Lynn A. Crabbe, et al. - From: Christine K. Baer	1	01/16/2004	P6/b6;
018	Letter	[Letter] - To: POTUS - From: Marianne Fleury	1	12/21/2003	P6/b6;
019	Letter	[Letter] - To: POTUS - From: Marianne Fleury	1	12/21/2003	P6/b6;
020	Letter	[Letter] - To: Blake Gottesman - From: Marianne Fleury	1	01/05/2004	P6/b6;

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DOCUMENT NO.	FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
021	Webpage	Whitepages.com printout	1	01/15/2004	P6/b6;

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DP

SS/ RM NO.

Remarks

60442255

ED

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT <i>clerk</i>	☒	☐	MANKIW	☐	☐
CARD <i>cl</i>	☒	☐	MARBURGER	☐	☐
BARTLETT <i>olc</i>	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS <i>comments</i>	☒	☐
BOLTEN <i>comments</i>	☒	☐	MONTGOMERY <i>olc</i>	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES <i>see attached</i>	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK YOU.

RESPONSE:

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

1a

Remarks to the National Catholic Education Association
January 9, 2004
Draft #4

Welcome to the White House. I am honored to join you in marking the 100th anniversary of the National Catholic Education Association.

Catholic schools carry out a great mission – to serve God by building the knowledge and character of young people. By teaching the Word of God, you prepare your students to follow a path of virtue, compassion, and sacrifice for the rest of their lives. And by insisting on high standards, Catholic schools are setting a model for schools around the Nation.

Catholic schools are one of the great strengths of American education. For the past 100 years, the leadership of the National Catholic Education Association has been vital in advancing the work of Catholic schools around the Nation. And I am pleased to help you celebrate a proud tradition.

Acknowledgments

- **[TK]**

Catholic educators share the basic conviction that every child can learn, and every child can lead a life of service. Administrators, teachers, and catechists in Catholic schools insist have high expectations. You ensure that every student learns not only to read and write, but also to serve a cause greater than self. The whole Nation benefits because of the good scholars and good citizens who graduate from our Catholic schools.

This model of success has come down through generations. The late Donald Regan, President Ronald Reagan's Treasury Secretary and White House Chief of Staff, went to Saint Augustine's School in South Boston in the 1920s. Looking back on his life, Don Regan wrote: "Very few students escaped from Saint Augustine's with empty heads. The sisters who taught there were women who knew their subjects, knew the true nature of small boys, and set a standard of achievement for every student that was just slightly beyond his reach."

By setting the highest standards, Catholic schools have overcome great challenges and experienced remarkable results. Catholic schools

operate on small budgets, collecting only a fraction in tuition of what our public schools spend per pupil. Yet, of the 2.6 million students who attend Catholic schools, over 99 percent graduate, and almost all go on to college. Not surprisingly, more than half of the 47 private schools in the nation to win Blue Ribbon Awards are Catholic schools.

At La Salle Academy, a Catholic school in Philadelphia, students attend classes from 8:00 a.m. to 5:00 p.m. – and where the school year is several weeks longer than average. In addition to learning reading, writing, and arithmetic, students take courses in computers, music, and art. And as their principal David McDonough knows, La Salle's students excel in this challenging environment. He explains it this way: "We bombard them with love, attention, and work – and they thrive."

One of the best traditions of Catholic education is its commitment to serving disadvantaged children – often non-Catholics. Catholic schools have made special outreach to minority children, who make up 26 percent of enrollment. That is a great service to those children, and to America.

Catholic schools have a proven record of bringing out the best in children, regardless of background – and our laws should recognize this fact. Under the No Child Left Behind Act, we give parents options when school fail to perform — to choose tutoring for their child, or to send their children to a better public school. I believe we should go even further for the sake of our children. Parents should also have the option to choose a private school, including a Catholic school, if that choice best meets the needs of their child.

My Administration has requested 50 million dollars for a national Choice Incentive Fund. States and local school districts would provide choice scholarships for disadvantaged families, who could use the money to help meet the cost of tuition for private schools. Our proposal includes 13 million dollars for a school choice program here in Washington, D.C. Under this program, parents and students could receive up to 7,500 dollars to use as they see fit, for either public or private school.

The bill I have proposed also requests additional funding for charter schools and public school teacher training here in the District. It sends a message: We care about education in this city, and we will no longer tolerate underperforming schools. The bill has the strong support of Mayor

Anthony Williams, who knows the needs of children in Washington. The House has passed a version of the bill, and I urge the Senate to pass it with the rest of the omnibus spending bill later this month.

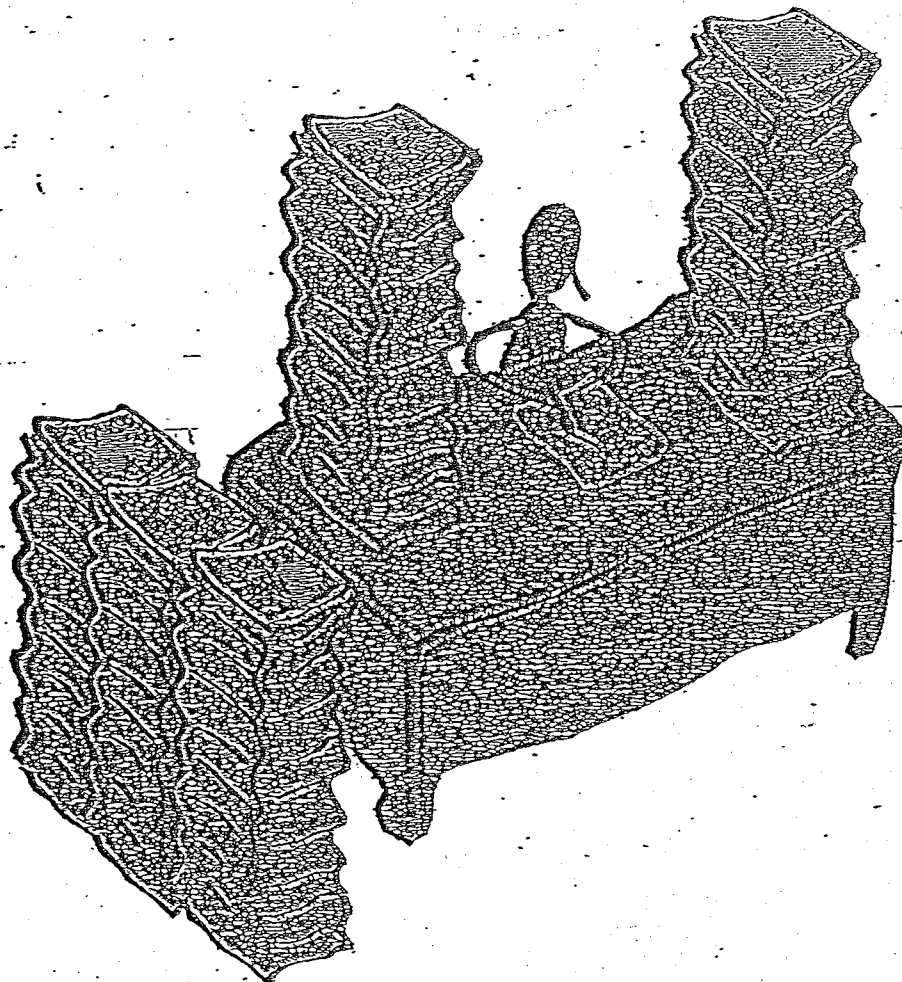
Catholic schools have set an outstanding example for all our Nation's schools, in Washington, D.C. and everywhere else. Josh Hale, the director of development at Cristo Rey Jesuit High School in Chicago, remembers when 14-year-old Maria Tirado enrolled in school. She had only been in America for two years, and still struggled with English – yet Maria went on to graduate as the valedictorian of her class. Today, Maria is an accounting major at Monmouth College in southern Illinois. Her teachers at Cristo Rey – and all of us – are proud of her accomplishments, and we know she will go on to achieve even greater things.

The tradition of Catholic education in America is full of stories like Maria's. Everyone involved in Catholic schools can be proud of a century of caring and excellence. You are making America a stronger and more compassionate country one child at a time. And you can know that our country looks to you as a model of success for the future.

Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)



.ORM

SCANNING INSERT SHEET

REMAINDER OF CASE NOT SCANNED

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PMDRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
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Draft #4

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BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
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HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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Anthony Williams, who knows the needs of children in Washington. The House has passed a version of the bill, and I urge the Senate to pass it with the rest of the omnibus spending bill later this month.

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Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)

 *** TX REPORT ***

TRANSMISSION OK

TX/RX NO	2393	
CONNECTION TEL		60387
CONNECTION ID	VICE PRESIDENT	
ST. TIME	01/07 21:30	
USAGE T	01' 27	
PGS. SENT	4	
RESULT	OK	

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
 Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	X	☐	MANKIW	☐	☐
CARD	X	☐	MARBURGER	☐	☐
BARTLETT	X	☐	MCCLELLAN	☐	X
BLAKEMAN	☐	☐	MIERS	X	☐
BOLTEN	X	☐	MONTGOMERY	X	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	X	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	X	☐
GERSON	☐	X	SPELLINGS	X	☐
GONZALES	X	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chute</i>	X	☐
HAGIN	☐	☐	<i>Towey</i>	X	☐
HOBBS	X	☐		☐	☐
KAVANAUGH	X	☐		☐	☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE
 STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PMDRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

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VICE PRESIDENT	X	☐	MANKIW	☐	☐
CARD	X	☐	MARBURGER	☐	☐
BARTLETT	X	☐	MCCLELLAN	☐	X
BLAKEMAN	☐	☐	MIERS	X	☐
BOLTEN	X	☐	MONTGOMERY	X	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	X	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	X	☐
GERSON	☐	X	SPELLINGS	X	☐
GONZALES	X	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chuitie</i>	X	☐
HAGIN	☐	☐	<i>Towley</i>	X	☐
HOBBS	X	☐		☐	☐
KAVANAUGH	X	☐		☐	☐

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RESPONSE: _____

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

 *** TX REPORT ***

TRANSMISSION OK

TX/RX NO	2394	
CONNECTION TEL		51005
CONNECTION ID	BOLTEN	
ST. TIME	01/07 21:32	
USAGE T	01'24	
PGS. SENT	4	
RESULT	OK	

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
 Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN 	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN 	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Toukey</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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RESPONSE:

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

 *** TX REPORT ***

TRANSMISSION OK

TX/RX NO	2395	
CONNECTION TEL		69720
CONNECTION ID	BRIDGELAND	
ST. TIME	01/07 21:34	
USAGE T	01'10	
PGS. SENT	4	
RESULT	OK	

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
 Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chutic</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chutic</i> →	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐	_____	☐	☐
KAVANAUGH	☒	☐	_____	☐	☐

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RESPONSE: _____

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

 *** TX REPORT ***

TRANSMISSION OK

TX/RX NO 2396
 CONNECTION TEL 67387
 CONNECTION ID
 ST. TIME 01/07 21:36
 USAGE T 01'21
 PGS. SENT 4
 RESULT OK

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
 Subject: JANUARY 9, 2004

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VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chutie</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Towey</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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RESPONSE:

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

Remarks to the National Catholic Education Association
January 9, 2004
Draft #4

Welcome to the White House. I am honored to join you in marking the 100th anniversary of the National Catholic Education Association.

Catholic schools carry out a great mission – to serve God by building the knowledge and character of young people. By teaching the Word of God, you prepare your students to follow a path of virtue, compassion, and sacrifice for the rest of their lives. And by insisting on high standards, Catholic schools are setting a model for schools around the Nation.

Catholic schools are one of the great strengths of American education. For the past 100 years, the leadership of the National Catholic Education Association has been vital in advancing the work of Catholic schools around the Nation. And I am pleased to help you celebrate a proud tradition.

Acknowledgments

- [TK]

Catholic educators share the basic conviction that every child can learn, and every child can lead a life of service. Administrators, teachers, and catechists in Catholic schools insist have high expectations. You ensure that every student learns not only to read and write, but also to serve a cause greater than self. The whole Nation benefits because of the good scholars and good citizens who graduate from our Catholic schools.

This model of success has come down through generations. The late Donald Regan, President Ronald Reagan's Treasury Secretary and White House Chief of Staff, went to Saint Augustine's School in South Boston in the 1920s. Looking back on his life, Don Regan wrote: "Very few students escaped from Saint Augustine's with empty heads. The sisters who taught there were women who knew their subjects, knew the true nature of small boys, and set a standard of achievement for every student that was just slightly beyond his reach."

By setting the highest standards, Catholic schools have overcome great challenges and experienced remarkable results. Catholic schools

operate on small budgets, collecting only a fraction in tuition of what our public schools spend per pupil. Yet, of the 2.6 million students who attend Catholic schools, over 99 percent graduate, and almost all go on to college. Not surprisingly, more than half of the 47 private schools in the nation to win Blue Ribbon Awards are Catholic schools.

At La Salle Academy, a Catholic school in Philadelphia, students attend classes from 8:00 a.m. to 5:00 p.m. – and where the school year is several weeks longer than average. In addition to learning reading, writing, and arithmetic, students take courses in computers, music, and art. And as their principal David McDonough knows, La Salle's students excel in this challenging environment. He explains it this way: "We bombard them with love, attention, and work – and they thrive."

One of the best traditions of Catholic education is its commitment to serving disadvantaged children – often non-Catholics. Catholic schools have made special outreach to minority children, who make up 26 percent of enrollment. That is a great service to those children, and to America.

Catholic schools have a proven record of bringing out the best in children, regardless of background – and our laws should recognize this fact. Under the No Child Left Behind Act, we give parents options when school fail to perform — to choose tutoring for their child, or to send their children to a better public school. I believe we should go even further for the sake of our children. Parents should also have the option to choose a private school, including a Catholic school, if that choice best meets the needs of their child.

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Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

04 JAN 8 AM 5:56

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD →	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK YOU.

RESPONSE:

AK *AHC* *1/8* *0600*

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

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January 9, 2004
Draft #4

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Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PMDRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION, 1/8/04 PM 12:54Subject: JANUARY 9, 2004

	ACTION		
VICE PRESIDENT	☒	TO: <u>Emily Kropp</u>	<u>118103</u>
CARD	☒	FROM: Jim Capretta's office / OMB x55178	
BARTLETT	☒	☒ Comments attached	
BLAKEMAN	☐	☐ No comments	
BOLTEN	☒	☐ Please fax Jim Capretta a final copy of document (x54639)	
CONNAUGHTON	☐	cc: Staff Secretary (fax x62215) (phone #62702)	
FRIEDMAN	☒	Director's office (rm.252/EOB) Rich Walker or Lois Alcott x 54840 (fax #51005)	
GAMBATESA	☐	ROVE	☒
GERSON	☐	SPELLINGS	☒
GONZALES	☒	CLERK	☐
GORDON	☐	<u>Chitie</u>	☒
HAGIN	☐	<u>Toukey</u>	☒
HOBBS	☒		☐
KAVANAUGH	☒		☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK YOU.

RESPONSE:

4 pages

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext 62702
FAX Ext 62215

operate on small budgets, collecting only a fraction in tuition of what our public schools spend per pupil. Yet, of the 2.6 million students who attend Catholic schools, over 99 percent graduate, and almost all go on to college. Not surprisingly, more than half of the 47 private schools in the nation to win Blue Ribbon Awards are Catholic schools.

At La Salle Academy, a Catholic school in Philadelphia, students attend classes from 8:00 a.m. to 5:00 p.m. – and where the school year is several weeks longer than average. In addition to learning reading, writing, and arithmetic, students take courses in computers, music, and art. And as their principal David McDonough knows, La Salle's students excel in this challenging environment. He explains it this way: "We bombard them with love, attention, and work – and they thrive."

One of the best traditions of Catholic education is its commitment to serving disadvantaged children – often non-Catholics. Catholic schools have made special outreach to minority children, who make up 26 percent of enrollment. That is a great service to those children, and to America.

Stat language ok - w-s
Catholic schools ~~have a proven record of bringing~~ out the best in children, regardless of background – and our laws should recognize this ~~fact~~. Under the No Child Left Behind Act, we give parents options when school fail to perform – to choose tutoring for their child, or to send their children to a better public school. I believe we should go even further for the sake of our children. Parents should also have the option to choose a private school, including a Catholic school, if that choice best meets the needs of their child.

~~My Administration has requested 50 million dollars for a national Choice Incentive Fund. States and local school districts would provide choice scholarships for disadvantaged families, who could use the money to help meet the cost of tuition for private schools. Our proposal includes 13 million dollars for a school choice program here in Washington, D.C. Under this program, parents and students could receive up to 7,500 dollars to use as they see fit, for either public or private school.~~

See attached replacement language. (note sent earlier to Cheryl Miller)

The bill I have proposed also requests additional funding for charter schools and public school teacher training here in the District. It sends a message: We care about education in this city, and we will no longer tolerate underperforming schools. The bill has the strong support of Mayor

Note also that the DC opportunity scholarships program is supported at \$14 million in the 04 Omnibus, with \$1 million going to administrative expenses.

My Administration **will request** ~~has requested~~ 50 million dollars for a national Choice Incentive Fund and **\$14 million for opportunity scholarships here in Washington, D.C.** The national Choice Incentive Fund would support novel ways to provide parents--particularly low-income parents--of students who attend low-performing schools with expanded opportunities to transfer their children to higher-performing public, private, or charter schools. ~~States and local school districts would provide~~ * choice scholarships for disadvantaged families, who could use the money to help meet the cost of tuition for private schools. ~~Our proposal includes 13 million dollars for a school choice program here in Washington, D.C.~~ Under the DC opportunity scholarships program, this program, parents and students could receive up to 7,500 dollars to use as they see fit, for either public or private school.

~~The bill I have proposed~~ My Budget also **will requests** additional funding for charter schools and public school **improvement** ~~teacher training~~ here in the District.



Choice Incentive Programs.

*T his language + table
was
e mailed to
Cheryl Miller
by Craig Wacker
1/8 10:57 AM*

Recent Appropriations and the President's FY 2005 Request for Choice Incentive Programs
(\$ in millions)

	2003 Appropriation	2004 Request	2004 Omnibus	2005 Request
Choice Incentive Fund	0	75	0	50
District of Columbia (DC) School Choice ¹	0	NA ²	40	40

¹ Includes \$14 million for opportunity scholarships, \$13 million for DC school improvement, and \$13 million for DC charter schools requested through the DC Budget.

² The FY 2004 President's Request sought to run a DC opportunity scholarship program as part of the Choice Incentive Fund. No funds were specified for this purpose.

SS/RM NO.

WHITE HOUSE STAFFING MEMORANDUM

JENNY

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
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KAVANAUGH	☒	☐		☐	☐

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RESPONSE:

See attached.

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

Remarks to the National Catholic Education Association
January 9, 2004
Draft #4

Welcome to the White House. I am honored to join you in marking the 100th anniversary of the National Catholic Education Association.

Catholic schools carry out a great mission – to serve God by building the knowledge and character of young people. By teaching the Word of God, you prepare your students to follow a path of virtue, compassion, and sacrifice for the rest of their lives. And by insisting on high standards, Catholic schools are setting a model for schools around the Nation.

Catholic schools are one of the great strengths of American education. For the past 100 years, the leadership of the National Catholic Education Association has been vital in advancing the work of Catholic schools around the Nation. And I am pleased to help you celebrate a proud tradition.

Acknowledgments

- [TK]

Catholic educators share the basic conviction that every child can learn, and every child can lead a life of service. Administrators, teachers, and catechists in Catholic schools insist have high expectations. You ensure that every student learns not only to read and write, but also to serve a cause greater than self. The whole Nation benefits because of the good scholars and good citizens who graduate from our Catholic schools.

This model of success has come down through generations. The late Donald Regan, President Ronald Reagan's Treasury Secretary and White House Chief of Staff, went to Saint Augustine's School in South Boston in the 1920s. Looking back on his life, Don Regan wrote: "Very few students escaped from Saint Augustine's with empty heads. The sisters who taught there were women who knew their subjects, knew the true nature of small boys, and set a standard of achievement for every student that was just slightly beyond his reach."

By setting the highest standards, Catholic schools have overcome great challenges and experienced remarkable results. Catholic schools

operate on small budgets, collecting only a fraction in tuition of what our public schools spend per pupil. Yet, of the 2.6 million students who attend Catholic schools, over 99 percent graduate, and almost all go on to college. Not surprisingly, more than half of the 47 private schools in the nation to win Blue Ribbon Awards are Catholic schools;

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One of the best traditions of Catholic education is its commitment to serving disadvantaged children – often non-Catholics. Catholic schools have made special outreach to minority children, who make up 26 percent of enrollment. That is a great service to those children, and to America.

5 Catholic schools have a proven record of bringing out the best in children, regardless of background – and our laws should recognize this fact. Under the No Child Left Behind Act, we give parents options when school fail to perform — to choose tutoring for their child, or to send their children to a better public school. I believe we should go even further for the sake of our children. Parents should also have the option to choose a private school, including a Catholic school, if that choice best meets the needs of their child.

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The bill I have proposed also requests additional funding for charter schools and public school teacher training here in the District. It sends a message: We care about education in this city, and we will no longer tolerate underperforming schools. The bill has the strong support of Mayor

Anthony Williams, who knows the needs of children in Washington. The House has passed a version of the bill, and I urge the Senate to pass it with the rest of the omnibus spending bill later this month.

Catholic schools have set an outstanding example for all our Nation's schools, in Washington, D.C. and everywhere else. Josh Hale, the director of development at Cristo Rey Jesuit High School in Chicago, remembers when 14-year-old Maria Tirado enrolled in school. She had only been in America for two years, and still struggled with English – yet Maria went on to graduate as the valedictorian of her class. Today, Maria is an accounting major at Monmouth College in southern Illinois. Her teachers at Cristo Rey – and all of us – are proud of her accomplishments, and we know she will go on to achieve even greater things.

The tradition of Catholic education in America is full of stories like Maria's. Everyone involved in Catholic schools can be proud of a century of caring and excellence. You are making America a stronger and more compassionate country one child at a time. And you can know that our country looks to you as a model of success for the future.

Thank you.

Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733

(b)(6)

Withdrawal Marker

The George W. Bush Library

FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Cover Sheet	Remarks to the National Catholic Education Association, Draft #4 - To: Harriet Miers	1	01/08/2004	P5;

**This marker identifies the original location of the withdrawn item listed above.
For a complete list of items withdrawn from this folder, see the
Withdrawal/Redaction Sheet at the front of the folder.**

COLLECTION:

Records Management, White House Office of

SERIES:

Subject Files - ED (Education)

FOLDER TITLE:

604422 - 606070

FRC ID:

11010

OA Num.:

11637

NARA Num.:

11770

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
- P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
- P5 Release would disclose confidential advise between the President and his advisors, or between such advisors [(a)(5) of the PRA]
- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

Deed of Gift Restrictions

- A. Closed by Executive Order 13526 governing access to national security information.
- B. Closed by statute or by the agency which originated the document.
- C. Closed in accordance with restrictions contained in donor's deed of gift.

Freedom of Information Act - [5 U.S.C. 552(b)]

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Speech	Remarks to the National Catholic Education Association, Draft #4	3	01/08/2004	P5; P6/b6;

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SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PMDRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION.
Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
BLAKEMAN	☐	☐	MIERS	☒	☐
BOLTEN	☒	☐	MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐	POWELL	☐	☐
FRIEDMAN	☒	☐	RICE	☐	☐
GAMBATESA	☐	☐	ROVE	☒	☐
GERSON	☐	☒	SPELLINGS	☒	☐
GONZALES	☒	☐	CLERK	☐	☐
GORDON	☐	☐	<i>Chitrie</i>	☒	☐
HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK YOU.

RESPONSE:

*Approved w/
no changes.*

Ron Chow

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

SS/ RM NO.

WHITE HOUSE STAFFING MEMORANDUM

04 JAN 8 PM 3:29

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
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HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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RESPONSE:

Brett Kavanaugh
Assistant to the President
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Ext. 62702
FAX Ext. 62215

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FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Speech	Remarks to the National Catholic Education Association, Draft #4	4	01/08/2004	P5; P6/b6;

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SS/ RM NO.

04 JAN 8 PM 4:45

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

Subject: DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
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YOU.

RESPONSE:

OK
Speerman

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

04 JAN 9 AM 9:05

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT →	☒	☐	MCCLELLAN	☐	☒
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KAVANAUGH	☒	☐		☐	☐

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January 9, 2004
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Anthony Williams, who knows the needs of children in Washington. The House has passed a version of the bill, and I urge the Senate to pass it with the rest of the omnibus spending bill later this month.

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The tradition of Catholic education in America is full of stories like Maria's. Everyone involved in Catholic schools can be proud of a century of caring and excellence. You are making America a stronger and more compassionate country one child at a time. And you can know that our country looks to you as a model of success for the future.

Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)

Withdrawal Marker

The George W. Bush Library

FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Speech	Remarks to the National Catholic Education Association, Draft #4 - From: Dan Bartlett	3	01/09/2004	P5;

**This marker identifies the original location of the withdrawn item listed above.
For a complete list of items withdrawn from this folder, see the
Withdrawal/Redaction Sheet at the front of the folder.**

COLLECTION:

Records Management, White House Office of

SERIES:

Subject Files - ED (Education)

FOLDER TITLE:

604422 - 606070

FRC ID:

11010

OA Num.:

11637

NARA Num.:

11770

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
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- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

Deed of Gift Restrictions

- A. Closed by Executive Order 13526 governing access to national security information.
- B. Closed by statute or by the agency which originated the document.
- C. Closed in accordance with restrictions contained in donor's deed of gift.

Freedom of Information Act - [5 U.S.C. 552(b)]

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04 JAN 8 PM 4:49

OFFICE OF THE VICE PRESIDENT
WASHINGTON

January 8, 2004

MEMORANDUM FOR EMILY KROPP

**SPECIAL ASSISTANT TO THE DIRECTOR OF
SPEECHWRITING**

FROM: JOE LEVENTHAL *SL*
DEPUTY STAFF SECRETARY TO THE VICE PRESIDENT

**SUBJECT: DRAFT #4, REMARKS TO THE NATIONAL
CATHOLIC EDUCATION ASSOCIATION,
JANUARY 9, 2004**

The Office of the Vice President has reviewed the above-referenced draft and recommends the changes marked on the attached copy.

Attachment

cc: Brett Kavanaugh
Staff Secretary

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

04 JAN 8 PM 4:45

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,
Subject: JANUARY 9, 2004

<i>Comments</i>		ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐		MANKIW	☐	☐
CARD	☒	☐		MARBURGER	☐	☐
BARTLETT	☒	☐		MCCLELLAN	☐	☒
BLAKEMAN	☐	☐		MIERS	☒	☐
BOLTEN	☒	☐		MONTGOMERY	☒	☐
CONNAUGHTON	☐	☐		POWELL	☐	☐
FRIEDMAN	☒	☐		RICE	☐	☐
GAMBATESA	☐	☐		ROVE	☒	☐
GERSON	☐	☒		SPELLINGS	☒	☐
GONZALES	☒	☐		CLERK	☐	☐
GORDON	☐	☐		<i>Chute</i>	☒	☐
HAGIN	☐	☐		<i>Towey</i>	☒	☐
HOBBS	☒	☐			☐	☐
KAVANAUGH	☒	☐			☐	☐

REMARKS:

PLEASE RETURN COMMENTS TO EMILY KROPP (6-0170; FAX 6-2983) WITH A COPY TO THE STAFF SECRETARY (6-2702; FAX 6-2215) BY 4:00 PM, THURSDAY, JANUARY 8, 2004. THANK YOU.

RESPONSE:

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

Remarks to the National Catholic Education Association
January 9, 2004
Draft #4

Welcome to the White House. I am honored to join you in marking the 100th anniversary of the National Catholic Education Association.

Catholic schools carry out a great mission – to serve God by building the knowledge and character of young people. By teaching the Word of God, you prepare your students to follow a path of virtue, compassion, and sacrifice for the rest of their lives. And by insisting on high standards, Catholic schools are setting a model for schools around the Nation.

Catholic schools are one of the great strengths of American education. For the past 100 years, the leadership of the National Catholic Education Association has been vital in advancing the work of Catholic schools around the Nation. And I am pleased to help you celebrate a proud tradition.

Acknowledgments

- [TK]

Catholic educators share the basic conviction that every child can learn, and every child can lead a life of service. Administrators, teachers, and catechists in Catholic schools ~~insist~~ have high expectations. You ensure that every student learns not only to read and write, but also to serve a cause greater than self. The whole Nation benefits because of the good scholars and good citizens who graduate from our Catholic schools. ←

This model of success has come down through generations. The late Donald Regan, President Ronald Reagan's Treasury Secretary and White House Chief of Staff, went to Saint Augustine's School in South Boston in the 1920s. Looking back on his life, Don Regan wrote: "Very few students escaped from Saint Augustine's with empty heads. The sisters who taught there were women who knew their subjects, knew the true nature of small boys, and set a standard of achievement for every student that was just slightly beyond his reach."

By setting the highest standards, Catholic schools have overcome great challenges and experienced remarkable results. Catholic schools

operate on small budgets, collecting only a fraction in tuition of what our public schools spend per pupil. Yet, of the 2.6 million students who attend Catholic schools, over 99 percent graduate, and almost all go on to college. Not surprisingly, more than half of the 47 private schools in the nation to win Blue Ribbon Awards are Catholic schools.

At La Salle Academy, a Catholic school in Philadelphia, students attend classes from 8:00 a.m. to 5:00 p.m. — and ~~where~~ the school year is several weeks longer than average. In addition to learning reading, writing, and arithmetic, students take courses in computers, music, and art. And as their principal David McDonough knows, La Salle's students excel in this challenging environment. He explains it this way: "We bombard them with love, attention, and work — and they thrive." ←

One of the best traditions of Catholic education is its commitment to serving disadvantaged children — often non-Catholics. Catholic schools have made special outreach to minority children, who make up 26 percent of enrollment. That is a great service to those children, and to America.

Catholic schools have a proven record of bringing out the best in children, regardless of background — and our laws should recognize this fact. Under the No Child Left Behind Act, we give parents options when school fail to perform — to choose tutoring for their child, or to send their children to a better public school. I believe we should go even further for the sake of our children. Parents should also have the option to choose a private school, including a Catholic school, if that choice best meets the needs of their child.

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Thank you.

*Drafted by: Chris Michel and Cheryl Miller, Office of Speechwriting
Office: 202/456-5860 and 202/456-6733*

(b)(6)

 *** TX REPORT ***

TRANSMISSION OK

TX/RX NO 2447
 CONNECTION TEL 62983
 CONNECTION ID
 ST. TIME 01/09 17:06
 USAGE T 01'39
 PGS. SENT 4
 RESULT OK

SS/ RM NO. _____

WHITE HOUSE STAFFING MEMORANDUM

Date: 01-07-04 8:30 PM ACTION / CONCURRENCE / COMMENT DUE BY: 01-08-04 4:00 PM

DRAFT #4, REMARKS TO THE NATIONAL CATHOLIC EDUCATION ASSOCIATION,

Subject: JANUARY 9, 2004

	ACTION	FYI		ACTION	FYI
VICE PRESIDENT	☒	☐	MANKIW	☐	☐
CARD	☒	☐	MARBURGER	☐	☐
BARTLETT	☒	☐	MCCLELLAN	☐	☒
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HAGIN	☐	☐	<i>Towley</i>	☒	☐
HOBBS	☒	☐		☐	☐
KAVANAUGH	☒	☐		☐	☐

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 CHIEF SECRETARY (6-0700; FAX 6-2315) BY 4:00 PM THURSDAY, JANUARY 9, 2004. THANK

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RESPONSE:

I think the Don Regan reference is odd. Some other suggestions.

Brett Kavanaugh

Brett Kavanaugh
Assistant to the President
and Staff Secretary
Ext. 62702
FAX Ext. 62215

Withdrawal Marker

The George W. Bush Library

FORM	SUBJECT/TITLE	PAGES	DATE	RESTRICTION(S)
Speech	Remarks to the National Catholic Education Association, Draft #4	3	01/09/2004	P5; P6/b6;

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January 7, 2004

I send greetings to those gathered for the 19th Annual Stellar Gospel Music Awards.

~~From its roots in rural churches to its popularity on radio,~~ ^{Correct} gospel music has lifted our hearts and lightened our burdens for generations. The beauty of gospel lies in its power to express emotions ~~that can be felt as well as heard.~~ Through these songs, we hear messages of courage, comfort, and hope, and ~~we~~ are brought closer to God. ✓

^{congratulate} I applaud this year's honorees for your dedication ~~to excellence~~ and your efforts to share your faith through your musical talents. May God bless you as you continue to spread the good news and inspire audiences across our country. ✓ ^{stet}

Laura joins me in sending our best wishes ~~for a memorable evening~~

GWB/DTS/HMS/BP/EAP/MP/es (Corres. #3070494)
(1.stellarawards.mp.msg)

cc: Misty Marshall, Pres. Msgs., 9th Floor, 1800 G Street
cc: Heidi Marquez, Pres. Corr., 9th Floor, 1800 G Street
cc: Melissa Price, Pres. Corr., 9th Floor, 1800 G Street
cc: Shelley Henderson, OPL, Room 182 EEOB

SENT TO:

Mr. Donald Jackson
Ms. Erma Gray Davis
Central City Productions
Suite 608
401 North Wabash Avenue
Chicago, Illinois 60611

NB
R
1-8-04

January 9, 2004

Mr. Howard Jonas
Riverdale, New York

Dear ~~Mr. Jonas:~~ *Howard* ✓

Congratulations on being honored by the American Israel Public Affairs Committee.

The United States and Israel share a special relationship, and our Nation is firmly committed to Israel's security. We continue to work to make progress on the roadmap, to realize the hopeful vision of two states living side by side in peace and security.

appreciate
I applaud your commitment to ~~these goals and your dedication~~ *and improving security* to ending the violence in ~~this troubled region~~ *the Middle East*. Your efforts have contributed to the enduring friendship between Israel and America.

Laura joins me in sending our best wishes for continued success.

Sincerely,

George W. Bush

GWB/DTS/HMS/BP/EAP/DV/es (Corres. #3069669)

(1.jonas.howard.dv)

cc: Misty Marshall, Pres. Corr., 9th Floor, 1800 G Street

cc: Heidi Marquez, Pres. Corr., 9th Floor, 1800 G Street

cc: Daniel Vogel, Pres. Corr., 9th Floor, 1800 G Street

SENT TO:

Mr. Josh Moskowitz

Northeast Political Director

American Israel Public Affairs Committee

22nd Floor

444 Madison Avenue

New York, New York 10022

NB
R
1-9-04

TK



604610
ED

THE WHITE HOUSE
WASHINGTON

January 16, 2004

Mrs. Marianne Fleury

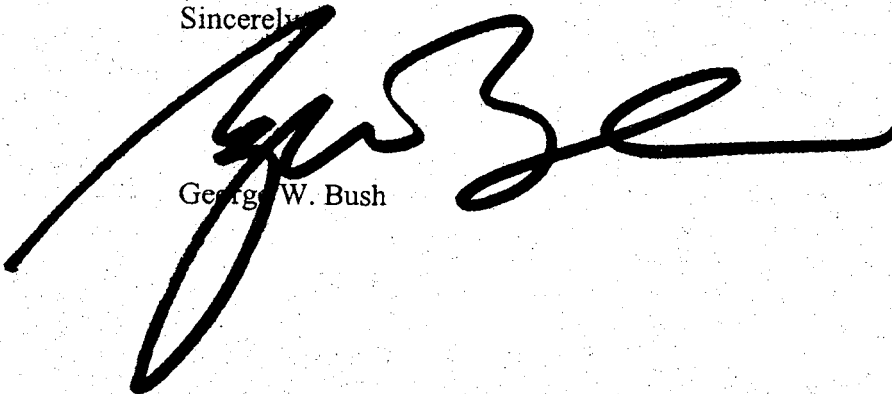
(b)(6)

Dear Mimi:

Thank you for the information about your program. I appreciate the work you are doing to prevent substance abuse among young people.

Laura, Barbara, Jenna, and I are glad that you and your family could join us at the White House to celebrate the holidays. We all send our best wishes for a great 2004.

Sincerely,


George W. Bush

Mrs. Marianne Fleury

(b)(6)

JAN 16 2004

January 16, 2004

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(b)(6)

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Sincerely,

George W. Bush

GWB/CMW/cb (Corres. #3085809)
cc: Mary Ann Hanusa, 48 OEOB

PRESIDENT TO SIGN

January 16, 2004

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(b)(6)

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George W. Bush

GWB/CMW/cb (Corres. #3085809)
cc: Mary Ann Hanusa, 48 OEOB

PRESIDENT TO SIGN

Baer, Christine K.

From: Simonds, Catherine M.
Sent: Friday, January 16, 2004 9:04 AM
To: Crable, Lynn A.; Baer, Christine K.; Smith, Bernice W.; DeGuzman Jr., Danilo
Subject: Fleury letter

GWB SIGNATURE/cms

January 16, 2004

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(b)(6)

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Sincerely,

GWB

1/16/2004

21
January 7, 2004

To: MAH

Fr: Blake

Re: Correspondence from Mimi Fleury

When the President saw Mrs. Fleury at the White House Holiday Reception on Dec. 20th, she told him about her program "Community of Concern" – and he asked her to send the enclosed materials.

Would you mind drafting a short response for H/S? Just a 'thanks for the info – [substantive sentence about importance of substance abuse prevention, etc. that meshes with the mission of her organization] – laura and i were so glad that you and your family could make it, and we know that jenna, barbara did too ...'

Something like that?

Thanks!

(b)(6)

December 21, 2003

The President
The White House
Washington, DC 20500

Dear Mr. President:

It was a great honor and pleasure to meet you and Mrs. Bush at the White House Family Christmas party last evening. Thank you for extending such a warm welcome to our family.

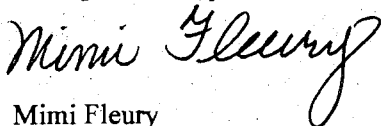
You were very kind to take a moment to speak with me about the work I have been doing with other parents to prevent alcohol, tobacco and other drug use among young people. Enclosed, as you requested, are copies of the booklet that has proved such a catalyst for the "**Community of Concern**" across the country; grass-roots groups of parents and school leaders building regional coalitions to share knowledge and coordinate policies and prevention efforts.

"A Parent's Guide for the Prevention of Alcohol, Tobacco and Other Drugs", grew out of an effort by parents at Georgetown Preparatory School, in Bethesda, Maryland, to compile information supported by the most recent scientific studies that concerned parents would find educational, supportive and actionable in helping their children avoid alcohol, tobacco and other drugs. By word of mouth, demand for copies of the guide spread rapidly among Washington area schools, and then to groups of schools in many other areas of the country.

Along with a few friends, we created a not-for-profit organization to reprint and distribute the guide, and to help new groups of schools get their own "**Community of Concern**" off the ground. Due to the groundswell of parent support, more than 700,000 copies of our booklet have now been distributed to parents through private, public and parochial schools in 24 states, and growing. We believe this overwhelming reaction to our effort bears witness to the tremendous, unmet need among parents for prevention information and guidance that comes from the perspective of other parents.

Again, I sincerely appreciate your interest in our activities and would, of course, welcome any opportunity to discuss our experience with members of your administration. Our hope is to change the culture on underage drinking and drug use by encouraging whole communities of parents and schools to work together. We would love to find ways to share what we've learned and foster the growth of our "**Communities of Concern**" wherever they can be of help.

With greatest respect,



Mimi Fleury
President
Community of Concern

Enclosures- 2 copies of the booklet in English (Georgetown Prep's booklet), 2 copies in Spanish, 2 sample covers from Houston and Delaware

(b)(6)

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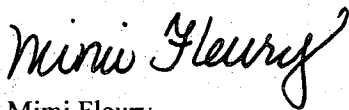
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President
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Marianne Fleury

(b)(6)

January 5, 2004

Dear Mr. Apthekman,

Thank you for calling me this afternoon. I am sorry that you have not yet received this booklet.

A family friend of ours, Rich Ward, III, works in the White House and I asked him to bring you this package - 4 booklets & a letter.

I hope that I have not broken your rules by his request - but rather have expedited your receipt of this material.

The President indicated that he was contemplating talking about substance abuse prevention in his State of the Union address - thus my concern about his receiving these booklets in a timely fashion.

My most sincere gratitude,

Minni Fleury

EXAMPLE: Each school has their own cover and Substance Abuse Policy
BUT the text is the SAME.

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use

Wilmington

Friends  **School**

Archmere Academy
Brandywine High School
Cab Calloway School of the Arts
Centreville School
Charter School of Wilmington
Christiana High School
Christina School District
Concord High School
The Independence School
Newark High School
Padua Academy
The Pilot School
Red Clay Consolidated School District
Saint Mark's High School
Saint Edmond's Academy
St. Elizabeth High School
Salesianum School
Sanford School
The Tatnall School
Tower Hill School
University/Schools Alliance
Upland Country Day School
Ursuline Academy
Wilmington Friends School

Delaware "Community of Concern"

EXAMPLE: Each school has their own cover and Substance Abuse Policy
BUT the text is the SAME.

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use



The Kinkaid School

Annunciation Orthodox School
The Awty International School
Duchesne Academy of the Sacred Heart
Episcopal High School
The Fay School
Fort Bend Baptist Academy
Grace School
Holy Spirit Episcopal School
Houston Christian High School
Incarnate Word Academy
The John Cooper School
John Paul II Catholic School
The Kinkaid School
Mount Carmel High School
O'Connell High School
River Oaks Baptist School
Second Baptist School
St. Agnes Academy
St. John's School
St. Mark's Episcopal School
St. Pius X High School
St. Stephen's Episcopal School Houston
St. Thomas High School
Strake Jesuit College Preparatory
The Village School

Greater Houston Area "Community of Concern"

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use



The Kinkaid School

Annunciation Orthodox School
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Greater Houston Area "Community of Concern"

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use

Wilmington

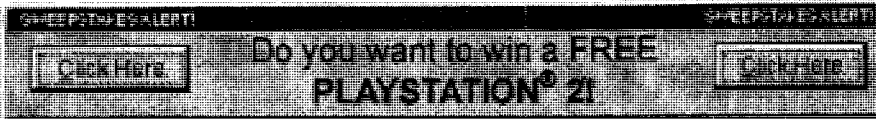
Friends  *School*

Archmere Academy
Brandywine High School
Cab Calloway School of the Arts
Centreville School
Charter School of Wilmington
Christiana High School
Christina School District
Concord High School
The Independence School
Newark High School
Padua Academy
The Pilot School
Red Clay Consolidated School District
Saint Mark's High School
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Delaware "Community of Concern"



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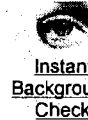
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1/15/2004

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use



Georgetown Preparatory School

The Academy of the Holy Cross
Alexandria Country Day School
Alexandria City Public Schools
Archbishop Carroll High School
Archdiocese of Washington
Elementary Schools
Best Friends Foundation
Bishop McNamara High School
The Bullis School
Charles E. Smith Jewish Day School
Connelly School of the Holy Child
DeMatha Catholic High School
Elizabeth Seton High School
Episcopal High School
Flint Hill School
Georgetown Preparatory School
Georgetown Visitation Preparatory School
Gonzaga College High School
The Heights School
The Holton-Arms School
Landon School
Langley High School
The Langley School
The Madeira School
Maret School
Mater Dei School
McLean School of Maryland
Montgomery County Public Schools
National Cathedral School
The Nora School
Norwood School
Notre Dame Academy
Our Lady of Good Counsel High School
Parents Council of Washington
Parkmont School
The Potomac School
St. Albans School
St. Andrew's Episcopal School
St. Anselm's Abbey School
St. John's College High School
St. John's Episcopal School
St. Mary's Ryken High School
St. Stephen's and St. Agnes School
St. Vincent Pallotti High School
Sidwell Friends School
Stone Ridge School of the Sacred Heart
Suburban Hospital
Thornton Friends School
Washington Episcopal School
Washington International School



**Community
of Concern**

WASHINGTON, DC AREA

BUILDING PARTNERSHIPS FOR PREVENTION

What Our Sons and Daughters Want From Us

As parents of adolescents, it can be difficult to know how to address alcohol, tobacco and other drug use. This survey was distributed to a representative group of students from our schools. These comments and answers were given by our sons and daughters, the most important people to care for, listen to and protect. 1041 students responded. Here is the survey and the top five responses to each question.

Community of Concern Schools' Substance Abuse Survey

Please let us help you. We will be writing an Alcohol, Tobacco and Other Drug Handbook. The most important aspect of the handbook is to provide information that will be helpful to you, your parents and fellow students. We would like your input. Please give us your suggestions about this important topic!

1. What is the most important thing that people should know about alcohol, tobacco and other drugs?

1. They can hurt you and are bad for you.
2. They are dangerous and can kill you.
3. They negatively affect your future and mess up your life.
4. They are addictive.
5. Alcohol, tobacco and other drugs are not cool - don't use them.

"They are windows to depression, severe loss of many things and even death . . . they control you."

2. What is your message to younger students about alcohol, tobacco and other drugs?

1. Don't do them - Just say "NO".
2. Resist peer pressure - find people who don't use them.
3. Be careful.
4. Alcohol, tobacco and other drugs are not cool.
5. Don't drink and drive.

"Although it may seem that drinking is not harmful and is fun, its effects can change the course of your life."

3. What do you want your parents to tell you about alcohol, tobacco and other drugs?

1. Consequences of alcohol, tobacco and other drug use - both punitive and physical.
2. Don't use alcohol, tobacco or other drugs.
3. Nothing or not much.
4. Everything they know - what alcohol, tobacco and other drugs did to their friends.
5. Be careful. Be responsible.

"Let students know the dangers early in life so they don't have to find out on their own."

4. What do you want your parents to do if they suspect you are using?

1. Talk to me - confront me - ask me.
2. Help me - get me to rehab.
3. Stop me - help me quit.
4. Punish me.
5. Search my room for alcohol, tobacco and other drugs - test me - find out the source.

"I want them to get me help as soon as possible without regard to my feelings about it."

5. What do you want your friends to do if they think you have a problem?

1. Tell me - confront me - talk to me.
2. Get me help.
3. Call my parents, pastor or counselor.
4. Take the alcohol, tobacco or other drugs away - cut off the source.
5. Be considerate and support me.

"Help me cope . . . stop me."

6. What do you want the school to do if you get caught using alcohol, tobacco or other drugs?

1. Help me - get me to rehab.
2. Punish me - progressive actions, e.g., suspension, probation and rehab.
3. Suspend me.
4. Expel me.
5. Give me a second chance.

"Get me help . . . give necessary punishments."

We wrote this Substance Abuse Manual as a guideline for us and for our sons and daughters.

The Georgetown Prep Parents' Substance Abuse Manual Committee



Dear Parents,

This booklet was written by a dedicated group of parents and has been reviewed by experts. Please read this handbook and make it a catalyst for communication among yourselves and your children. Share your experiences, questions, suggestions, fears, victories and failures. If you do, we are confident that good things will happen for you and for your children. Then the efforts to produce this manual will have been most worthwhile.

Sincerely,

The Community of Concern

My children are in elementary school. Why should I read this booklet?

We, as parents, need to educate ourselves. Children are beginning to smoke or drink at very young ages, sometimes *before* they finish elementary school. Scientists now know that young brains have powerful learning chemistry that is extremely sensitive to the adverse effects of addictive substances such as alcohol, tobacco and other drugs. The earlier a person is exposed to an addictive substance, the greater the probability of a life-long addiction.

When should I begin to talk to my children about alcohol, tobacco and other drugs?

It is never too early. Start when they are curious and begin to ask questions. Parents have more influence on their kids' decisions **BEFORE** they begin to use alcohol, tobacco or other drugs. If your kids feel comfortable talking openly with you, you will have a greater chance of guiding them toward healthy decisions.

What can I do to help my kids avoid alcohol, tobacco or other drugs?

1. **Educate your children.** Elementary/middle school age children should know:

- What the school and home rules are about alcohol, tobacco and other drugs;
- How medicines and illicit drugs differ;
- The harm alcohol, tobacco and other drugs can do;
- How alcohol commercials may impact them;
- What defines a friend **AND** which adults they can go to in an emergency.

2. **Talk to your children.** Spend time together. As they mature, consider asking questions like "Why do you think kids drink or smoke?/How do you feel about this?" Avoid questions that have simple "yes" or "no" answers. **A parent's disapproval of alcohol or other drug use is the KEY reason children choose not to drink, smoke or use other drugs.**

It's 3:45pm- do you know where your kids are in cyberspace?

Stay in close touch with your children as they explore the Internet's sites and chat rooms. Kids need to understand that not everything they see on the Internet is true or valuable, just as not all advice they get from their peers is valuable or true.

**Thank You
Legal Consequences**

**Resources...Drug Chart Pictures...Drug Chart
Parties and the Social Scene**

Signs and Symptoms...Communication

The Negative Effects of Substance Abuse... Help

Why and Why Not

Brain 101 – The Adolescent Brain

Elementary, Middle and High School Concerns

Our Policy/Other Information (Inside Back Cover)

Elementary, Middle and High School Concerns

Middle School/ High School

Do you know your son's or daughter's friends?

During middle and high school years, fitting in with friends becomes even more important. But who is most likely to ask your child to try beer, cigarettes or other drugs? A friend. How does it feel to say "no" to a friend? It is the alcohol, tobacco and other drugs that are being rejected, not necessarily the friend. As parents, it is important to emphasize that our kids CAN say "no" and keep their friends, sometimes. Their friends may even follow their lead and say "no" too.

Do most kids in high school start out using alcohol or other drugs?

No. That is a myth. Most kids are not using alcohol, tobacco, or other drugs as they start high school. The trick is to NOT make smoking, drinking or using other drugs a ticket to fitting in. Advise your children to find 2 or 3 kids who do not drink and with whom they would like to be friends. This will make their transition into high school easier.

My kids are in high school. Is it OK to introduce them to alcohol occasionally, but only at home?

No. In fact the younger a person is when introduced to alcohol, the more likely he or she will become addicted. If a person begins drinking alcohol at the age of 15, that individual is 4 times more likely to develop alcohol dependence than those who begin at age 21. "Learning how to drink" during adolescence is not a "rite of passage" nor a "part of growing up". When teens are allowed to drink at home, they are more likely to use alcohol and other drugs outside the home AND are at risk to develop serious behavioral and health problems related to substance use. Be aware that other parents may make alcohol available to your kids at their homes during their children's parties. Any substance use during adolescence is considered abuse.

My kids don't drink, they just smoke cigarettes. What's the big deal?

Kids' initial decision to use tobacco is a critical incident because that choice often leads to other risky behaviors. Tobacco contains nicotine, a highly addictive drug. More than 1/3 of all kids who ever try smoking become regular daily smokers before leaving high school. A majority of adolescent smokers report that they want to quit smoking but that they can't, and 78% of those who try to quit smoking are unsuccessful and begin smoking again within 6 months.

Many parents are permitting their kids to see R-rated movies. Should we?

Adolescents with parental limits on watching R-rated movies were three times less likely to report that they had tried smoking or drinking than children with no limits on watching R-rated films.

It's 4:00pm. Do you know what your kids are doing?

4:00pm is a time of day when kids alone at home can make bad decisions. Encourage after school activities and make sure your kids are well supervised.

Elementary, Middle and High School Concerns

For Parents and Kids

How can kids say "no" to alcohol, tobacco and other drugs?

Help your children to be calm and confident. Their first "no" is the hardest- it gets easier with practice. The more prepared your kids are, the better they will be able to handle difficult situations. Role playing can help kids feel confident. Often kids trying to get other kids to join them in using a substance will take a weak "no" as a possible "yes." Don't argue, don't discuss. Say "no" and mean it.

What are some things to say at a party where a friend offers a cigarette, beer or other drugs?

- No, thanks...Let's shoot some hoops...play video games...
- My mom and dad trust me not to try that...
- No, my parents will ground me for a month...
- I want to stay eligible for the team, or the play, etc...
- My school just started random drug testing...
- I'm not into that kind of stuff. Do you have any soda?

What can kids do if they find themselves in a house where kids are passing around beers and parents are nowhere in sight?

Leave. Advise your child to call home and ask to be picked up. A prearranged code phrase such as, "I forgot about practice tomorrow," or "I have a terrible headache, can you come get me?" will make it easy for your child to let you know that he or she needs help.

What is alcohol poisoning and binge drinking?

Alcohol poisoning, or acute intoxication, is a drug overdose which kills over 4,000 kids every year and can cause irreversible brain damage in those who survive. Some teens drink with the sole purpose of getting drunk. They drink fast, or binge drink, attempting to get as much alcohol into themselves as possible.

Binge drinking is defined as five or more beers or drinks for boys and four or more beers or drinks for girls at one sitting at least once in a two week period. Binge drinking is increasing among teens and may lead to permanent alterations of brain function.

The signs of alcohol overdose can include mental confusion, stupor, difficulty being aroused, slow or irregular breathing, low body temperature, bluish skin color. Be aware that someone who is passed out from drinking can die. If the thought of alcohol overdose is in your mind, call 911 and do not leave the person alone.

What you should NOT do. Do not give the person food, do not let the person sleep, do not give him or her a cold shower.

NEVER ENCOURAGE VOMITING due to the risks of blocking the trachea (airway) or causing the person to inhale the material that has been vomited which can lead to life threatening complications.

Brain 101

Brain Development

We asked for some help from the scientists themselves so that we could understand the most recent scientific information regarding the development of the adolescent brain and the effects of alcohol, tobacco and other drugs. Fulton Crews, Ph.D. (UNC), Robert DuPont, MD (first Director NIDA/Georgetown U), Bridget Grant, Ph.D.(NIH), Linda Spear, Ph.D.(Binghamton U.), Scott Swartzwelder, Ph.D.(Duke), Susan Tapert, Ph.D.(USC-SD), and Wilkie Wilson, Ph.D.(Duke) helped us and we are grateful to them for their expertise.

Brains in Transition. Brain development is a life-long process. Rapid periods of change occur not only prior to birth and during infancy, but also during adolescence. Among the brain regions undergoing pronounced transformations during the teen years are the prefrontal cortex and the mesolimbic brain regions, which regulate "executive functions" that are critical for learning, decision-making, and judgment. These areas provide kids with the ability to plan, execute plans, solve complex problems, inhibit inappropriate impulses, and integrate feelings with thinking- many of the characteristics of successful adults. However, these same brain regions are particularly sensitive to alcohol and other drugs.

Wiring. Since many complex changes in brain wiring take place during the teen years and even into the mid-20's, these years offer both great opportunity and great vulnerability for children. Opportunity exists for kids to positively influence brain development with good nutrition, good sleep habits and good exercise (both mental and physical). On the other hand, since the brain is still developing, it's also vulnerable to insults of various kinds- alcohol and other drug use, head injuries and malnutrition. As parents, we need to provide information to our children about how to capitalize on the opportunities and minimize the risks.

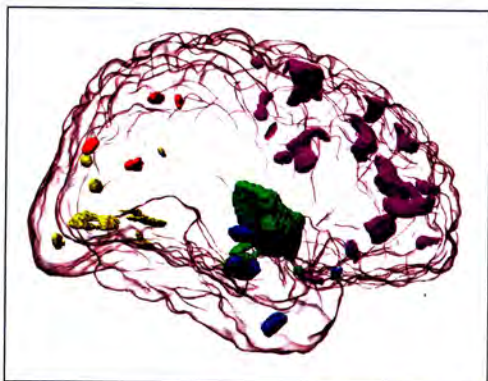
Healthy Brain Campaign! For kids to have more energy and achieve their best, they need to keep their developing brains healthy. How? Here are some ideas:

- **Avoid alcohol, tobacco and other drugs.** Caffeine should be used, if at all, only in moderation. Avoid all "performance-enhancing" products, including ephedrine.
- **Exercise your brain.** Hours of TV do not promote healthy brain growth. Talk, read, look at maps, learn a new hobby! Take classes that are challenging, but not overwhelming. Active use strengthens the brain.
- **Protect your head!** Always use a seatbelt. Wear helmets during sports.
- **Good nutrition.** Eat plenty of fruits, vegetables, and drink enough water (6-8 glasses per day). Some studies have suggested that omega-3 fatty acids, found in seafood, may have helpful effects on brain functioning.
- **Get plenty of physical exercise.**
- **Get enough sleep.** Getting less than 6 hours can cause problems with coordination, thinking and mood. Most people need 7-9 hours of sleep, and teens may need more.

Brain 101

The Adolescent Brain is Vulnerable

There is emerging evidence from both biochemical and structural studies of the brain that adolescents are not "young adults" because their brains are structurally different from those of adults. Young brains respond differently to alcohol and other drugs and may be less resilient to the negative effects of these substances than the adult brain.



MRI showing brain areas yet to be wired in adolescents. (From E.R. Sowell, et. al., "In Vivo Evidence for Post-Adolescent Brain Maturation in Frontal and Striatal Regions." *Nature Neuroscience* 2 (10) 1999, 859)

Addiction. One of the most important differences between adult brains and kids' brains is that kids are far more at risk for addiction. NIH reports that most addictions develop during adolescence. What is addiction? Addiction is the continuing, compulsive use of a substance that occurs despite negative consequences to the user. Addiction is a disease- it is chronic, progressive, and potentially fatal. Addiction requires professional treatment.

Biology of Addiction. Neuroscientists have learned a lot about addiction in the past few years. They now know that the brain chemical dopamine is one of the keys to addiction. This chemical, which makes a person feel euphoric, is released by every addicting substance. It is critical for establishing the long-lasting craving for alcohol and other drugs. Scientists speculate that adolescents release more dopamine than adults in response to drugs, and this would explain why kids are at greater risk for addiction to any drug. Whatever the biological reason, kids seem to be far more vulnerable to addiction than adults, and exposing them to addictive substances is extremely risky.

Lasting effects of drugs on the adolescent brain. In summary, although more scientific research is needed to characterize long-lasting effects, use of alcohol, tobacco and other drugs during the teen years can have a negative impact on brain development that will last into adulthood. Alcohol and other drug use during these years might also change the trajectory of brain development so that those characteristics that underlie success in life may develop less fully than normal.

Thank You
Legal Consequences

Resources...Drug Chart Pictures...Drug Chart

Parties and the Social Scene

Signs and Symptoms...Communication

The Negative Effects of Substance Abuse... Help

Why and Why Not

Brain 101 – The Adolescent Brain

Our Policy/Other Information (Inside Back Cover)

Brain 101

The Brain and Alcohol

Alcohol and Addiction. The earlier a person starts using an addictive substance, the more likely an addiction will develop and the more quickly the addiction will progress. Based on epidemiological studies at NIH, 43% of kids who begin to use alcohol regularly at 13 will develop alcoholism at some point in their lives. 40% of kids who begin drinking at 15 will become alcoholics while only 10% of those who wait until age 21 will develop alcoholism. Kids who show less behavioral effects after drinking are more vulnerable to addiction.

Alcohol is a more potent blocker of learning in adolescents than in adults. The hippocampus, the brain region critical for forming new memories, is particularly affected by alcohol use during adolescence. Kids who drink show reduced brain response and score worse than non-drinkers on vocabulary, general information, memory and memory retrieval tests. Verbal and non-verbal information recall is most heavily affected, with a 10% performance decrease in alcohol users.

Alcohol disrupts sleep cycles. Brain activity during sleep is important for learning and memory function. Information that kids learn in class is transferred from short-term to long-term memory during sleep. Alcohol impairs the quality of sleep and can significantly diminish a person's ability to learn and remember.

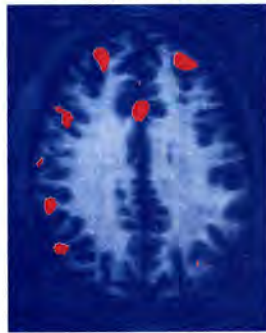
Alcohol appears to be less sedating in teens than adults. This is a real risk. Kids who drink may be more likely than adults to feel OK to drive. But just because somebody CAN get behind the wheel of a car DOES NOT MEAN that they should be behind the wheel. Crashes are more likely among teen drinkers than adult drinkers.

Alcohol impairs maturation. Most recent research suggests that significant alcohol exposure during adolescence may cause the brain to "lock in" adolescent-like responses in adulthood. Kids who drink may retain, as adults, their adolescent insensitivity to the sedating effects of alcohol, or their inability to inhibit inappropriate impulses.

**15-year-old
non-drinker**



**15-year-old
heavy drinker**



These pictures show a top view of the brain. The non-drinker (left) shows a healthy pattern of brain response while doing a memory-for-locations task. The alcohol dependent brain shows much less brain activity. (Susan Tapert, Ph.D., University of California-San Diego)

Brain 101

The Brain and Other Drugs

Alcohol can be lethal. A single dose of alcohol can kill if enough is consumed at one time. Alcohol poisoning kills because alcohol shuts down parts of the brain controlling breathing and other "automatic" actions. For example, the epiglottis "automatically" closes the top of the trachea when we eat or drink-preventing food etc. from entering our lungs. When high levels of alcohol are consumed, the body may begin to rid itself of the "poison" through vomiting. However, high concentrations of alcohol can disable the epiglottis, thus causing the intoxicated person to inhale vomited material into the lungs. This can cause infection and death.

Caffeine. Since there are no legal restrictions, caffeine is the most available psychoactive substance in children's lives and is present not only in coffee, tea and chocolate, but also in many soft drinks, energy drinks, and even in some "designer" waters. It is a powerful stimulant of the nervous system affecting many brain systems. Caffeine can produce anxiety and suppress the onset or impair the quality of sleep. Disrupted sleep diminishes learning.

Ecstasy. The first use of Ecstasy can cause seizures, brain injury or death. Ecstasy kills by disrupting the ability of the brain to regulate body temperature. Users get hot, their brain temperature rises, they have seizures and brain damage occurs through a variety of mechanisms. The best medical research is showing that Ecstasy is a neurotoxin and repeated use kills the parts of the nerve cells that release the mood regulating chemical serotonin. It is not known when or if recovery occurs.

Marijuana. The single most important negative consequence of marijuana use is that the active ingredient THC impairs the ability of the brain to store new information- to learn. It takes 8 days to remove 90% of the active ingredients in a dose of marijuana. Repeated consumption, even at twice a week levels, keeps the user constantly under the influence and the resulting impairment is often unrecognized by the user. Marijuana impairs finely controlled and coordinated movements such as those involved in athletics or playing music. This drug often reduces a person's motivation and can cause a sense of anxiety, fear or panic. When a user withdraws from THC, the withdrawal symptoms can last for a month, providing a great disincentive to stop drug use.

Nicotine. Nicotine is a highly addictive drug contained in **all** tobacco products, not just cigarettes. Nicotine affects the chemistry of the brain regulating thinking and feelings. As with other addictive drugs, addiction proceeds more rapidly in adolescents and, once in place, may last a lifetime. Early use of tobacco may predispose teens to depression, which can lead to alcohol and other drug use.

Steroids. Children with growing brains and bodies should avoid the use of anabolic steroid compounds. These drugs have the potential to alter growth patterns permanently and put kids at risk for cardiovascular disease, damage to tendons and cartilage, aggressive mania ("roid rage"), decreased reproductive function, and reproductive tract cancer. Women are especially sensitive to anabolic steroids because they normally have low levels of testosterone.

Thank You
Legal Consequences

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The Negative Effects of Substance Abuse... Help

Why and Why Not

Why and Why Not

Why Kids Use Alcohol, Tobacco and Other Drugs

There is no single answer to the question "Why do kids use alcohol, tobacco and other drugs?" The answers are many and varied, and can depend upon a variety of social, emotional, physical, and environmental factors. They may include:

The influence of peer acceptance. The powerful influence of fitting in with one's peers is well known. For preteens and teenagers the acceptance of the peer group is of overriding importance. Gaining the acceptance of the group may include indulging in risky behavior, including alcohol, tobacco or other drug use. The potential risks may not be apparent to the adolescent, and this behavior may be viewed as essentially harmless because "everybody's doing it."

The need to escape anxiety. Young people are frequently ill at ease in social situations. In order to cope with these uncomfortable feelings, they may be tempted to use alcohol, tobacco or other drugs in order to lessen their stress and to give them a false sense of confidence in their dealings with others.

The desire to feel good, to relax, or to seek excitement. In general, individuals who use mind-altering substances do so for the reasons cited above, or they may simply be seeking an escape from the pressures of everyday life. Adolescents, in particular, may be interested in using alcohol, tobacco or other drugs to achieve a feeling of well being and relaxation.

To satisfy curiosity or to reduce boredom. Young people are eager to try new experiences, especially those that are supposed to be for adults only. Kids who are not actively involved in extracurricular activities in addition to their studies may find themselves with time on their hands. For these individuals, alcohol, tobacco and other drugs may be seen as one way to pass the time.

As relief from an intolerable situation or as a means of masking low self esteem and/or depression. Some kids are dealing with serious problems in their home or school environments. The psychological toll that these problems take on the adolescents' self esteem may push them to self-medicate using alcohol, tobacco or other drugs as a way to escape their difficulties.

Why and Why Not

Why Kids Should Not Use Alcohol, Tobacco and Other Drugs

Preteens and teenagers should not use alcohol, tobacco or other drugs at all. Here are some reasons why:

It's illegal. Recognizing that alcohol is a powerful drug that must be used responsibly, state governments have imposed a limit of 21 years of age for its possession and use. The use of narcotics or other drugs unless prescribed by a physician is illegal under any circumstances. It is also illegal for a prescription drug to be used by anyone other than the person for whom the drug is prescribed. The sale to and use of tobacco products by minors is illegal. (See **Legal Consequences**)

Alcohol, tobacco and other drugs affect adolescents differently than adults. Because of the changes occurring throughout their brains, adolescents may be less sensitive to certain drug effects but more sensitive to other effects of drugs. For instance, in the case of alcohol, adolescents appear less sensitive to certain alcohol effects that help them to self-monitor levels of intoxication, permitting the high levels of intake associated with binge drinking. Yet, they simultaneously are more sensitive to alcohol-induced disruptions in learning, memory, judgment and motor skills.

Impaired judgment may lead to regrettable, or dangerous situations. Alcohol or other drug-induced highs have been responsible for countless injuries and deaths by car crashes, falls, fighting, drowning, alcohol poisoning, promiscuous sex, unintended pregnancies, and the spread of sexually transmitted diseases, including AIDS.

Certain individuals have a biological predisposition to addiction. The most serious problem with the use of alcohol, tobacco or other drugs by young people is the possibility that they may have a biological predisposition to become addicted to these substances, especially if their relatives are addicted. While it is true that not everyone who drinks, smokes or uses other drugs will become addicted, inevitably there are some who will. There is no way to predict who the vulnerable ones will be, and the extent to which their addiction will compromise their future success in life. It is important to inform kids about any family history of alcoholism or other drug dependencies, because they are at higher risk for addiction.

The use of alcohol, tobacco and other drugs delays the maturation process. When kids use alcohol, tobacco or other drugs as a crutch in social situations, they severely hamper their ability to develop the necessary social skills and self confidence to be successful in their dealings with others.

Thank You
Legal Consequences

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The Negative Effects of Substance Abuse... Help

Why and Why Not

The Negative Effects

The Gateway Drugs

The most widely used drugs in America are nicotine, alcohol and marijuana, and among kids 12-17, inhalants. They are referred to as “gateway drugs” in that individuals rarely use drugs such as cocaine or heroin without first having used tobacco, alcohol, marijuana and/or inhalants. Many people who become addicted to these drugs began using during adolescence.

Tobacco

- The peak time for the initiation of smoking is in sixth and seventh grades.
- 90% of all adult smokers began at or before age 18.
- Each year, one million teens begin smoking. They are the prime targets of tobacco advertisers and 1/3 of them will die from a tobacco related illness.
- 1,200 people die every day in the U.S. from tobacco related illnesses.
- Nicotine is highly addictive and new research shows that kids exhibit serious symptoms of addiction within weeks or just days of first smoking.

Alcohol

- One 12 oz. beer has the same amount of alcohol as 1.5 oz. whiskey, 5 oz. of wine, or a wine cooler.
- Among kids who begin drinking at age 13, 43 percent will go on to develop alcoholism.
- Children of alcoholics have a 4 to 10 times greater risk of becoming alcoholics than children of non-alcoholics.
- Over one-third of America's alcoholics (4.7 million) are under 21.
- More than one quarter of eighth graders in the U.S. have already been drunk.

Marijuana

- The potency of marijuana today can be much stronger than that used in 1965.
- At least 18 percent of eighth graders have used marijuana. By the time a teen reaches 17 years of age, 6 out of 7 have friends who use marijuana and 7 out of 10 can buy marijuana within a day.
- Most affected are the centers of the brain that regulate a person's highest levels of thought, behavior and cognitive functioning. **Simply put, many marijuana smokers are dumber and less motivated than before they started.**
- THC, the principal intoxicating chemical, is stored for weeks in the fatty tissues of the body, including the brain.
- Marijuana smoke has more tar and carcinogens than tobacco smoke.
- The immune and reproductive systems are sensitive to marijuana.
- Marijuana inhibits nausea and can allow a person to consume large quantities of alcohol without getting sick. As a consequence, death due to alcohol overdose may result.

Inhalants

- 20 percent of eighth graders have used inhalants at least once.
- Inhalants can be fatal on the first use or cause permanent damage to the brain, central nervous system or other organs.
- Young teens may inhale common household substances such as aerosol propellants (spray starch), cleaning solvents, gasoline, glue, or paint thinners because they are easy to get and inexpensive.

The Negative Effects

Consequences

Arrested psychological development. Adolescents may mature physically, but their emotional and psychological maturity may be greatly delayed when they use alcohol, tobacco and other drugs. A major task of teens is to grow into responsible adults. Kids need to learn how to accept and handle their emotions. They also need to learn how to celebrate, relax and feel part of a group, yet be an individual. Kids learn these skills through trial and error and repetition over time. Alcohol and other drug use short-circuits this entire process and stunts normal development. *Those who consistently drink alcohol and use other drugs as teens may fail to complete goals regarding education, employment, marriage and financial independence.*

Bone density and growth. Repeated alcohol and other drug use near puberty leads to decreased bone volume in the limbs and the skull, especially in boys. Young male drinkers also appear at increased risk for exercise-related bone injuries. Adolescent girls who drink appear at risk for abnormal bone density and growth.

Car crashes. Alcohol and other drugs reduce a person's normal reaction time, increasing the chances of crashes. Driving under the influence or having passengers who are drunk can result in the loss of driver's license and insurance coverage.

Confusion. Parents who allow their kids to drink or use other drugs are unintentionally sending the message, "I don't care about you" or "I'm not willing to do whatever it takes to protect you." Schools and the media stress the dangers, but peer pressure and advertising can encourage kids to try these substances. Parents' admissions about their own teenage alcohol/drug use only adds to the confusion.

Date rape typically occurs because one or both parties are under the influence of alcohol or other drugs. (see **Drug Chart** for Date Rape Drugs) Date rape is a crime. To have sex with a person who is mentally or physically incapable of saying "no" or is unaware of what is happening is to commit rape. Teens think that a potential rapist is someone who is a crazy guy or a weirdo, yet date rape happens on dates with students who are popular, good-looking and smart regardless of race or economic status. Pregnancy or sexually transmitted diseases may result due to loss of judgment and lowered inhibitions.

Lost opportunities may include suspension/expulsion from school, rejection for summer or full time employment as corporations require passing drug tests, risk of arrest and fines.

Tobacco risks. Nicotine is a subtle but highly effective activator of addiction processes in the adolescent brain. Nicotine usage is predictive of serious future problems with depression and other drug use. The CDC reports that kids who smoke are 3 times more likely to use alcohol, 8 times more likely to use marijuana, and 22 times more likely to use cocaine than non-smokers. Other consequences include a decrease in physical performance, shortness of breath, gum disease, persistent coughs, greater susceptibility to illness, tooth decay, heart disease, stroke and cancer.

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The Negative Effects of Substance Abuse... Help

The Negative Effects

Depression and Suicide

Depression. More than 11 million children and adolescents in the general population suffer from depression at any given point in time. Kids under stress, who experience loss, or who have attention disorders are at a higher risk for depression. Depression also tends to run in families. Depressed adolescents may be more likely to use alcohol, tobacco or other drugs as a way to feel better.

Depression is defined as an illness when the feelings of depression persist and interfere with a person's ability to function. Unfortunately, it often takes a young person's suicide attempt for the problem to surface. For the many families of the 15,000 children who kill themselves each year, the problem surfaces too late.

The following behaviors may be warning signs of depression that can lead to suicide:

- Increased sadness, tearfulness, moodiness, anger or irritability
- Decreased interest in activities; or inability to enjoy previously favorite activities
- Persistent boredom; low energy
- A major change in eating and/or sleeping patterns
- Social isolation, poor communication, difficulty with relationships
- Extreme sensitivity to rejection or failure
- Frequent absences from school or poor performance in school; poor concentration
- Giving away favorite possessions
- Unexplained weight loss or gain

Suicide. More than 8 out of 10 kids who threaten suicide attempt it. Suicide is the second leading cause of death among youths aged 15 to 19 and is often associated with alcohol and other drug use and depression. Two thirds of suicidal teens report poor relationships with their parents. Although these are alarming statistics, suicide is preventable.

If suicide appears imminent, do not waste time feeling guilty, angry or upset. ACT. Call a suicide or crisis intervention hotline, the psychiatric unit at your local hospital or a trusted family practitioner. Do not wait for a return phone call. If you cannot reach the first person, call someone else. Never wait to see if your adolescent feels better in the morning. Most teen suicides take place at home in the late afternoon or evening with family members present.

Talk to your children. The idea that talking about suicide encourages it is false and dangerous. The truth is that once the depressing and frightening thoughts inside your child's head are out in the open, they become less threatening.

Reassurance and expressing concern and understanding for your children's anguish is a huge first. Let them know that whatever the problem(s) may be, your love for them is not conditional and you will work through this with them. Don't give up. Someone once said that suicide is a permanent solution to a temporary problem.

Help

What Can I Do if I Think My Son or Daughter is Using Alcohol, Tobacco or Other Drugs?

Most parents have a sixth sense about how their kids act and feel. Learning the difference between "the symptoms of growing up" and the warning signs of alcohol and other drug use is not always easy. Recognizing a problem is the first big step. Asking for help is the next one.

Be wary of denial

Denial is a way of coping with painful situations that allows a person to avoid dealing with a problem.

There is the element of shame and inadequacy associated with alcohol and other drug use. Many adults feel helpless and assume that they can take care of the problem within the family itself. However, now is the time to reach out for professional and community based help. Confront the problem; it is never too late nor too early.

Confronting the problem

Agree on a course of action with your spouse or other adult family member BEFORE talking with your preteen or teen. Be open and honest with your feelings, but do not let anger or fear overwhelm your effectiveness to communicate.

Do let your child know that you do not condone his or her behavior.

Do tell your child that you value him or her and will be a supportive advocate.

Do set new guidelines and limits for your child's behavior.

Do become more aware of your child's activities.

If your preteen or teenager is under the influence of alcohol or other drugs:

Right now:

Do try to remain cool and calm.

Do try to find out what he or she has taken and under what circumstances.

Do call a doctor or take your child to the hospital if he or she is incoherent and/or seriously ill.

Do tell your child that you will talk about the matter the next day.

Don't shout, excuse, or use physical force. This can only make matters worse.

The next day:

Do talk with your preteen or teen as soon as possible.

Do have your child assume responsibility for his or her actions, including cleanup.

Do try to find out the circumstances under which your child came to use, including others who were with them. Consider calling the other kids' parents.

Don't name call, belittle, blame or threaten. Mutual respect should be safeguarded.

Don't discuss anything with your child if you are too angry, or unable to talk without losing your temper.

Don't ask why. Work with what happened and what you know.

Do seek help from community supports: medical, mental health, legal and self-help groups.

Do enforce consequences, e.g. loss of privileges.

Communication

Signs and Symptoms of Alcohol, Tobacco and Other Drug Use

It is difficult to readily identify signs and symptoms of alcohol, tobacco or other drug use in your kids. Some of the signs may be "typical" adolescent behavior. You know what is typical behavior for your children and what is not. If you have a concern or think there may be a problem, seek the help of a substance abuse counselor or medical doctor.

Academic Performance

Slipping grades/ absent often
Excuses for incomplete assignments
Difficulty concentrating
Change in attitude toward teachers
Change in motivation to perform

Alcohol and Other Drug Curiosity

Talks about alcohol and drug use
Change in attitude about tobacco use
Interest in pro-drug music/literature
Hostility in discussing alcohol/drugs
Wears pro-drug hats, shirts, jewelry

Behavioral Changes

Lack of interest in appearance
Withdrawal, isolation, fatigue,
depression, anxiety, lying
Lack of cooperation/defies rules
Increased friction with family
Begins to make up own rules
Difficult to talk to/ restless
Increased need for money
Lack of activities previously enjoyed
Gets home late/avoids interaction
Legal problems

Peer Relations

Change in friends/avoids old friends
Vague about whereabouts
Phone calls from new friends
Sudden status with peers

Physical Changes

Blood shot eyes/dilated pupils
Weight loss or gain/bruises
Runny nose/eyes, frequent colds,fevers
Spurts of snack-food hunger

Forgetful/dazed look

Sleeping more/less than usual, fatigue
Frequent diarrhea,sweats, muscle aches

Physical Evidence

Sudden concern for privacy of things
Mouthwash/gum/burning incense
Lighters/rolling papers/pipes
Unfamiliar smell on clothing
Disappearance of alcohol from home
Eye drops (Visine or Murine)
"Stash cans" disguised as soda cans
People telling you that your child is
drinking, smoking or using drugs

Four Stages of Substance Abuse

Initial Use

- User learns to tolerate the adverse effects of the drug- e.g. nausea from first cigarettes
- User learns drugs produce euphoric feeling

Regular Use

- User actively seeks the drug
- Achieving the "high" is a preoccupation

Addiction- Early Dependency

- Increased tolerance to the drug
- Increased frequency and amount of drug use

Addiction- Complete Dependency

- User loses control over use- difficult to moderate or stop using
- User shows withdrawal symptoms (e.g., anxiety, nervousness, physical illness) when attempting to quit
- Continued use despite negative consequences

Communication

Communicating With Your Children

Foster Self Respect- Establish Guidelines

Many parents hesitate to discuss alcohol, tobacco and other drug use with their children. Some of us believe that our kids won't use alcohol, tobacco or other drugs. Others delay because we don't know what to say or how to say it, or we are afraid of putting ideas into our children's heads. However, many young people in treatment programs say that they had used alcohol, tobacco or other drugs for at least 2 years before their parents knew about it.

Make time for your son or daughter. Find an activity that you enjoy doing together. Put your chores aside, pay attention and listen to your children. Don't do all the talking.

Encourage independent thinking. Eventually your child will make a decision about whether to smoke, drink or use drugs. Peer pressure is a major reason kids try drugs. Let them know it is OK to act independently from others and to think for themselves.

Praise your kids for who they are, not just for their accomplishments. When parents are quicker to praise than to criticize, kids feel good about themselves and develop the self confidence to trust their own judgment.

Tolerate differences. Encourage your children to talk freely about their lives, problems, school and work. Talk about topics where all people do not have the same opinions.

Give kids responsibility for their own problems, even though the consequences may be embarrassing.

Remove the stigma of failure from your home. Young people need to understand that the only failure is in not trying. Mistakes are not failures. Mistakes simply provide us with new information that can help us to succeed. We all need the freedom to be imperfect.

Encourage outside interests. Kids who learn to have fun and cope with stress in healthy ways, through sports/other interests, will be less likely to turn to alcohol and drugs.

Take a firm stand against any form of tobacco, alcohol or other drug use. Do not accept getting high or drunk as normal at any age. Exercise parental authority.

Do not serve alcohol to underage kids and don't allow kids to bring tobacco, alcohol or other drugs into your home. Establish guidelines, rules and curfews and consequences.

Teach resistance skills. Talk through strategies with them for saying "no", and make sure they know whom to call upon if help is needed in a problem situation.

Know where your son or daughter is. Let them know where you can be reached at all times and that they may telephone you for a ride home whenever they need to, for any reason. Pick a code phrase- "I feel really sick...I have a toothache..." that your child can use as a cue for you to come and pick them up anytime, no questions asked.

Be at home while your kids are getting ready to go out and be awake when they come home. When they are leaving, remind them of your expectations that they not drink, smoke or use other drugs. If you are awake when they come home, it will be easier for you to determine if they have been smoking, drinking or using other drugs.

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Communicating With Other Parents

Network Frequently

The best offense in the battle against alcohol, tobacco and other drug use among children is to know what's going on. There will be times when your kids won't like what you say- or will act as though they don't like you. Being your child's friend should not be your primary role during this time in their lives. It's important to resist the urge to win their favor or try too hard to please them. "All the other kids' parents let them..." is a tactic often used to make you feel alone in your decision making. It is never too late to turn the tables and find out what other parents are doing. We, as parents, do more to shape our children's views than any other single influence in their lives.

Get to know your son's or daughter's friends. If your child is associating with kids who are using tobacco, alcohol or other drugs, your child is at risk.

Get to know the parents of your child's friends. You can become involved with other parents through the Parents' Organization, sports or drama activities, volunteering, etc. Develop a "united front" and discuss concerns openly.

Be a good role model. Set good examples in your own life. Believe that kids can understand and accept that there are differences between what adults may do legally and what is legal for adolescents. Keep that distinction sharp.

Call to confirm the activities your preteen or adolescent plans to attend. Find out if parties will be parent-supervised. When in doubt, consider asking the parents hosting the party for their assurance that they will serve no alcohol and that they will not permit guests to bring alcohol.

Ask for help. Give permission to other parents to call you if they see your son or daughter participating in activities they know you would not approve of. Encourage your children to ask for help if one of their friends is experiencing difficulties with tobacco, alcohol or other drug use by telling you, talking with their parents or speaking directly with the friend.

Provide help. Call the parents of any boy or girl at any event whom you perceive to be high, stoned, or drunk. It takes a brave parent to call another with bad news. Be willing to provide a ride to protect the teen or to call the police if necessary.

Know what to do if you suspect a problem. Realize that no adolescent is immune to alcohol, tobacco or other drugs. If you think there might be a problem, there probably is. Addiction is a disease, not a cause for shame. Seek professional help.

A PARENT'S REPORT CARD—GO FOR STRAIGHT A'S

Be Aware of their attitudes.

Be Alert to their environment.

Be Around their activities.

Be Assertive in your parenting.

Be Awake when they come home.

THE FIVE BASIC A'S OF PREVENTION

Communication

Communicating With the School Work Together

All of the schools in the "Community of Concern" encourage parents to become involved with the school and our children's activities. As the primary educators of our children, the schools and parents form a unique partnership.

Take advantage of volunteer opportunities. One of the best ways to learn what is going on at school and to get to know other parents is to volunteer at the school. The Parents' Organizations provide a myriad of ways for parents to become involved. You can sign up by calling Parents' Organization's members to offer your time. Their names and telephone numbers are listed in the Student Telephone Directory or can be obtained from the school.

Know the school's Substance Abuse Policy. Actively support the policy.

Talk with the school counselor, chaplain, principal or dean of students if you suspect a problem with alcohol, tobacco or other drug use because it is usually easier to take care of a problem in the earlier stages.

During High School...Some kids talk about "learning to drink responsibly" before they get to college. Learning to be responsible *about* drinking does not require learning *how* to drink. Parents may think about introducing their kids to alcohol at home. Stop and think. Studies show that the younger kids are when they start to drink, the more likely they will develop problems with addiction in the future.

Furthermore, the legal drinking age is 21. If you say to your child, "It's OK to break the law as long as you do it here with me", you are sending them a basic message that individuals can decide whether or not or when to obey the law and when to ignore it. Instead, we can educate our kids about the medical, legal and other consequences of underage drinking so that they may make responsible decisions *about not* drinking.

Beyond High School... According to the National Center of Addiction and Substance Abuse at Columbia University, "Did you know that the average college student spends more money on alcohol than on books? The consequences of campus alcohol abuse are devastating: 95 percent of violent campus crime is alcohol-related, and, in at least 73 percent of reported campus rapes, either the perpetrator, the victim, or both have been drinking. Students who drink most heavily receive the lowest grades.

While alcohol is the top substance of abuse in college, for most students alcohol abuse started well before they graduated from high school. Only 14 percent of students began drinking in college; 71 percent first used alcohol before age eighteen. Students who first used alcohol before college binge drink far more often than those who began drinking later." It's important to remember that most college kids are under 21 and still not legally eligible to drink. Many parents are beginning to hold the colleges accountable.

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Parties and the Social Scene

Parties

Parties or “get togethers” are a major part of the high school social scene. They can be an enjoyable way for kids to meet and socialize. However, without proper planning and careful supervision, parties can be a disaster waiting to happen. The following guidelines will help you keep parties both more fun and safe.

When the party is at your house

Before the party:

- Set the ground rules. Your son or daughter needs to know what you expect.
- Limit party attendance. Curb the “open party” situation.
- Designate the “off-limits” rooms in your house.
- Know your legal responsibilities. Share this information with your teen.
- Set a time for the party to end.
- Remove any family liquor from areas accessible to party guests.
- Invite other couples to help chaperone.

At the party:

- Be present and visible. Don’t be pressured into staying out of sight. Greet guests as they arrive.
- Occasionally check on food and soda and monitor your yard.
- No smoking, no alcohol, no drugs.
- No leaving the party and then returning.
- Backpacks and coats must be left at the door.
- Consider checking contents of backpacks.
- Open cans or containers cannot be brought into the party.
- Don’t hesitate to call police if unwanted guests refuse to leave.
- Never allow anyone you suspect is under the influence of drugs or alcohol to drive. Call their parents, a cab, or ask a sober adult to drive them home.

When the party is elsewhere

- Call the host parent to be sure that a parent will be present and get assurance that alcohol and drugs will not be permitted.
- Know how your child will get to and from the party.
- Discuss in advance the possible situations your preteen or teen might encounter and how to handle them. Make sure he or she has a phone number where you can be reached should they want to leave the party early.
- Be awake for your child’s return or have him or her awaken you. This gives you an opportunity to assess whether or not your child has been using drugs or alcohol.
- Verify any plans to stay overnight with the host parents. Be wary of impromptu sleepovers.
- Establish firm, clear rules against driving under the influence of drugs or alcohol or riding with someone who has been drinking or using drugs.

If the parents are out of town

Tell a neighbor about your scheduled absence and leave instructions to protect yourself against “surprise parties.” Leave a number where you can be reached. Inform your preteen or teenager of your preparations.

Don’t pressure kids to attend parties/events/concerts they do not want to attend.

Your children may have good reasons for not wanting to go. They may know that alcohol and other drugs will be present, but are not willing to tell you.

Parties and the Social Scene

The Social Scene

When the party is nowhere and everywhere

Teenage parties whose destinations are parks or open fields are of grave concern because of their isolation and lack of supervision. Typically they are most prevalent during warmer weather, well organized with large amounts of alcohol, a cover charge, and lots of teenagers.

Insist that your teen keep you posted of any change in plans. Parents must realize that once kids start driving, their plans change rapidly and frequently. They may start at an "agreed upon" party and before long, move onto several different locations without your permission. This possibility might bear discussion so a plan consistent with your family's rules can be agreed upon.

"Raves"

These all night dance parties with loud "techno" music are set up in warehouses, fields or stadiums and are frequently advertised as alcohol-free, giving parents a false sense of security. "Club drugs", such as Ecstasy, are often readily available at "raves". Ecstasy's stimulant effects enable users to dance for long periods thereby increasing the body's core temperature. This can lead to seizures, dehydration or heart or kidney failure.

Homecoming, Holiday Dances, School Dances and Prom

These social events often include group transportation using commercial limousine or bus services. This can be an attractive option, as long as the vehicle is not used as an opportunity to drink. If your son or daughter and their friends are planning to use group transportation, consider the following:

Take responsibility for hiring the transport company yourself. Do not give this responsibility to your child. Some counties have approved limousine lists.

Inform the transport company they are to make no stops to or from the event other than the stops you have pre-authorized. Be firm that you will hold them accountable to ensure that no alcohol is illegally consumed by minors.

All bags must be kept in the trunk to ensure that no alcohol is brought on board by any young men or women.

Celebrations off-campus

The week after school ends, thousands of students, many unchaperoned, gather at local resorts. For many students, this is a time to relax and have fun with friends after exams or graduation. For far too many, it is a time of near non-stop drunkenness and sexual promiscuity. Many parents who look upon these occasions as an innocent "rite of passage" for high school students regret their mistake. If you are thinking of allowing your son or daughter to take part in large group celebrations, consider the following:

Provide responsible chaperoning. You are the best chaperones of your children. However, other parents whose judgment you trust and whose values you share are a reasonable alternative.

Don't ask young adults, including relatives, to chaperone. They are a poor choice, as they often buy alcohol for the minors under their care.

Offer an alternative. Father/son or mother/daughter outings, special privileges...etc.

Alcoholpops

Be Alert. "Starter suds" are alcoholic beverages that resemble non-alcoholic lemonades, fruit punches, and soft drinks. These sweet, fruity beverages disguise the taste of alcohol and contribute to underage drinking.

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Resources

National

National 24 Hour Hotlines

AIDS Hotline 800-342-2437

Alcohol and Drug Helpline 800-821-4357

Suicide Hotline 800-784-2433

We Tip To anonymously report selling or trafficking of illicit drugs 800-782-7463

Information

Al-Anon/Alateen (www.al-anon.alateen.org) 800-356-9996

Provides support for families and friends of alcoholics.

Alcoholics Anonymous (www.alcoholics-anonymous.org) 212-870-3400

Provides help for those concerned about their drinking.

American Council for Drug Education (www.acde.org) 800-488-3784

Scientifically accurate information on illegal drugs. (www.drughelp.org)

Best Friends Foundation (www.bestfriendsfoundation.org) 202-237-8156

Provides alcohol/drug curriculum information.

Campaign for Tobacco-Free Kids (www.tobaccofreekids.org) 800-803-7178

Provides information to protect kids from tobacco addiction.

Caron Adolescent Treatment Center (www.caron.org) 800-678-2332

Provides treatment for addictions.

Community of Concern (www.thecommunityofconcern.org) 301-493-5000

Interactive e-learning, Community News and prevention tips.

Detection (www.phamatech.com) 888-635-5840

Provides drug testing information for parents.

Father Martin's Ashley (www.fathermartinsashley.com) 800-799-4673

Provides addiction treatment services.

FCD Educational Services (www.fcd.org) 781-444-6969

Provides alcohol, tobacco and other drug education for schools

Hazelden Foundation (www.hazelden.com) 800-257-7800

Provides information and treatment for addictions.

Leadership to Keep Children 301-654-6740

Alcohol Free (www.alcoholfreechildren.org)

Information to help prevent alcohol use by children ages 9-15

National Clearinghouse for Alcohol and Drug Information (www.health.org) 800-662-HELP

Gives local referrals for treatment and provides publications.

National Council on Alcoholism and Drug Dependence (www.ncadd.org) 800-654-4357

Educational materials and resources

National Institute on Drug Abuse (www.nida.gov) 301-443-1124

Information on common drugs of abuse

Partnership for a Drug-Free America (www.drugfreeamerica.org) 212-922-1560

Answers questions frequently asked by parents.

Toughlove (www.toughlove.org) 800-333-1069

National self-help group for parents and children.

U.S. DOE-Safe and Drug Free Schools 202-260-3954

(www.ed.gov/offices/OESE/SDFS)

Provides funding and technical support for school based programs.

Local Resources

You do not need to be alone when dealing with your son or daughter's alcohol, tobacco or other drug issues. Reach out for help. A good place to start is the counseling department at your child's school.

This list is a compilation of information as of 2003 and not an endorsement.

Drug Chart

Pictures of Some Common Drugs of Use

Type of Drug

Cannabis



Marijuana paraphernalia



Blunts

Stimulants



Cocaine paraphernalia



Homemade crack pipes

Hallucinogens



LSD blotter paper



Psilocybin Mushroom

Club Drugs/ Designer Drugs



Ecstasy



Rohypnol—Date Rape Drug
“Roofies”

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Drug Chart

Common Drugs of Use

Type of Drug	Drug Name	Street Name	Description	DEA Schedule #/ How It's Used	Related Paraphernalia	Signs and Symptoms of Use
Cannabis	MARIJUANA	Pot, grass, reefer,	Like dried	I, Swallowed,	Rolling papers,	Sweet burnt odor,
	Hashish,	weed, sinsemilla,	oregano leaves,	smoked	pipes, bongs,	slow reactions, red
	Hash Oil	joint, blunts, MJ	stems and seeds		baggies, roach clips	eyes
Depressants (Depress the nervous system)	ALCOHOL	Booze, juice,	Liquid	Not Scheduled	Flask, bottles, cans,	Impaired judgement,
	Beer, wine, alcopops,	brew, 40's		Swallowed	"beer bong"-funnel	mood changes, lowered
	distilled spirits (whiskey, vodka, gin, rum, brandy)				and tubing	inhibitions
	BARBITURATES	Barbs, downers,	Tablets, powder	II, III, Swallowed,	Syringe, needles	Confusion, fatigue,
	Amyl, Seconal,	yellow jackets, reds,		injected		impaired
	Nembutal	blue devils				coordination, slurred speech
	TRANQUILIZERS	Tranks, downers,	Tablets	IV, Swallowed	Pill bottles	Drowsiness,
	Valium, Librium	candy				dizziness
Narcotics	HEROIN, MORPHINE	Dreamer, junk, smack, horse	White to brown powders, tablets, liquid	I, Injected, smoked, snorted	Syringes, spoon, lighter, needles	Lethargy, needle marks, constricted pupils, staggering gait
	OXYCONTIN	Killers, OC, Oxy, Oxycotton	Tablet	II, Chewed, snorted, injected	Razor blades	Sedation, dizziness, dry mouth, sweating
Stimulants (Stimulate the nervous system)	AMPHETAMINES	Speed, uppers,	Variety of tablets, crystal-like rock salt	II, Swallowed, injected, smoked, snorted	Syringe, needles	Excess activity, irritability,
	Amphetamine, Dextroamphetamine, Methamphetamine	bennies, crank, crystal, black beauties, crosses, wide-eye ice				nervousness, tremor, impulsive behavior, dilated pupils
	METHYLPHE- NIDATE	Ritalin, JIF, vitamin R, R-ball	Tablets	II, Swallowed, snorted, injected	Razor blade, straws, glass surfaces	Increased alertness, excitation, insomnia, loss of appetite
	COCAINE/ CRACK	Coke, snow, toot, blow, white lady, flake, vitamin "C"	White powder	I, Snorted, injected, swallowed, smoked	Razor blade, straws, mirrors, glassy surfaces	Dilated pupils, talkativeness, euphoric short-term high, depression, oily skin
	TOBACCO/ NICOTINE	Smokes, butts, cigs, cancer sticks/snuff, dip, chew, smokeless, spit	Dried brown organic material	Not Scheduled. Smoked or chewed	Spit cups, cigar cutters, lighters, matches, bidis	Shortness of breath, respiratory illnesses, lung and other cancers

Note Well:

Prescription Drugs - Kids as young as 12 are abusing prescription drugs. Types of prescription drugs that are prone to abuse are pain relievers, stimulants and sedatives.

Over-the-Counter Drugs - The majority of OTC drug abuse occurs among teenagers and young adults. Be aware of chemicals found in various cough medications and decongestants.

Drug Chart

Common Drugs of Use

Type of Drug	Drug Name	Street Name	Description	DEA Schedule #/ How It's Used	Related Paraphernalia	Signs and Symptoms of Use
Hallucinogens (Alters perceptions of reality)	PCP (Phencyclidine)	Angel dust, hog, peace pill, tic/tac, zoot	White powder or tablet, liquid, capsule	I, II, Smoked, snorted, injected, swallowed	Tin foil, can be applied to leafy material i.e. mint, parsley, tobacco	Impaired motor function, numbness, unpredictability, panic, aggression
	LSD (Lysergic Acid Diethylamide)	Acid, cubes, blotter, microdot, yellow sunshine, gel tabs	Odorless, colorless, tasteless powder, tablet, liquid	I, Swallowed, sugar cubes or licked off blotter paper	Blotter papers, thin squares of gelatin	Dilated pupils, altered states of perception/feeling, flashbacks
	MESCALINE Psilocybin	Mesc, cactus, magic mushroom, shrooms	Brown discs, tablets, natural mushrooms (fried or dried)	I, Swallowed, smoked, chewed	Dried mushroom brewed as tea	Same as LSD above, nervousness, paranoia
Inhalants (Substances inhaled by nose or mouth)	Air Freshener, butane correction fluid, aerosols, airplane glue, gasoline, marking pens, amyl and butyl nitrate	Glue, kick, bang, huff, poppers, whippets, texas shoe-shine, jac blaster	Chemicals that produce mind- altering vapors	Not scheduled, Inhaled through nose or mouth, often with the use of paper or plastic bags	Cleaning rags, empty spray cans, tubes of glue, baggies, aerosol cans, large balloons, paper bags	Bad breath, impaired vision, slowed thought, headache, depletion of oxygen, spots or sores around mouth or nose
Steroids	ANABOLIC	A's, stackers, gym candy, juice arnolds, weight trainers	Tablet	III, Swallowed, injected	Used in large quantities to increase muscle strength	Aggressive behavior "Roid rage"
Club Drugs/ Designer Drugs	MDMA, MDA, MDEA (Stimulant/ Hallucinogen)	Ectasy, X, XTC, E, Peace	Branded tablets	I, Swallowed	Glow sticks, candy pacifiers	Anxiety, teeth clenching, paranoia, hyperthermia
	KETAMINE (Dissociative Anaesthetic)	Special K, Vitamin K, New Ecstasy, Breakfast cereal, Cat Valium	Liquid or powder	III, Liquid, which is usually converted into powder then snorted or smoked	Small zip lock bags, aluminum "folds", "puff pumps"	Profound hallucinations, inability to move, feel pain or remember
Date Rape Drugs	ROHYPNOL (Depressant)	R-Z, roofies, Mexican valium, spanish fly	Tasteless, odorless, dissolves easily in beverages, carbonated	IV, Swallowed, added to drinks	Drinks, soda cans	Small amounts cause unconsciousness and/or amnesia
	GHB (Depressant)	Grievous Bodily Harm, Georgia Home Boy	Clear liquid, capsule	I in 6 states; Schedule # pending in 44 states. Swallowed, dissolved in drinks	Drinks, soda cans	Drowsiness, loss of reflexes, headache

Drug Enforcement Administration (DEA) Schedule-Tiered System for Regulating Psychoactive Drugs—Schedule I/II high potential for abuse. Schedule I—no approved medical use. Schedule II—available by non-refillable prescription. Schedule III/IV—available by prescription, with restricted refills. Schedule V—available over the counter. (U.S. Department of Justice)

Legal Consequences

Civil Damages, Enforcement Policy and Criminal Penalties

Civil Damages

A person who supplies alcohol or drugs to a minor, or who allows alcohol or drugs to be used by a minor when he or she is in a position to prevent that use, may be liable for damages resulting from the minor's impairment. For example, a person who supplies alcohol to minors or hosts a party where drinking is allowed could be assessed for significant damages if the minor, driving while impaired, should have an accident causing injury to himself or others or to property.

Enforcement Policy

With the heightened awareness of the problems created by underage individuals' use of alcohol and other drugs, authorities are not inclined to look the other way at offenses. For example, in some counties, zero tolerance is the procedure. Where underage individuals are consuming alcohol at a party, all those in attendance, whether drinking or not, will be subject to civil citations.

Criminal Penalties—Tobacco

All 50 states and DC prohibit the sale of tobacco products to minors. Retailers who sell tobacco products to kids under 18 are subject to fines; as are persons who distribute to or buy tobacco products for kids. More than 44 states also have laws that penalize kids for buying, possessing or using tobacco products with fines, community service, or loss of driving privileges.

Criminal Penalties—Use of Controlled Dangerous Substances

In many states "Possession or Sale of Controlled Substances" is classified as a Felony. Penalties range from prison sentences to heavy fines or both. Penalties for "Sale on School Property or Within 1000 Feet of Any School" and "Distribution to Persons Under 18" are severe.

Criminal Penalties—Alcohol and Marijuana

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
AK	Fine up to \$5,000, Jail up to 1 yr., DL revoked	Purchase/Fine up to \$5,000, Jail up to 1 yr., Possession/Fine \$100	Fine up to \$10,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-90 days
AL	Fine \$50-500, Jail up to 3 mo., LS 3-6 mo.	Fine \$50-500, Jail up to 3 mo., LS 3-6 mo.	Fine up to \$1,000, Jail up to 6 mo.	Fine up to \$2,000, Jail up to 1 yr., LS up to 6 mo.
AR	Fine up to \$500, Jail up to 90 days, possible probation	Fine \$100-500, and/or probation or essay	Fine up to \$1,000, Jail up to 5 yrs.	Fine \$1,000, Jail 0-1yr.
AZ	Fine up to \$2,500, Jail up to 6 mo., LS	Fine up to \$500, Jail up to 30 days	Fine up to \$2,500, Jail up to 6 mo.	Fine \$750-150,000, Jail—probation
CA	Fine up to \$1,000, Jail up to 6 mo., LS up to 1 yr., CS 24-32 hrs.	Fine \$250 and CS up to 32 hrs., LS up to 1 yr.	Fine \$1,000 CS up to 24 hrs.	Fine \$1,000, Jail—appear court

Legal Consequences

Criminal Penalties (continued)

Thank You
Legal Consequences

Our Policy/Other Information (Inside Back Cover)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
CO	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$1,000, AE, SAP, LS, Jail, CS	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$100, Jail up to 15 days
CT	Fine \$50-500, Jail up to 30 days, LS	Fine \$200-500, Jail up to 30 days, LS	Fine up to \$1,500 and/or Jail up to 18 mo.	Fine up to \$1,000, Jail up to 1 yr.
DE	Fine \$100-500, Jail up to 30 days	Fine up to \$100 or LS 30 days	Fine up to \$500, Jail up to 30 days, CS-40 hrs.	Fine \$1,150, Jail 0-6 mo.
DC	Fine up to \$300, Jail up to 30 days, LS up to 1 yr.	Fine up to \$300, Jail up to 30 days, LS	Fine up to \$1,000, Jail up to 180 days	Fine up to \$1,000, Jail 0-180 days
FL	Fine up to \$500, Jail up to 60 days, CS-40 hrs., LS 6 mo.	Fine up to \$500, Jail up to 60 days, LS-up to 1 yr.	Fine up to \$500, Jail up to 60 days, CS-40 hrs., LS	Fine up to \$1,000, Jail 0-1 yr.
GA	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$300, and/or Jail up to 6 mo., LS	Fine up to \$1,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-1 yr.
HI	Fine up to \$10,000, Jail up to 5 yrs.	Under 18-family court, 18-21 petty misd.-penalty varies by county	Fine up to \$2,000, Jail up to 6 mo.	Fine up to \$1,000, Jail 0-1 yr.
ID	Fine up to \$3,000, Jail up to 60 days	Fine up to \$1,000, LS up to 1 yr., AE, SAP	Fine up to \$1,000, Jail up to 60 days	Fine \$1,000, Jail 0-1 yr.
IL	Fine up to \$500, CS up to 25 hrs., LS	Fine up to \$2,500, Jail up to 12 mo., LS, SAP	Fine up to \$2,500, Jail up to 12 mo.	Fine \$500, Jail 0-30 days
IN	Fine up to \$500, Jail up to 60 days, LS up to 1 yr.	Fine up to \$500, Jail up to 60 days	Fine up to \$1,000, Jail up to 60 days	Fine \$5,000, Jail 0-1 yr.,
IA	Fine up to \$200, LS up to 1 yr.	Fine up to \$200, LS up to 1 yr., CS	Fine up to \$500, Jail	Fine up to \$1,000, Jail up to 6 mo., rehab. serv.
KS	Fine up to \$500, CS up to 100 hrs.	Fine \$200-500, CS-40 hrs., SAP	Fine min. \$200, Jail	Fine \$2,500, Jail 0-1 yr.
KY	Fine up to \$500, Jail up to 1 yr., LS-up to 6 mo., SAP	Fine up to \$500, Jail up to 1 yr.	Fine up to \$500, Jail up to 1 yr.	Fine \$500, Jail 90 days to 1 yr.
LA	Fine up to \$2,000, CS-30 hrs.	Fine up to \$250, Jail 6 mo., LS, SAP	Fine up to \$500, Jail up to 6 mo.	Fine \$500, Jail 0-6 mo.
ME	Fine \$100-500	Fine \$100-300, CS, LS	Fine up to \$1,000, Jail	Fine \$400, Jail 0-1 yr.
MD	Fine \$500, Jail up to 2 mo., Fake drivers lic. up to 12 points	Fine \$500, AE, SAP, CS-20 hrs.	Fine up to \$1,000, Jail up to 2 yrs.	Fine \$1,000, Jail 0-1 yr.

Legal Consequences

Criminal Penalties (continued)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
MA	Fine \$300, LS-180 days	Fine up to \$300, LS up to 180 days	Fine up to \$2,000, Jail up to 6 mo.	Fine \$500, Jail 0-6 mo.
MI	Fine up to \$100, Jail up to 90 days, LS up to 90 days	Fine up to \$500, SAP, CS	Fine up to \$2,500, Jail up to 90 days, CS	Fine \$1,000, Jail 0-1 yr. or Probation
MN	Fine up to \$100, LS	Fine up to \$100	Fine up to \$100, CS	Fine \$200, SAP
MS	Fine up to \$200, Jail 5-30 days, CS up to 30 days	Fine up to \$100	Fine up to \$2,000, Jail up to 1 yr.	Fine up to \$1,000, Jail 0-1 yr.
MO	Fine \$500	Fine \$500-1,000, Jail 6 mo.-1yr., LS, SAP	Fine up to \$1,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-1 yr.
MT	Fine \$500 and/or Jail 6 mo., LS 6 mo.	Fine up to \$100, LS up to 90 days, CS, SAP	Fine up to \$500, Jail up to 6 mo.	Fine \$100-500, Jail 0-6 mo.
NE	Fine up to \$500, Jail up to 3 mo.	Fine up to \$500, Jail up to 30 days, CS up to 10 days, LS	Fine up to \$1,000, Jail up to 1 yr.	Fine up to \$500, Jail up to 7 days, SAP
NV	Fine up to \$1,000, Jail up to 6 mo., CS	Fine up to \$1,000, Jail up to 6 mo., CS	Fine up to \$1,000, Jail up to 6 mo., CS	Fine \$5,000, Jail 1-4 yrs.
NH	Fine up to \$500, LS up to 60 days	Fine up to \$250, LS 90 days - 1 yr.	Fine up to \$2,000, Jail up to 12 mo.	Fine \$1,000, Jail 0-1 yr.
NJ	Fine up to \$500, LS-6 mo., SAP	Fine at least \$500, LS-6 mo., SAP	Fine \$500, LS-6 mo.	Fine \$1,000, Jail 0-6 mo.
NM	Fine up to \$1,000, Jail 2-5 days, CS-60 hr.	Fine up to \$1,000, Jail up to 60 days, CS up to 50 hrs., SAP LS up to 3 mos., AE.	Fine up to \$1,000, Jail up to 5 days, CS, LS up to 1 yr.	Fine up to \$1,000, Jail up to 1 yr., Eligible for probation.
NY	Fine up to \$100, CS up to 30 hr., LS up to 3 mo., SAP	Fine up to \$100, CS up to 30 hr., SAP	Fine up to \$500, Jail up to 5 days	Fine \$500, Jail 0-3 mo.
NC	Fine at court's discretion, Jail up to 45 days, LS 1 yr.	Fine min. \$250 Jail and/or probation, CS up to 25 hrs., LS	Fine \$2,000 (over 21), Jail 0-2 yrs., CS up to 150 hrs.	Jail 30 days-6 mo., CS
ND	Fine \$1,000, Jail 30 days	Fine \$1,000, Jail 30 days, AE.	Fine up to \$2,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-30 days
OH	Fine up to \$1,000, Jail up to 6 mo., LS up to 1 yr., CS	Fine \$1,000, Jail up to 6 mo., LS up to 1 yr.	Fine \$500-1,000, Jail up to 6 mo.	Fine \$250 Jail 0-30 days
OK	Fine up to \$50, LS 1 yr. or until 21 yrs. of age	Fine up to \$100 and/or Jail 30 days, SAP, AE, CS 20 hrs.	Fine up to \$5,000, Jail up to 5 yr., Lic. revoked	Fine \$500, Jail 0-1 yr.

Legal Consequences

Criminal Penalties (continued)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
OR	Fine \$300, CS, LS-1 yr., SAP if 18-21 yrs. old	Fine up to \$300, SAP	Fine at least \$350, Jail at least 30 days	Fine \$500-1,000
PA	Fine up to \$300, Jail up to 90 days, AE, LS, SAP	Fine \$500, LS-90 days, SAP	Fine \$1,000-2,500, Jail up to 1 yr.	Fine \$500 and/or Jail up to 30 days
RI	Fine \$150-1,000, LS-3 mo.-1 yr.	Fine \$100-500, LS 3 mo.	Fine up to \$1,000, Jail up to 6 mo.	Fine \$200-500, Jail up to 1 yr.
SC	Fine \$100-200, Jail up to 30 days, LS	Fine up to \$200, Jail up to 30 days, LS	Fine up to \$200, Jail up to 30 days, LS	Fine \$100-200, Jail 0 to 30 days
SD	Fine \$200, Jail up to 30 days, LS-30 days-1 yr.	Fine \$200 and/or Jail-30 days, LS-30 days-1 yr., SAP	Fine \$1,000 and/or Jail 0-1 yr., LS 30 days-1 yr.	Fine \$100, Jail 0-30 days
TN	Fine \$50-500, Jail 5-30 days, LS, CS-20 hrs.	Fine \$50-500, Jail 5-30 days, CS 20 hrs.	Fine \$50-2,500, Jail 11 mo. 29 days, CS-up to 30 days	Fine min. \$250, Jail 0-1 yr.
TX	Fine \$250-2,000, Jail up to 180 days, CS-8-40 hrs., LS, SAP	Fine \$250-2,000 and/or Jail up to 180 days, CS 8-40 hrs., LS, SAP	Fine \$250-2,000 and/or Jail up to 180 days, CS 8-40 hrs., LS	Fine \$2,000, Jail 0-180 days
UT	Fine up to \$1,000, Jail up to 6 mo., LS	Fine up to \$1,000, Jail up to 6 mo., LS	Fine up to \$2,500, Jail up to 1 yr.	Fine \$1,000, Jail up to 6 mo.
VT	Fine up to \$50	Fine up to \$500, Jail up to 30 days	Fine \$200-1,000, Jail up to 2 yrs.	Fine \$500 and/or Jail up to 6 mo.
VA	Fine \$100-500	Fine \$500, CS-50 hrs, LS up to 1 yr.	Fine \$2,500, Jail up to 1 yr.	Fine \$500, Jail up to 30 days
WA	Fine up to \$1,000, Jail up to 90 days	Fine up to \$1,000, Jail up to 90 days	Fine up to \$2,500, Jail up to 90 days	Fine \$1,000, Jail 1-90 days
WV	Fine up to \$50 and/or Jail 72 hrs. or 1 yr. probation	Fine up to \$50 and/or Jail 72 hrs. or 1 yr. probation	Fine up to \$100, Jail up to 10 days	Fine \$1,000, Jail 90 days to 6 mo.
WI	Fine at least \$300, CS, LS	Fine \$250-500, LS, CS	Fine up to \$500, Jail up to 90 days, LS 3-30 days	Fine up to \$1,000, Jail up to 6 mo.
WY	Fine up to \$750 and/or jail up to 6 mo.	Fine up to \$750, Jail 6 mo., LS	Fine up to \$750, Jail up to 6 mo.	Fine up to \$1,000, Jail up to 1 yr.

AE- Alcohol Evaluation, CS- Community Service, LS- License Suspension, SAP-Substance Abuse Program

Laws and penalties change and are interpreted and enforced differently even in the same legal jurisdiction. Listed penalties increase with subsequent offenses. Information contained in this report is for informational purposes only. 2001

Special Thanks to Sunanda K. Holmes, Esquire

Thank You

Our Thanks

We, the parents from Georgetown Preparatory School who wrote this booklet, express our deep appreciation and gratitude to the following schools, who shared their time and expertise with us and who offered us copies of their Substance Abuse Manuals and encouraged us to freely borrow from their ideas, which we did.

The Jesuit schools include Georgetown Preparatory School (MD), St. Ignatius College Preparatory (CA), Bellarmine College Preparatory School (CA), Regis Jesuit High School (CO), Brophy College Preparatory (AZ), Gonzaga College High School (DC), St. Louis University High School (MO), St. Joseph's Preparatory School (PA), Fordham Preparatory School (NY), and Fairfield College Preparatory School (CT). Other schools who helped include, Georgetown Visitation Preparatory School (DC), Stone Ridge School of the Sacred Heart (MD), The Holton-Arms School (MD), New Trier High School (IL), and Episcopal High School (VA).

The organizations that helped include Best Friends Foundation, Empower America and Safe & Drug-Free Schools, Montgomery County Public Schools (MD). This booklet was reviewed by Wilkie A. Wilson, Ph.D.*, Professor of Pharmacology and Cancer Biology at Duke University Medical Center, Suburban Hospital's (MD) Addiction Treatment Center's Director, Beth Kane Davidson, M.Ed., CAC, and Jeffrey M. Georgi, M.Div., CCAS, Clinical Director of the Duke Addictions Program, Duke University Medical Center.

Thank you to all the parents who have come before us, who shared their stories, wisdom and encouragement. Thank you also to our sons and daughters who inspired us through their responses to our Substance Abuse Questionnaire.

The first "**Community of Concern**" was formed during the fall of 1999 in the Washington, DC metropolitan area schools and was founded by James P. Power, Ph.D., Headmaster and Mimi Fleury, a parent from Georgetown Preparatory School.

The **Mission of the Community of Concern** is to
Educate Parents and Build Partnerships to
Keep Children Free from Alcohol, Tobacco and Other Drug Use
and
To Bring the Power of Science to Bear on Drug Abuse and Addiction

Community of Concern

Georgetown Preparatory School, 109000 Rockville Pike, North Bethesda, MD 20852
301-493-5000, www.thecommunityofconcern.org, info@thecommunityofconcern.org

"A Parent's Guide for the Prevention of Alcohol, Tobacco and Other Drug Use"
Copyright 1999, revised 2000, 2001, 2003

For additional information refer to the following books,

"Buzzed" (W.W. Norton, 1998)- basic information about drugs

"Pumped" (W.W. Norton, 2000)- information about sports and drugs

"Just Say 'Know'" (W.W. Norton 2002)- information on talking with kids about alcohol, tobacco and other drugs

Authors of all three books - Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D. and Wilkie Wilson, Ph.D.*

"The Selfish Brain-Learning from Addiction" by Robert L. DuPont, M.D., (Hazelden Information & Educational Services, 2000)

This guide is not intended to reflect all strategies for dealing with the challenges of preventing alcohol, tobacco and other drug use among kids, but is designed to serve as a resource for parents, students and schools. The information contained herein is not intended to replace, and should not be interpreted or relied upon as professional advice, whether medical or otherwise. Each individual situation is different. The "Community of Concern" disclaims liability of any kind resulting from the use of these ideas or services.

Georgetown Preparatory School

Substance Abuse Policy

Georgetown Preparatory School abides by the laws of the United States and the State of Maryland. The School does not condone illegal conduct. It is, therefore, necessary for parents, students, and faculty to have, along with the enunciation of the School's policy regarding alcohol and drugs, an official interpretation of that policy.

Any student showing evidence of having consumed, or in the possession of, drugs, and/or alcoholic beverages at any time while under the authority of the School is subject to dismissal.

"Showing evidence of" ...includes any behavior observed by an adult which might be indicative of the use of alcohol and/or drugs.

"In the possession of" ...includes participation in the use of, or being in the presence of the use or storage of alcohol and/or drugs. This includes the presence of alcohol and/or drugs in automobiles, student rooms or elsewhere on campus.

"Drugs" ...includes all that is commonly understood in the context of the problem: narcotics, cocaine, hallucinogens, amphetamines, barbiturates, marijuana, federally controlled substances, etc.

"While under the authority of the School" ...means any time when the student is on the school campus for whatever reason or in its immediate vicinity; and whenever he is attending, participating in, or being transported to or from a School-sponsored function. Dances, plays, social events, and athletic events held at and/or sponsored by other schools are considered School-sponsored functions. Violators are subject to severe School discipline, including dismissal, and to the laws of the State of Maryland.

Realizing the seriousness of the problem of alcohol and drug abuse/misuse, the School will make every effort to assist students involved with the problem. Strict confidentiality will be observed in providing this assistance, and every effort will be made to enable students who are actively seeking help for themselves or others to continue their education at Georgetown Prep.

The School, however, when confronted with observations and/or evidence of alcohol/drug use by a student, will require an alcohol/drug assessment by a School-approved facility.

Parents will be notified when students are required to undergo an alcohol/drug assessment, and the financial cost for this is the parents' responsibility. Continued enrollment is contingent upon the student's completing the assessment and recommended follow up care.

The possession, use, or distribution of any quantity of illegal drugs or drug paraphernalia is not permissible on School premises, School vehicles, or at off site School-sponsored activities. Violators are subject to severe School discipline, including dismissal, and to the laws of the State of Maryland.

The First "Community of Concern"

Washington Metropolitan Area

We wish to acknowledge and thank these schools and other organizations who joined together through this booklet to form the first "Community of Concern", under the guidance of the Georgetown Preparatory School. Their leadership and vision has inspired all of us—parents, students and schools—to work together to prevent alcohol, tobacco and other drug use through education and cooperation.

The Academy of the Holy Cross
Archbishop Carroll High School
Best Friends Foundation
Bishop McNamara High School
The Bullis School
Connelly School of the Holy Child
DeMatha Catholic High School
Elizabeth Seton High School
Episcopal High School
Flint Hill School
Georgetown Preparatory School
Georgetown Visitation Preparatory School
Gonzaga College High School
The Heights School
The Holton-Arms School
Landon School
Langley High School
The Langley School
The Madeira School
Maret School
Mater Dei School

Montgomery County Public Schools
National Cathedral School
The Nora School
Norwood School
Our Lady of Good Counsel High School
Parents Council of Washington
Parkmont School
The Potomac School
St. Albans School
St. Andrew's Episcopal School
St. Anselm's Abbey School
St. John's College High School
St. John's Episcopal School
St. Mary's Ryken High School
St. Stephen's and St. Agnes School
St. Vincent Pallotti High School
Sidwell Friends School
Stone Ridge School of the Sacred Heart
Suburban Hospital
Thornton Friends School
Washington Episcopal School
Washington International School

Thousands of parents from both public and private schools share this resource throughout the nation. The "*Community of Concern*" is continuing to grow.



Georgetown Preparatory School
10900 Rockville Pike
North Bethesda, Maryland 20852
301-493-5000

A Parent's Guide For the Prevention of Alcohol, Tobacco, and Other Drug Use



Georgetown Preparatory School

The Academy of the Holy Cross
 Alexandria Country Day School
 Alexandria City Public Schools
 Archbishop Carroll High School
 Archdiocese of Washington
 Elementary Schools
 Best Friends Foundation
 Bishop McNamara High School
 The Bullis School
 Charles E. Smith Jewish Day School
 Connelly School of the Holy Child
 DeMatha Catholic High School
 Elizabeth Seton High School
 Episcopal High School
 Flint Hill School
 Georgetown Preparatory School
 Georgetown Visitation Preparatory School
 Gonzaga College High School
 The Heights School
 The Holton-Arms School
 Landon School
 Langley High School
 The Langley School
 The Madeira School
 Maret School
 Mater Dei School
 McLean School of Maryland
 Montgomery County Public Schools
 National Cathedral School
 The Nora School
 Norwood School
 Notre Dame Academy
 Our Lady of Good Counsel High School
 Parents Council of Washington
 Parkmont School
 The Potomac School
 St. Albans School
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 St. Stephen's and St. Agnes School
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 Sidwell Friends School
 Stone Ridge School of the Sacred Heart
 Suburban Hospital
 Thornton Friends School
 Washington Episcopal School
 Washington International School



**Community
of Concern**

WASHINGTON, DC AREA

BUILDING PARTNERSHIPS FOR PREVENTION

What Our Sons and Daughters Want From Us

As parents of adolescents, it can be difficult to know how to address alcohol, tobacco and other drug use. This survey was distributed to a representative group of students from our schools. These comments and answers were given by our sons and daughters, the most important people to care for, listen to and protect. 1041 students responded. Here is the survey and the top five responses to each question.

Community of Concern Schools' Substance Abuse Survey

Please let us help you. We will be writing an Alcohol, Tobacco and Other Drug Handbook. The most important aspect of the handbook is to provide information that will be helpful to you, your parents and fellow students. We would like your input. Please give us your suggestions about this important topic!

1. What is the most important thing that people should know about alcohol, tobacco and other drugs?

1. They can hurt you and are bad for you.
2. They are dangerous and can kill you.
3. They negatively affect your future and mess up your life.
4. They are addictive.
5. Alcohol, tobacco and other drugs are not cool - don't use them.

"They are windows to depression, severe loss of many things and even death . . . they control you."

2. What is your message to younger students about alcohol, tobacco and other drugs?

1. Don't do them - Just say "NO".
2. Resist peer pressure - find people who don't use them.
3. Be careful.
4. Alcohol, tobacco and other drugs are not cool.
5. Don't drink and drive.

"Although it may seem that drinking is not harmful and is fun, its effects can change the course of your life."

3. What do you want your parents to tell you about alcohol, tobacco and other drugs?

1. Consequences of alcohol, tobacco and other drug use - both punitive and physical.
2. Don't use alcohol, tobacco or other drugs.
3. Nothing or not much.
4. Everything they know - what alcohol, tobacco and other drugs did to their friends.
5. Be careful. Be responsible.

"Let students know the dangers early in life so they don't have to find out on their own."

4. What do you want your parents to do if they suspect you are using?

1. Talk to me - confront me - ask me.
2. Help me - get me to rehab.
3. Stop me - help me quit.
4. Punish me.
5. Search my room for alcohol, tobacco and other drugs - test me - find out the source.

"I want them to get me help as soon as possible without regard to my feelings about it."

5. What do you want your friends to do if they think you have a problem?

1. Tell me - confront me - talk to me.
2. Get me help.
3. Call my parents, pastor or counselor.
4. Take the alcohol, tobacco or other drugs away - cut off the source.
5. Be considerate and support me.

"Help me cope . . . stop me."

6. What do you want the school to do if you get caught using alcohol, tobacco or other drugs?

1. Help me - get me to rehab.
2. Punish me - progressive actions, e.g., suspension, probation and rehab.
3. Suspend me.
4. Expel me.
5. Give me a second chance.

"Get me help . . . give necessary punishments."

We wrote this Substance Abuse Manual as a guideline for us and for our sons and daughters.

The Georgetown Prep Parents' Substance Abuse Manual Committee



Dear Parents,

This booklet was written by a dedicated group of parents and has been reviewed by experts. Please read this handbook and make it a catalyst for communication among yourselves and your children. Share your experiences, questions, suggestions, fears, victories and failures. If you do, we are confident that good things will happen for you and for your children. Then the efforts to produce this manual will have been most worthwhile.

Sincerely,

The Community of Concern

My children are in elementary school. Why should I read this booklet?

We, as parents, need to educate ourselves. Children are beginning to smoke or drink at very young ages, sometimes *before* they finish elementary school. Scientists now know that young brains have powerful learning chemistry that is extremely sensitive to the adverse effects of addictive substances such as alcohol, tobacco and other drugs. The earlier a person is exposed to an addictive substance, the greater the probability of a life-long addiction.

When should I begin to talk to my children about alcohol, tobacco and other drugs?

It is never too early. Start when they are curious and begin to ask questions. Parents have more influence on their kids' decisions **BEFORE** they begin to use alcohol, tobacco or other drugs. If your kids feel comfortable talking openly with you, you will have a greater chance of guiding them toward healthy decisions.

What can I do to help my kids avoid alcohol, tobacco or other drugs?

1. **Educate your children.** Elementary/middle school age children should know:

- What the school and home rules are about alcohol, tobacco and other drugs;
- How medicines and illicit drugs differ;
- The harm alcohol, tobacco and other drugs can do;
- How alcohol commercials may impact them;
- What defines a friend **AND** which adults they can go to in an emergency.

2. **Talk to your children.** Spend time together. As they mature, consider asking questions like "Why do you think kids drink or smoke?/How do you feel about this?" Avoid questions that have simple "yes" or "no" answers. **A parent's disapproval of alcohol or other drug use is the KEY reason children choose not to drink, smoke or use other drugs.**

It's 3:45pm- do you know where your kids are in cyberspace?

Stay in close touch with your children as they explore the Internet's sites and chat rooms. Kids need to understand that not everything they see on the Internet is true or valuable, just as not all advice they get from their peers is valuable or true.

Thank You

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Elementary, Middle and High School Concerns

Middle School/ High School

Do you know your son's or daughter's friends?

During middle and high school years, fitting in with friends becomes even more important. But who is most likely to ask your child to try beer, cigarettes or other drugs? A friend. How does it feel to say "no" to a friend? It is the alcohol, tobacco and other drugs that are being rejected, not necessarily the friend. As parents, it is important to emphasize that our kids CAN say "no" and keep their friends, sometimes. Their friends may even follow their lead and say "no" too.

Do most kids in high school start out using alcohol or other drugs?

No. That is a myth. Most kids are not using alcohol, tobacco, or other drugs as they start high school. The trick is to NOT make smoking, drinking or using other drugs a ticket to fitting in. Advise your children to find 2 or 3 kids who do not drink and with whom they would like to be friends. This will make their transition into high school easier.

My kids are in high school. Is it OK to introduce them to alcohol occasionally, but only at home?

No. In fact the younger a person is when introduced to alcohol, the more likely he or she will become addicted. If a person begins drinking alcohol at the age of 15, that individual is 4 times more likely to develop alcohol dependence than those who begin at age 21. "Learning how to drink" during adolescence is not a "rite of passage" nor a "part of growing up". When teens are allowed to drink at home, they are more likely to use alcohol and other drugs outside the home AND are at risk to develop serious behavioral and health problems related to substance use. Be aware that other parents may make alcohol available to your kids at their homes during their children's parties. Any substance use during adolescence is considered abuse.

My kids don't drink, they just smoke cigarettes. What's the big deal?

Kids' initial decision to use tobacco is a critical incident because that choice often leads to other risky behaviors. Tobacco contains nicotine, a highly addictive drug. More than 1/3 of all kids who ever try smoking become regular daily smokers before leaving high school. A majority of adolescent smokers report that they want to quit smoking but that they can't, and 78% of those who try to quit smoking are unsuccessful and begin smoking again within 6 months.

Many parents are permitting their kids to see R-rated movies. Should we?

Adolescents with parental limits on watching R-rated movies were three times less likely to report that they had tried smoking or drinking than children with no limits on watching R-rated films.

It's 4:00pm. Do you know what your kids are doing?

4:00pm is a time of day when kids alone at home can make bad decisions. Encourage after school activities and make sure your kids are well supervised.

Elementary, Middle and High School Concerns

For Parents and Kids

How can kids say "no" to alcohol, tobacco and other drugs?

Help your children to be calm and confident. Their first "no" is the hardest- it gets easier with practice. The more prepared your kids are, the better they will be able to handle difficult situations. Role playing can help kids feel confident. Often kids trying to get other kids to join them in using a substance will take a weak "no" as a possible "yes." Don't argue, don't discuss. Say "no" and mean it.

What are some things to say at a party where a friend offers a cigarette, beer or other drugs?

- No, thanks...Let's shoot some hoops...play video games...
- My mom and dad trust me not to try that...
- No, my parents will ground me for a month...
- I want to stay eligible for the team, or the play, etc...
- My school just started random drug testing...
- I'm not into that kind of stuff. Do you have any soda?

What can kids do if they find themselves in a house where kids are passing around beers and parents are nowhere in sight?

Leave. Advise your child to call home and ask to be picked up. A prearranged code phrase such as, "I forgot about practice tomorrow," or "I have a terrible headache, can you come get me?" will make it easy for your child to let you know that he or she needs help.

What is alcohol poisoning and binge drinking?

Alcohol poisoning, or acute intoxication, is a drug overdose which kills over 4,000 kids every year and can cause irreversible brain damage in those who survive. Some teens drink with the sole purpose of getting drunk. They drink fast, or binge drink, attempting to get as much alcohol into themselves as possible.

Binge drinking is defined as five or more beers or drinks for boys and four or more beers or drinks for girls at one sitting at least once in a two week period. Binge drinking is increasing among teens and may lead to permanent alterations of brain function.

The signs of alcohol overdose can include mental confusion, stupor, difficulty being aroused, slow or irregular breathing, low body temperature, bluish skin color. Be aware that someone who is passed out from drinking can die. If the thought of alcohol overdose is in your mind, call 911 and do not leave the person alone.

What you should NOT do. Do not give the person food, do not let the person sleep, do not give him or her a cold shower.

NEVER ENCOURAGE VOMITING due to the risks of blocking the trachea (airway) or causing the person to inhale the material that has been vomited which can lead to life threatening complications.

Brain 101

Brain Development

We asked for some help from the scientists themselves so that we could understand the most recent scientific information regarding the development of the adolescent brain and the effects of alcohol, tobacco and other drugs. Fulton Crews, Ph.D. (UNC), Robert DuPont, MD (first Director NIDA/Georgetown U), Bridget Grant, Ph.D.(NIH), Linda Spear, Ph.D.(Binghamton U.), Scott Swartzwelder, Ph.D.(Duke), Susan Tapert, Ph.D.(USC-SD), and Wilkie Wilson, Ph.D.(Duke) helped us and we are grateful to them for their expertise.

Brains in Transition. Brain development is a life-long process. Rapid periods of change occur not only prior to birth and during infancy, but also during adolescence. Among the brain regions undergoing pronounced transformations during the teen years are the prefrontal cortex and the mesolimbic brain regions, which regulate "executive functions" that are critical for learning, decision-making, and judgment. These areas provide kids with the ability to plan, execute plans, solve complex problems, inhibit inappropriate impulses, and integrate feelings with thinking- many of the characteristics of successful adults. However, these same brain regions are particularly sensitive to alcohol and other drugs.

Wiring. Since many complex changes in brain wiring take place during the teen years and even into the mid-20's, these years offer both great opportunity and great vulnerability for children. Opportunity exists for kids to positively influence brain development with good nutrition, good sleep habits and good exercise (both mental and physical). On the other hand, since the brain is still developing, it's also vulnerable to insults of various kinds- alcohol and other drug use, head injuries and malnutrition. As parents, we need to provide information to our children about how to capitalize on the opportunities and minimize the risks.

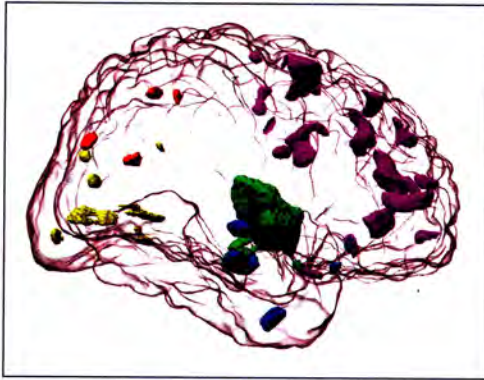
Healthy Brain Campaign! For kids to have more energy and achieve their best, they need to keep their developing brains healthy. How? Here are some ideas:

- **Avoid alcohol, tobacco and other drugs.** Caffeine should be used, if at all, only in moderation. Avoid all "performance-enhancing" products, including ephedrine.
- **Exercise your brain.** Hours of TV do not promote healthy brain growth. Talk, read, look at maps, learn a new hobby! Take classes that are challenging, but not overwhelming. Active use strengthens the brain.
- **Protect your head!** Always use a seatbelt. Wear helmets during sports.
- **Good nutrition.** Eat plenty of fruits, vegetables, and drink enough water (6-8 glasses per day). Some studies have suggested that omega-3 fatty acids, found in seafood, may have helpful effects on brain functioning.
- **Get plenty of physical exercise.**
- **Get enough sleep.** Getting less than 6 hours can cause problems with coordination, thinking and mood. Most people need 7-9 hours of sleep, and teens may need more.

Brain 101

The Adolescent Brain is Vulnerable

There is emerging evidence from both biochemical and structural studies of the brain that adolescents are not "young adults" because their brains are structurally different from those of adults. Young brains respond differently to alcohol and other drugs and may be less resilient to the negative effects of these substances than the adult brain.



MRI showing brain areas yet to be wired in adolescents. (From E.R. Sowell, et. al., "In Vivo Evidence for Post-Adolescent Brain Maturation in Frontal and Striatal Regions." *Nature Neuroscience* 2 (10) 1999, 859)

Addiction. One of the most important differences between adult brains and kids' brains is that kids are far more at risk for addiction. NIH reports that most addictions develop during adolescence. What is addiction? Addiction is the continuing, compulsive use of a substance that occurs despite negative consequences to the user. Addiction is a disease- it is chronic, progressive, and potentially fatal. Addiction requires professional treatment.

Biology of Addiction. Neuroscientists have learned a lot about addiction in the past few years. They now know that the brain chemical dopamine is one of the keys to addiction. This chemical, which makes a person feel euphoric, is released by every addicting substance. It is critical for establishing the long-lasting craving for alcohol and other drugs. Scientists speculate that adolescents release more dopamine than adults in response to drugs, and this would explain why kids are at greater risk for addiction to any drug. Whatever the biological reason, kids seem to be far more vulnerable to addiction than adults, and exposing them to addictive substances is extremely risky.

Lasting effects of drugs on the adolescent brain. In summary, although more scientific research is needed to characterize long-lasting effects, use of alcohol, tobacco and other drugs during the teen years can have a negative impact on brain development that will last into adulthood. Alcohol and other drug use during these years might also change the trajectory of brain development so that those characteristics that underlie success in life may develop less fully than normal.

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Brain 101

The Brain and Alcohol

Alcohol and Addiction. The earlier a person starts using an addictive substance, the more likely an addiction will develop and the more quickly the addiction will progress. Based on epidemiological studies at NIH, 43% of kids who begin to use alcohol regularly at 13 will develop alcoholism at some point in their lives. 40% of kids who begin drinking at 15 will become alcoholics while only 10% of those who wait until age 21 will develop alcoholism. Kids who show less behavioral effects after drinking are more vulnerable to addiction.

Alcohol is a more potent blocker of learning in adolescents than in adults. The hippocampus, the brain region critical for forming new memories, is particularly affected by alcohol use during adolescence. Kids who drink show reduced brain response and score worse than non-drinkers on vocabulary, general information, memory and memory retrieval tests. Verbal and non-verbal information recall is most heavily affected, with a 10% performance decrease in alcohol users.

Alcohol disrupts sleep cycles. Brain activity during sleep is important for learning and memory function. Information that kids learn in class is transferred from short-term to long-term memory during sleep. Alcohol impairs the quality of sleep and can significantly diminish a person's ability to learn and remember.

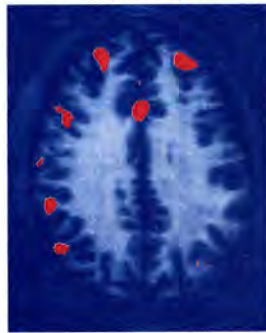
Alcohol appears to be less sedating in teens than adults. This is a real risk. Kids who drink may be more likely than adults to feel OK to drive. But just because somebody CAN get behind the wheel of a car DOES NOT MEAN that they should be behind the wheel. Crashes are more likely among teen drinkers than adult drinkers.

Alcohol impairs maturation. Most recent research suggests that significant alcohol exposure during adolescence may cause the brain to "lock in" adolescent-like responses in adulthood. Kids who drink may retain, as adults, their adolescent insensitivity to the sedating effects of alcohol, or their inability to inhibit inappropriate impulses.

**15-year-old
non-drinker**



**15-year-old
heavy drinker**



These pictures show a top view of the brain. The non-drinker (left) shows a healthy pattern of brain response while doing a memory-for-locations task. The alcohol dependent brain shows much less brain activity. (Susan Tapert, Ph.D., University of California-San Diego)

Brain 101

The Brain and Other Drugs

Alcohol can be lethal. A single dose of alcohol can kill if enough is consumed at one time. Alcohol poisoning kills because alcohol shuts down parts of the brain controlling breathing and other "automatic" actions. For example, the epiglottis "automatically" closes the top of the trachea when we eat or drink-preventing food etc. from entering our lungs. When high levels of alcohol are consumed, the body may begin to rid itself of the "poison" through vomiting. However, high concentrations of alcohol can disable the epiglottis, thus causing the intoxicated person to inhale vomited material into the lungs. This can cause infection and death.

Caffeine. Since there are no legal restrictions, caffeine is the most available psychoactive substance in children's lives and is present not only in coffee, tea and chocolate, but also in many soft drinks, energy drinks, and even in some "designer" waters. It is a powerful stimulant of the nervous system affecting many brain systems. Caffeine can produce anxiety and suppress the onset or impair the quality of sleep. Disrupted sleep diminishes learning.

Ecstasy. The first use of Ecstasy can cause seizures, brain injury or death. Ecstasy kills by disrupting the ability of the brain to regulate body temperature. Users get hot, their brain temperature rises, they have seizures and brain damage occurs through a variety of mechanisms. The best medical research is showing that Ecstasy is a neurotoxin and repeated use kills the parts of the nerve cells that release the mood regulating chemical serotonin. It is not known when or if recovery occurs.

Marijuana. The single most important negative consequence of marijuana use is that the active ingredient THC impairs the ability of the brain to store new information- to learn. It takes 8 days to remove 90% of the active ingredients in a dose of marijuana. Repeated consumption, even at twice a week levels, keeps the user constantly under the influence and the resulting impairment is often unrecognized by the user. Marijuana impairs finely controlled and coordinated movements such as those involved in athletics or playing music. This drug often reduces a person's motivation and can cause a sense of anxiety, fear or panic. When a user withdraws from THC, the withdrawal symptoms can last for a month, providing a great disincentive to stop drug use.

Nicotine. Nicotine is a highly addictive drug contained in **all** tobacco products, not just cigarettes. Nicotine affects the chemistry of the brain regulating thinking and feelings. As with other addictive drugs, addiction proceeds more rapidly in adolescents and, once in place, may last a lifetime. Early use of tobacco may predispose teens to depression, which can lead to alcohol and other drug use.

Steroids. Children with growing brains and bodies should avoid the use of anabolic steroid compounds. These drugs have the potential to alter growth patterns permanently and put kids at risk for cardiovascular disease, damage to tendons and cartilage, aggressive mania ("roid rage"), decreased reproductive function, and reproductive tract cancer. Women are especially sensitive to anabolic steroids because they normally have low levels of testosterone.

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Why and Why Not

Why Kids Use Alcohol, Tobacco and Other Drugs

There is no single answer to the question "Why do kids use alcohol, tobacco and other drugs?" The answers are many and varied, and can depend upon a variety of social, emotional, physical, and environmental factors. They may include:

The influence of peer acceptance. The powerful influence of fitting in with one's peers is well known. For preteens and teenagers the acceptance of the peer group is of overriding importance. Gaining the acceptance of the group may include indulging in risky behavior, including alcohol, tobacco or other drug use. The potential risks may not be apparent to the adolescent, and this behavior may be viewed as essentially harmless because "everybody's doing it."

The need to escape anxiety. Young people are frequently ill at ease in social situations. In order to cope with these uncomfortable feelings, they may be tempted to use alcohol, tobacco or other drugs in order to lessen their stress and to give them a false sense of confidence in their dealings with others.

The desire to feel good, to relax, or to seek excitement. In general, individuals who use mind-altering substances do so for the reasons cited above, or they may simply be seeking an escape from the pressures of everyday life. Adolescents, in particular, may be interested in using alcohol, tobacco or other drugs to achieve a feeling of well being and relaxation.

To satisfy curiosity or to reduce boredom. Young people are eager to try new experiences, especially those that are supposed to be for adults only. Kids who are not actively involved in extracurricular activities in addition to their studies may find themselves with time on their hands. For these individuals, alcohol, tobacco and other drugs may be seen as one way to pass the time.

As relief from an intolerable situation or as a means of masking low self esteem and/or depression. Some kids are dealing with serious problems in their home or school environments. The psychological toll that these problems take on the adolescents' self esteem may push them to self-medicate using alcohol, tobacco or other drugs as a way to escape their difficulties.

Why and Why Not

Why Kids Should Not Use Alcohol, Tobacco and Other Drugs

Preteens and teenagers should not use alcohol, tobacco or other drugs at all. Here are some reasons why:

It's illegal. Recognizing that alcohol is a powerful drug that must be used responsibly, state governments have imposed a limit of 21 years of age for its possession and use. The use of narcotics or other drugs unless prescribed by a physician is illegal under any circumstances. It is also illegal for a prescription drug to be used by anyone other than the person for whom the drug is prescribed. The sale to and use of tobacco products by minors is illegal. (See **Legal Consequences**)

Alcohol, tobacco and other drugs affect adolescents differently than adults. Because of the changes occurring throughout their brains, adolescents may be less sensitive to certain drug effects but more sensitive to other effects of drugs. For instance, in the case of alcohol, adolescents appear less sensitive to certain alcohol effects that help them to self-monitor levels of intoxication, permitting the high levels of intake associated with binge drinking. Yet, they simultaneously are more sensitive to alcohol-induced disruptions in learning, memory, judgment and motor skills.

Impaired judgment may lead to regrettable, or dangerous situations. Alcohol or other drug-induced highs have been responsible for countless injuries and deaths by car crashes, falls, fighting, drowning, alcohol poisoning, promiscuous sex, unintended pregnancies, and the spread of sexually transmitted diseases, including AIDS.

Certain individuals have a biological predisposition to addiction. The most serious problem with the use of alcohol, tobacco or other drugs by young people is the possibility that they may have a biological predisposition to become addicted to these substances, especially if their relatives are addicted. While it is true that not everyone who drinks, smokes or uses other drugs will become addicted, inevitably there are some who will. There is no way to predict who the vulnerable ones will be, and the extent to which their addiction will compromise their future success in life. It is important to inform kids about any family history of alcoholism or other drug dependencies, because they are at higher risk for addiction.

The use of alcohol, tobacco and other drugs delays the maturation process. When kids use alcohol, tobacco or other drugs as a crutch in social situations, they severely hamper their ability to develop the necessary social skills and self confidence to be successful in their dealings with others.

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The Negative Effects

The Gateway Drugs

The most widely used drugs in America are nicotine, alcohol and marijuana, and among kids 12-17, inhalants. They are referred to as "gateway drugs" in that individuals rarely use drugs such as cocaine or heroin without first having used tobacco, alcohol, marijuana and/or inhalants. Many people who become addicted to these drugs began using during adolescence.

Tobacco

- The peak time for the initiation of smoking is in sixth and seventh grades.
- 90% of all adult smokers began at or before age 18.
- Each year, one million teens begin smoking. They are the prime targets of tobacco advertisers and 1/3 of them will die from a tobacco related illness.
- 1,200 people die every day in the U.S. from tobacco related illnesses.
- Nicotine is highly addictive and new research shows that kids exhibit serious symptoms of addiction within weeks or just days of first smoking.

Alcohol

- One 12 oz. beer has the same amount of alcohol as 1.5 oz. whiskey, 5 oz. of wine, or a wine cooler.
- Among kids who begin drinking at age 13, 43 percent will go on to develop alcoholism.
- Children of alcoholics have a 4 to 10 times greater risk of becoming alcoholics than children of non-alcoholics.
- Over one-third of America's alcoholics (4.7 million) are under 21.
- More than one quarter of eighth graders in the U.S. have already been drunk.

Marijuana

- The potency of marijuana today can be much stronger than that used in 1965.
- At least 18 percent of eighth graders have used marijuana. By the time a teen reaches 17 years of age, 6 out of 7 have friends who use marijuana and 7 out of 10 can buy marijuana within a day.
- Most affected are the centers of the brain that regulate a person's highest levels of thought, behavior and cognitive functioning. **Simply put, many marijuana smokers are dumber and less motivated than before they started.**
- THC, the principal intoxicating chemical, is stored for weeks in the fatty tissues of the body, including the brain.
- Marijuana smoke has more tar and carcinogens than tobacco smoke.
- The immune and reproductive systems are sensitive to marijuana.
- Marijuana inhibits nausea and can allow a person to consume large quantities of alcohol without getting sick. As a consequence, death due to alcohol overdose may result.

Inhalants

- 20 percent of eighth graders have used inhalants at least once.
- Inhalants can be fatal on the first use or cause permanent damage to the brain, central nervous system or other organs.
- Young teens may inhale common household substances such as aerosol propellants (spray starch), cleaning solvents, gasoline, glue, or paint thinners because they are easy to get and inexpensive.

The Negative Effects

Consequences

Arrested psychological development. Adolescents may mature physically, but their emotional and psychological maturity may be greatly delayed when they use alcohol, tobacco and other drugs. A major task of teens is to grow into responsible adults. Kids need to learn how to accept and handle their emotions. They also need to learn how to celebrate, relax and feel part of a group, yet be an individual. Kids learn these skills through trial and error and repetition over time. Alcohol and other drug use short-circuits this entire process and stunts normal development. *Those who consistently drink alcohol and use other drugs as teens may fail to complete goals regarding education, employment, marriage and financial independence.*

Bone density and growth. Repeated alcohol and other drug use near puberty leads to decreased bone volume in the limbs and the skull, especially in boys. Young male drinkers also appear at increased risk for exercise-related bone injuries. Adolescent girls who drink appear at risk for abnormal bone density and growth.

Car crashes. Alcohol and other drugs reduce a person's normal reaction time, increasing the chances of crashes. Driving under the influence or having passengers who are drunk can result in the loss of driver's license and insurance coverage.

Confusion. Parents who allow their kids to drink or use other drugs are unintentionally sending the message, "I don't care about you" or "I'm not willing to do whatever it takes to protect you." Schools and the media stress the dangers, but peer pressure and advertising can encourage kids to try these substances. Parents' admissions about their own teenage alcohol/drug use only adds to the confusion.

Date rape typically occurs because one or both parties are under the influence of alcohol or other drugs. (see **Drug Chart** for Date Rape Drugs) Date rape is a crime. To have sex with a person who is mentally or physically incapable of saying "no" or is unaware of what is happening is to commit rape. Teens think that a potential rapist is someone who is a crazy guy or a weirdo, yet date rape happens on dates with students who are popular, good-looking and smart regardless of race or economic status. Pregnancy or sexually transmitted diseases may result due to loss of judgment and lowered inhibitions.

Lost opportunities may include suspension/expulsion from school, rejection for summer or full time employment as corporations require passing drug tests, risk of arrest and fines.

Tobacco risks. Nicotine is a subtle but highly effective activator of addiction processes in the adolescent brain. Nicotine usage is predictive of serious future problems with depression and other drug use. The CDC reports that kids who smoke are 3 times more likely to use alcohol, 8 times more likely to use marijuana, and 22 times more likely to use cocaine than non-smokers. Other consequences include a decrease in physical performance, shortness of breath, gum disease, persistent coughs, greater susceptibility to illness, tooth decay, heart disease, stroke and cancer.

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The Negative Effects

Depression and Suicide

Depression. More than 11 million children and adolescents in the general population suffer from depression at any given point in time. Kids under stress, who experience loss, or who have attention disorders are at a higher risk for depression. Depression also tends to run in families. Depressed adolescents may be more likely to use alcohol, tobacco or other drugs as a way to feel better.

Depression is defined as an illness when the feelings of depression persist and interfere with a person's ability to function. Unfortunately, it often takes a young person's suicide attempt for the problem to surface. For the many families of the 15,000 children who kill themselves each year, the problem surfaces too late.

The following behaviors may be warning signs of depression that can lead to suicide:

- Increased sadness, tearfulness, moodiness, anger or irritability
- Decreased interest in activities; or inability to enjoy previously favorite activities
- Persistent boredom; low energy
- A major change in eating and/or sleeping patterns
- Social isolation, poor communication, difficulty with relationships
- Extreme sensitivity to rejection or failure
- Frequent absences from school or poor performance in school; poor concentration
- Giving away favorite possessions
- Unexplained weight loss or gain

Suicide. More than 8 out of 10 kids who threaten suicide attempt it. Suicide is the second leading cause of death among youths aged 15 to 19 and is often associated with alcohol and other drug use and depression. Two thirds of suicidal teens report poor relationships with their parents. Although these are alarming statistics, suicide is preventable.

If suicide appears imminent, do not waste time feeling guilty, angry or upset. ACT. Call a suicide or crisis intervention hotline, the psychiatric unit at your local hospital or a trusted family practitioner. Do not wait for a return phone call. If you cannot reach the first person, call someone else. Never wait to see if your adolescent feels better in the morning. Most teen suicides take place at home in the late afternoon or evening with family members present.

Talk to your children. The idea that talking about suicide encourages it is false and dangerous. The truth is that once the depressing and frightening thoughts inside your child's head are out in the open, they become less threatening.

Reassurance and expressing concern and understanding for your children's anguish is a huge first. Let them know that whatever the problem(s) may be, your love for them is not conditional and you will work through this with them. Don't give up. Someone once said that suicide is a permanent solution to a temporary problem.

Help

What Can I Do if I Think My Son or Daughter is Using Alcohol, Tobacco or Other Drugs?

Most parents have a sixth sense about how their kids act and feel. Learning the difference between "the symptoms of growing up" and the warning signs of alcohol and other drug use is not always easy. Recognizing a problem is the first big step. Asking for help is the next one.

Be wary of denial

Denial is a way of coping with painful situations that allows a person to avoid dealing with a problem.

There is the element of shame and inadequacy associated with alcohol and other drug use. Many adults feel helpless and assume that they can take care of the problem within the family itself. However, now is the time to reach out for professional and community based help. Confront the problem; it is never too late nor too early.

Confronting the problem

Agree on a course of action with your spouse or other adult family member BEFORE talking with your preteen or teen. Be open and honest with your feelings, but do not let anger or fear overwhelm your effectiveness to communicate.

Do let your child know that you do not condone his or her behavior.

Do tell your child that you value him or her and will be a supportive advocate.

Do set new guidelines and limits for your child's behavior.

Do become more aware of your child's activities.

If your preteen or teenager is under the influence of alcohol or other drugs:

Right now:

Do try to remain cool and calm.

Do try to find out what he or she has taken and under what circumstances.

Do call a doctor or take your child to the hospital if he or she is incoherent and/or seriously ill.

Do tell your child that you will talk about the matter the next day.

Don't shout, excuse, or use physical force. This can only make matters worse.

The next day:

Do talk with your preteen or teen as soon as possible.

Do have your child assume responsibility for his or her actions, including cleanup.

Do try to find out the circumstances under which your child came to use, including others who were with them. Consider calling the other kids' parents.

Don't name call, belittle, blame or threaten. Mutual respect should be safeguarded.

Don't discuss anything with your child if you are too angry, or unable to talk without losing your temper.

Don't ask why. Work with what happened and what you know.

Do seek help from community supports: medical, mental health, legal and self-help groups.

Do enforce consequences, e.g. loss of privileges.

Communication

Signs and Symptoms of Alcohol, Tobacco and Other Drug Use

It is difficult to readily identify signs and symptoms of alcohol, tobacco or other drug use in your kids. Some of the signs may be "typical" adolescent behavior. You know what is typical behavior for your children and what is not. If you have a concern or think there may be a problem, seek the help of a substance abuse counselor or medical doctor.

Academic Performance

Slipping grades/ absent often
Excuses for incomplete assignments
Difficulty concentrating
Change in attitude toward teachers
Change in motivation to perform

Alcohol and Other Drug Curiosity

Talks about alcohol and drug use
Change in attitude about tobacco use
Interest in pro-drug music/literature
Hostility in discussing alcohol/drugs
Wears pro-drug hats, shirts, jewelry

Behavioral Changes

Lack of interest in appearance
Withdrawal, isolation, fatigue,
depression, anxiety, lying
Lack of cooperation/defies rules
Increased friction with family
Begins to make up own rules
Difficult to talk to/ restless
Increased need for money
Lack of activities previously enjoyed
Gets home late/avoids interaction
Legal problems

Peer Relations

Change in friends/avoids old friends
Vague about whereabouts
Phone calls from new friends
Sudden status with peers

Physical Changes

Blood shot eyes/dilated pupils
Weight loss or gain/bruises
Runny nose/eyes, frequent colds,fevers
Spurts of snack-food hunger

Forgetful/dazed look

Sleeping more/less than usual, fatigue
Frequent diarrhea,sweats, muscle aches

Physical Evidence

Sudden concern for privacy of things
Mouthwash/gum/burning incense
Lighters/rolling papers/pipes
Unfamiliar smell on clothing
Disappearance of alcohol from home
Eye drops (Visine or Murine)
"Stash cans" disguised as soda cans
People telling you that your child is
drinking, smoking or using drugs

Four Stages of Substance Abuse

Initial Use

- User learns to tolerate the adverse effects of the drug- e.g. nausea from first cigarettes
- User learns drugs produce euphoric feeling

Regular Use

- User actively seeks the drug
- Achieving the "high" is a preoccupation

Addiction- Early Dependency

- Increased tolerance to the drug
- Increased frequency and amount of drug use

Addiction- Complete Dependency

- User loses control over use- difficult to moderate or stop using
- User shows withdrawal symptoms (e.g., anxiety, nervousness, physical illness) when attempting to quit
- Continued use despite negative consequences

Communication

Communicating With Your Children

Foster Self Respect- Establish Guidelines

Many parents hesitate to discuss alcohol, tobacco and other drug use with their children. Some of us believe that our kids won't use alcohol, tobacco or other drugs. Others delay because we don't know what to say or how to say it, or we are afraid of putting ideas into our children's heads. However, many young people in treatment programs say that they had used alcohol, tobacco or other drugs for at least 2 years before their parents knew about it.

Make time for your son or daughter. Find an activity that you enjoy doing together. Put your chores aside, pay attention and listen to your children. Don't do all the talking.

Encourage independent thinking. Eventually your child will make a decision about whether to smoke, drink or use drugs. Peer pressure is a major reason kids try drugs. Let them know it is OK to act independently from others and to think for themselves.

Praise your kids for who they are, not just for their accomplishments. When parents are quicker to praise than to criticize, kids feel good about themselves and develop the self confidence to trust their own judgment.

Tolerate differences. Encourage your children to talk freely about their lives, problems, school and work. Talk about topics where all people do not have the same opinions.

Give kids responsibility for their own problems, even though the consequences may be embarrassing.

Remove the stigma of failure from your home. Young people need to understand that the only failure is in not trying. Mistakes are not failures. Mistakes simply provide us with new information that can help us to succeed. We all need the freedom to be imperfect.

Encourage outside interests. Kids who learn to have fun and cope with stress in healthy ways, through sports/other interests, will be less likely to turn to alcohol and drugs.

Take a firm stand against any form of tobacco, alcohol or other drug use. Do not accept getting high or drunk as normal at any age. Exercise parental authority.

Do not serve alcohol to underage kids and don't allow kids to bring tobacco, alcohol or other drugs into your home. Establish guidelines, rules and curfews and consequences.

Teach resistance skills. Talk through strategies with them for saying "no", and make sure they know whom to call upon if help is needed in a problem situation.

Know where your son or daughter is. Let them know where you can be reached at all times and that they may telephone you for a ride home whenever they need to, for any reason. Pick a code phrase- "I feel really sick...I have a toothache..." that your child can use as a cue for you to come and pick them up anytime, no questions asked.

Be at home while your kids are getting ready to go out and be awake when they come home. When they are leaving, remind them of your expectations that they not drink, smoke or use other drugs. If you are awake when they come home, it will be easier for you to determine if they have been smoking, drinking or using other drugs.

Thank You
Legal Consequences

Our Policy/Other Information (Inside Back Cover)

Resources...Drug Chart Pictures...Drug Chart
Parties and the Social Scene

Signs and Symptoms...Communication

Communication

Communicating With Other Parents

Network Frequently

The best offense in the battle against alcohol, tobacco and other drug use among children is to know what's going on. There will be times when your kids won't like what you say- or will act as though they don't like you. Being your child's friend should not be your primary role during this time in their lives. It's important to resist the urge to win their favor or try too hard to please them. "All the other kids' parents let them..." is a tactic often used to make you feel alone in your decision making. It is never too late to turn the tables and find out what other parents are doing. We, as parents, do more to shape our children's views than any other single influence in their lives.

Get to know your son's or daughter's friends. If your child is associating with kids who are using tobacco, alcohol or other drugs, your child is at risk.

Get to know the parents of your child's friends. You can become involved with other parents through the Parents' Organization, sports or drama activities, volunteering, etc. Develop a "united front" and discuss concerns openly.

Be a good role model. Set good examples in your own life. Believe that kids can understand and accept that there are differences between what adults may do legally and what is legal for adolescents. Keep that distinction sharp.

Call to confirm the activities your preteen or adolescent plans to attend. Find out if parties will be parent-supervised. When in doubt, consider asking the parents hosting the party for their assurance that they will serve no alcohol and that they will not permit guests to bring alcohol.

Ask for help. Give permission to other parents to call you if they see your son or daughter participating in activities they know you would not approve of. Encourage your children to ask for help if one of their friends is experiencing difficulties with tobacco, alcohol or other drug use by telling you, talking with their parents or speaking directly with the friend.

Provide help. Call the parents of any boy or girl at any event whom you perceive to be high, stoned, or drunk. It takes a brave parent to call another with bad news. Be willing to provide a ride to protect the teen or to call the police if necessary.

Know what to do if you suspect a problem. Realize that no adolescent is immune to alcohol, tobacco or other drugs. If you think there might be a problem, there probably is. Addiction is a disease, not a cause for shame. Seek professional help.

A PARENT'S REPORT CARD—GO FOR STRAIGHT A'S

Be Aware of their attitudes.

Be Alert to their environment.

Be Around their activities.

Be Assertive in your parenting.

Be Awake when they come home.

THE FIVE BASIC A'S OF PREVENTION

Communication

Communicating With the School Work Together

All of the schools in the "Community of Concern" encourage parents to become involved with the school and our children's activities. As the primary educators of our children, the schools and parents form a unique partnership.

Take advantage of volunteer opportunities. One of the best ways to learn what is going on at school and to get to know other parents is to volunteer at the school. The Parents' Organizations provide a myriad of ways for parents to become involved. You can sign up by calling Parents' Organization's members to offer your time. Their names and telephone numbers are listed in the Student Telephone Directory or can be obtained from the school.

Know the school's Substance Abuse Policy. Actively support the policy.

Talk with the school counselor, chaplain, principal or dean of students if you suspect a problem with alcohol, tobacco or other drug use because it is usually easier to take care of a problem in the earlier stages.

During High School...Some kids talk about "learning to drink responsibly" before they get to college. Learning to be responsible *about* drinking does not require learning *how* to drink. Parents may think about introducing their kids to alcohol at home. Stop and think. Studies show that the younger kids are when they start to drink, the more likely they will develop problems with addiction in the future.

Furthermore, the legal drinking age is 21. If you say to your child, "It's OK to break the law as long as you do it here with me", you are sending them a basic message that individuals can decide whether or not or when to obey the law and when to ignore it. Instead, we can educate our kids about the medical, legal and other consequences of underage drinking so that they may make responsible decisions *about not* drinking.

Beyond High School... According to the National Center of Addiction and Substance Abuse at Columbia University, "Did you know that the average college student spends more money on alcohol than on books? The consequences of campus alcohol abuse are devastating: 95 percent of violent campus crime is alcohol-related, and, in at least 73 percent of reported campus rapes, either the perpetrator, the victim, or both have been drinking. Students who drink most heavily receive the lowest grades.

While alcohol is the top substance of abuse in college, for most students alcohol abuse started well before they graduated from high school. Only 14 percent of students began drinking in college; 71 percent first used alcohol before age eighteen. Students who first used alcohol before college binge drink far more often than those who began drinking later." It's important to remember that most college kids are under 21 and still not legally eligible to drink. Many parents are beginning to hold the colleges accountable.

Thank You
Legal Consequences

Resources...Drug Chart Pictures...Drug Chart
Parties and the Social Scene

Our Policy/Other Information (Inside Back Cover)

Parties and the Social Scene

Parties

Parties or “get togethers” are a major part of the high school social scene. They can be an enjoyable way for kids to meet and socialize. However, without proper planning and careful supervision, parties can be a disaster waiting to happen. The following guidelines will help you keep parties both more fun and safe.

When the party is at your house

Before the party:

- Set the ground rules. Your son or daughter needs to know what you expect.
- Limit party attendance. Curb the “open party” situation.
- Designate the “off-limits” rooms in your house.
- Know your legal responsibilities. Share this information with your teen.
- Set a time for the party to end.
- Remove any family liquor from areas accessible to party guests.
- Invite other couples to help chaperone.

At the party:

- Be present and visible. Don’t be pressured into staying out of sight. Greet guests as they arrive.
- Occasionally check on food and soda and monitor your yard.
- No smoking, no alcohol, no drugs.
- No leaving the party and then returning.
- Backpacks and coats must be left at the door.
- Consider checking contents of backpacks.
- Open cans or containers cannot be brought into the party.
- Don’t hesitate to call police if unwanted guests refuse to leave.
- Never allow anyone you suspect is under the influence of drugs or alcohol to drive. Call their parents, a cab, or ask a sober adult to drive them home.

When the party is elsewhere

- Call the host parent to be sure that a parent will be present and get assurance that alcohol and drugs will not be permitted.
- Know how your child will get to and from the party.
- Discuss in advance the possible situations your preteen or teen might encounter and how to handle them. Make sure he or she has a phone number where you can be reached should they want to leave the party early.
- Be awake for your child’s return or have him or her awaken you. This gives you an opportunity to assess whether or not your child has been using drugs or alcohol.
- Verify any plans to stay overnight with the host parents. Be wary of impromptu sleepovers.
- Establish firm, clear rules against driving under the influence of drugs or alcohol or riding with someone who has been drinking or using drugs.

If the parents are out of town

Tell a neighbor about your scheduled absence and leave instructions to protect yourself against “surprise parties.” Leave a number where you can be reached. Inform your preteen or teenager of your preparations.

Don’t pressure kids to attend parties/events/concerts they do not want to attend.

Your children may have good reasons for not wanting to go. They may know that alcohol and other drugs will be present, but are not willing to tell you.

Parties and the Social Scene

The Social Scene

When the party is nowhere and everywhere

Teenage parties whose destinations are parks or open fields are of grave concern because of their isolation and lack of supervision. Typically they are most prevalent during warmer weather, well organized with large amounts of alcohol, a cover charge, and lots of teenagers.

Insist that your teen keep you posted of any change in plans. Parents must realize that once kids start driving, their plans change rapidly and frequently. They may start at an "agreed upon" party and before long, move onto several different locations without your permission. This possibility might bear discussion so a plan consistent with your family's rules can be agreed upon.

"Raves"

These all night dance parties with loud "techno" music are set up in warehouses, fields or stadiums and are frequently advertised as alcohol-free, giving parents a false sense of security. "Club drugs", such as Ecstasy, are often readily available at "raves". Ecstasy's stimulant effects enable users to dance for long periods thereby increasing the body's core temperature. This can lead to seizures, dehydration or heart or kidney failure.

Homecoming, Holiday Dances, School Dances and Prom

These social events often include group transportation using commercial limousine or bus services. This can be an attractive option, as long as the vehicle is not used as an opportunity to drink. If your son or daughter and their friends are planning to use group transportation, consider the following:

Take responsibility for hiring the transport company yourself. Do not give this responsibility to your child. Some counties have approved limousine lists.

Inform the transport company they are to make no stops to or from the event other than the stops you have pre-authorized. Be firm that you will hold them accountable to ensure that no alcohol is illegally consumed by minors.

All bags must be kept in the trunk to ensure that no alcohol is brought on board by any young men or women.

Celebrations off-campus

The week after school ends, thousands of students, many unchaperoned, gather at local resorts. For many students, this is a time to relax and have fun with friends after exams or graduation. For far too many, it is a time of near non-stop drunkenness and sexual promiscuity. Many parents who look upon these occasions as an innocent "rite of passage" for high school students regret their mistake. If you are thinking of allowing your son or daughter to take part in large group celebrations, consider the following:

Provide responsible chaperoning. You are the best chaperones of your children. However, other parents whose judgment you trust and whose values you share are a reasonable alternative.

Don't ask young adults, including relatives, to chaperone. They are a poor choice, as they often buy alcohol for the minors under their care.

Offer an alternative. Father/son or mother/daughter outings, special privileges...etc.

Alcoholpops

Be Alert. "Starter suds" are alcoholic beverages that resemble non-alcoholic lemonades, fruit punches, and soft drinks. These sweet, fruity beverages disguise the taste of alcohol and contribute to underage drinking.

Thank You
Legal Consequences

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Parties and the Social Scene

Our Policy/Other Information (Inside Back Cover)

Resources

National

National 24 Hour Hotlines

AIDS Hotline 800-342-2437

Alcohol and Drug Helpline 800-821-4357

Suicide Hotline 800-784-2433

We Tip To anonymously report selling or trafficking of illicit drugs 800-782-7463

Information

Al-Anon/Alateen (www.al-anon.alateen.org) 800-356-9996

Provides support for families and friends of alcoholics.

Alcoholics Anonymous (www.alcoholics-anonymous.org) 212-870-3400

Provides help for those concerned about their drinking.

American Council for Drug Education (www.acde.org) 800-488-3784

Scientifically accurate information on illegal drugs. (www.drughelp.org)

Best Friends Foundation (www.bestfriendsfoundation.org) 202-237-8156

Provides alcohol/drug curriculum information.

Campaign for Tobacco-Free Kids (www.tobaccofreekids.org) 800-803-7178

Provides information to protect kids from tobacco addiction.

Caron Adolescent Treatment Center (www.caron.org) 800-678-2332

Provides treatment for addictions.

Community of Concern (www.thecommunityofconcern.org) 301-493-5000

Interactive e-learning, Community News and prevention tips.

Detection (www.phamatech.com) 888-635-5840

Provides drug testing information for parents.

Father Martin's Ashley (www.fathermartinsashley.com) 800-799-4673

Provides addiction treatment services.

FCD Educational Services (www.fcd.org) 781-444-6969

Provides alcohol, tobacco and other drug education for schools

Hazelden Foundation (www.hazelden.com) 800-257-7800

Provides information and treatment for addictions.

Leadership to Keep Children 301-654-6740

Alcohol Free (www.alcoholfreechildren.org)

Information to help prevent alcohol use by children ages 9-15

National Clearinghouse for Alcohol and Drug Information (www.health.org) 800-662-HELP

Gives local referrals for treatment and provides publications.

National Council on Alcoholism and Drug Dependence (www.ncadd.org) 800-654-4357

Educational materials and resources

National Institute on Drug Abuse (www.nida.gov) 301-443-1124

Information on common drugs of abuse

Partnership for a Drug-Free America (www.drugfreeamerica.org) 212-922-1560

Answers questions frequently asked by parents.

Toughlove (www.toughlove.org) 800-333-1069

National self-help group for parents and children.

U.S. DOE-Safe and Drug Free Schools 202-260-3954
(www.ed.gov/offices/OESE/SDFS)

Provides funding and technical support for school based programs.

Local Resources

You do not need to be alone when dealing with your son or daughter's alcohol, tobacco or other drug issues. Reach out for help. A good place to start is the counseling department at your child's school.

This list is a compilation of information as of 2003 and not an endorsement.

Drug Chart

Pictures of Some Common Drugs of Use

Type of Drug

Cannabis



Marijuana paraphernalia



Blunts

Stimulants



Cocaine paraphernalia



Homemade crack pipes

Hallucinogens



LSD blotter paper



Psilocybin Mushroom

Club Drugs/ Designer Drugs



Ecstasy



Rohypnol—Date Rape Drug
“Roofies”

Thank You
Legal Consequences

Resources...Drug Chart Pictures...Drug Chart

Our Policy/Other Information (Inside Back Cover)

Drug Chart

Common Drugs of Use

Type of Drug	Drug Name	Street Name	Description	DEA Schedule #/ How It's Used	Related Paraphernalia	Signs and Symptoms of Use
Cannabis	MARIJUANA	Pot, grass, reefer,	Like dried	I, Swallowed,	Rolling papers,	Sweet burnt odor,
	Hashish,	weed, sinsemilla,	oregano leaves,	smoked	pipes, bongs,	slow reactions, red
	Hash Oil	joint, blunts, MJ	stems and seeds		baggies, roach clips	eyes
Depressants (Depress the nervous system)	ALCOHOL	Booze, juice,	Liquid	Not Scheduled	Flask, bottles, cans,	Impaired judgement,
	Beer, wine, alcopops,	brew, 40's		Swallowed	"beer bong"-funnel	mood changes, lowered
	distilled spirits (whiskey, vodka, gin, rum, brandy)				and tubing	inhibitions
	BARBITURATES	Barbs, downers,	Tablets, powder	II, III, Swallowed,	Syringe, needles	Confusion, fatigue,
	Amyl, Seconal,	yellow jackets, reds,		injected		impaired
	Nembutal	blue devils				coordination, slurred speech
	TRANQUILIZERS	Tranks, downers,	Tablets	IV, Swallowed	Pill bottles	Drowsiness, dizziness
	Valium, Librium	candy				
Narcotics	HEROIN, MORPHINE	Dreamer, junk, smack, horse	White to brown powders, tablets, liquid	I, Injected, smoked, snorted	Syringes, spoon, lighter, needles	Lethargy, needle marks, constricted pupils, staggering gait
	OXYCONTIN	Killers, OC, Oxy, Oxycotton	Tablet	II, Chewed, snorted, injected	Razor blades	Sedation, dizziness, dry mouth, sweating
Stimulants (Stimulate the nervous system)	AMPHETAMINES	Speed, uppers,	Variety of tablets, crystal-like rock salt	II, Swallowed, injected, smoked, snorted	Syringe, needles	Excess activity, irritability,
	Amphetamine, Dextroamphetamine, Methamphetamine	bennies, crank, crystal, black beauties, crosses, wide-eye ice				nervousness, tremor, impulsive behavior, dilated pupils
	METHYLPHE- NIDATE	Ritalin, JIF, vitamin R, R-ball	Tablets	II, Swallowed, snorted, injected	Razor blade, straws, glass surfaces	Increased alertness, excitation, insomnia, loss of appetite
	COCAINE/ CRACK	Coke, snow, toot, blow, white lady, flake, vitamin "C"	White powder	I, Snorted, injected, swallowed, smoked	Razor blade, straws, mirrors, glassy surfaces	Dilated pupils, talkativeness, euphoric short-term high, depression, oily skin
	TOBACCO/ NICOTINE	Smokes, butts, cigs, cancer sticks/snuff, dip, chew, smokeless, spit	Dried brown organic material	Not Scheduled. Smoked or chewed	Spit cups, cigar cutters, lighters, matches, bidis	Shortness of breath, respiratory illnesses, lung and other cancers

Note Well:

Prescription Drugs - Kids as young as 12 are abusing prescription drugs. Types of prescription drugs that are prone to abuse are pain relievers, stimulants and sedatives.

Over-the-Counter Drugs - The majority of OTC drug abuse occurs among teenagers and young adults. Be aware of chemicals found in various cough medications and decongestants.

Drug Chart

Common Drugs of Use

Type of Drug	Drug Name	Street Name	Description	DEA Schedule #/ How It's Used	Related Paraphernalia	Signs and Symptoms of Use
Hallucinogens (Alters perceptions of reality)	PCP (Phencyclidine)	Angel dust, hog, peace pill, tic/tac, zoot	White powder or tablet, liquid, capsule	I, II, Smoked, snorted, injected, swallowed	Tin foil, can be applied to leafy material i.e. mint, parsley, tobacco	Impaired motor function, numbness, unpredictability, panic, aggression
	LSD (Lysergic Acid Diethylamide)	Acid, cubes, blotter, microdot, yellow sunshine, gel tabs	Odorless, colorless, tasteless powder, tablet, liquid	I, Swallowed, sugar cubes or licked off blotter paper	Blotter papers, thin squares of gelatin	Dilated pupils, altered states of perception/feeling, flashbacks
	MESCALINE Psilocybin	Mesc, cactus, magic mushroom, shrooms	Brown discs, tablets, natural mushrooms (fried or dried)	I, Swallowed, smoked, chewed	Dried mushroom brewed as tea	Same as LSD above, nervousness, paranoia
Inhalants (Substances inhaled by nose or mouth)	Air Freshener, butane correction fluid, aerosols, airplane glue, gasoline, marking pens, amyl and butyl nitrate	Glue, kick, bang, huff, poppers, whippets, texas shoe-shine, jac blaster	Chemicals that produce mind- altering vapors	Not scheduled, Inhaled through nose or mouth, often with the use of paper or plastic bags	Cleaning rags, empty spray cans, tubes of glue, baggies, aerosol cans, large balloons, paper bags	Bad breath, impaired vision, slowed thought, headache, depletion of oxygen, spots or sores around mouth or nose
Steroids	ANABOLIC	A's, stackers, gym candy, juice arnolds, weight trainers	Tablet	III, Swallowed, injected	Used in large quantities to increase muscle strength	Aggressive behavior "Roid rage"
Club Drugs/ Designer Drugs	MDMA, MDA, MDEA (Stimulant/ Hallucinogen)	Ectasy, X, XTC, E, Peace	Branded tablets	I, Swallowed	Glow sticks, candy pacifiers	Anxiety, teeth clenching, paranoia, hyperthermia
	KETAMINE (Dissociative Anaesthetic)	Special K, Vitamin K, New Ecstasy, Breakfast cereal, Cat Valium	Liquid or powder	III, Liquid, which is usually converted into powder then snorted or smoked	Small zip lock bags, aluminum "folds", "puff pumpers"	Profound hallucinations, inability to move, feel pain or remember
Date Rape Drugs	ROHYPNOL (Depressant)	R-Z, roofies, Mexican valium, spanish fly	Tasteless, odorless, dissolves easily in beverages, carbonated	IV, Swallowed, added to drinks	Drinks, soda cans	Small amounts cause unconsciousness and/or amnesia
	GHB (Depressant)	Grievous Bodily Harm, Georgia Home Boy	Clear liquid, capsule	I in 6 states; Schedule # pending in 44 states. Swallowed, dissolved in drinks	Drinks, soda cans	Drowsiness, loss of reflexes, headache

Drug Enforcement Administration (DEA) Schedule-Tiered System for Regulating Psychoactive Drugs—Schedule I/II high potential for abuse. Schedule I—no approved medical use. Schedule II—available by non-refillable prescription. Schedule III/IV—available by prescription, with restricted refills. Schedule V—available over the counter. (U.S. Department of Justice)

Legal Consequences

Civil Damages, Enforcement Policy and Criminal Penalties

Civil Damages

A person who supplies alcohol or drugs to a minor, or who allows alcohol or drugs to be used by a minor when he or she is in a position to prevent that use, may be liable for damages resulting from the minor's impairment. For example, a person who supplies alcohol to minors or hosts a party where drinking is allowed could be assessed for significant damages if the minor, driving while impaired, should have an accident causing injury to himself or others or to property.

Enforcement Policy

With the heightened awareness of the problems created by underage individuals' use of alcohol and other drugs, authorities are not inclined to look the other way at offenses. For example, in some counties, zero tolerance is the procedure. Where underage individuals are consuming alcohol at a party, all those in attendance, whether drinking or not, will be subject to civil citations.

Criminal Penalties—Tobacco

All 50 states and DC prohibit the sale of tobacco products to minors. Retailers who sell tobacco products to kids under 18 are subject to fines; as are persons who distribute to or buy tobacco products for kids. More than 44 states also have laws that penalize kids for buying, possessing or using tobacco products with fines, community service, or loss of driving privileges.

Criminal Penalties—Use of Controlled Dangerous Substances

In many states "Possession or Sale of Controlled Substances" is classified as a Felony. Penalties range from prison sentences to heavy fines or both. Penalties for "Sale on School Property or Within 1000 Feet of Any School" and "Distribution to Persons Under 18" are severe.

Criminal Penalties—Alcohol and Marijuana

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
AK	Fine up to \$5,000, Jail up to 1 yr., DL revoked	Purchase/Fine up to \$5,000, Jail up to 1 yr., Possession/Fine \$100	Fine up to \$10,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-90 days
AL	Fine \$50-500, Jail up to 3 mo., LS 3-6 mo.	Fine \$50-500, Jail up to 3 mo., LS 3-6 mo.	Fine up to \$1,000, Jail up to 6 mo.	Fine up to \$2,000, Jail up to 1 yr., LS up to 6 mo.
AR	Fine up to \$500, Jail up to 90 days, possible probation	Fine \$100-500, and/or probation or essay	Fine up to \$1,000, Jail up to 5 yrs.	Fine \$1,000, Jail 0-1yr.
AZ	Fine up to \$2,500, Jail up to 6 mo., LS	Fine up to \$500, Jail up to 30 days	Fine up to \$2,500, Jail up to 6 mo.	Fine \$750-150,000, Jail—probation
CA	Fine up to \$1,000, Jail up to 6 mo., LS up to 1 yr., CS 24-32 hrs.	Fine \$250 and CS up to 32 hrs., LS up to 1 yr.	Fine \$1,000 CS up to 24 hrs.	Fine \$1,000, Jail—appear court

Legal Consequences

Criminal Penalties (continued)

Thank You
Legal Consequences

Our Policy/Other Information (Inside Back Cover)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
CO	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$1,000, AE, SAP, LS, Jail, CS	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$100, Jail up to 15 days
CT	Fine \$50-500, Jail up to 30 days, LS	Fine \$200-500, Jail up to 30 days, LS	Fine up to \$1,500 and/or Jail up to 18 mo.	Fine up to \$1,000, Jail up to 1 yr.
DE	Fine \$100-500, Jail up to 30 days	Fine up to \$100 or LS 30 days	Fine up to \$500, Jail up to 30 days, CS-40 hrs.	Fine \$1,150, Jail 0-6 mo.
DC	Fine up to \$300, Jail up to 30 days, LS up to 1 yr.	Fine up to \$300, Jail up to 30 days, LS	Fine up to \$1,000, Jail up to 180 days	Fine up to \$1,000, Jail 0-180 days
FL	Fine up to \$500, Jail up to 60 days, CS-40 hrs., LS 6 mo.	Fine up to \$500, Jail up to 60 days, LS-up to 1 yr.	Fine up to \$500, Jail up to 60 days, CS-40 hrs., LS	Fine up to \$1,000, Jail 0-1 yr.
GA	Fine up to \$1,000, Jail up to 12 mo.	Fine up to \$300, and/or Jail up to 6 mo., LS	Fine up to \$1,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-1 yr.
HI	Fine up to \$10,000, Jail up to 5 yrs.	Under 18-family court, 18-21 petty misd.-penalty varies by county	Fine up to \$2,000, Jail up to 6 mo.	Fine up to \$1,000, Jail 0-1 yr.
ID	Fine up to \$3,000, Jail up to 60 days	Fine up to \$1,000, LS up to 1 yr., AE, SAP	Fine up to \$1,000, Jail up to 60 days	Fine \$1,000, Jail 0-1 yr.
IL	Fine up to \$500, CS up to 25 hrs., LS	Fine up to \$2,500, Jail up to 12 mo., LS, SAP	Fine up to \$2,500, Jail up to 12 mo.	Fine \$500, Jail 0-30 days
IN	Fine up to \$500, Jail up to 60 days, LS up to 1 yr.	Fine up to \$500, Jail up to 60 days	Fine up to \$1,000, Jail up to 60 days	Fine \$5,000, Jail 0-1 yr.,
IA	Fine up to \$200, LS up to 1 yr.	Fine up to \$200, LS up to 1 yr., CS	Fine up to \$500, Jail	Fine up to \$1,000, Jail up to 6 mo., rehab. serv.
KS	Fine up to \$500, CS up to 100 hrs.	Fine \$200-500, CS-40 hrs., SAP	Fine min. \$200, Jail	Fine \$2,500, Jail 0-1 yr.
KY	Fine up to \$500, Jail up to 1 yr., LS-up to 6 mo., SAP	Fine up to \$500, Jail up to 1 yr.	Fine up to \$500, Jail up to 1 yr.	Fine \$500, Jail 90 days to 1 yr.
LA	Fine up to \$2,000, CS-30 hrs.	Fine up to \$250, Jail 6 mo., LS, SAP	Fine up to \$500, Jail up to 6 mo.	Fine \$500, Jail 0-6 mo.
ME	Fine \$100-500	Fine \$100-300, CS, LS	Fine up to \$1,000, Jail	Fine \$400, Jail 0-1 yr.
MD	Fine \$500, Jail up to 2 mo., Fake drivers lic. up to 12 points	Fine \$500, AE, SAP, CS-20 hrs.	Fine up to \$1,000, Jail up to 2 yrs.	Fine \$1,000, Jail 0-1 yr.

Legal Consequences

Criminal Penalties (continued)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
MA	Fine \$300, LS-180 days	Fine up to \$300, LS up to 180 days	Fine up to \$2,000, Jail up to 6 mo.	Fine \$500, Jail 0-6 mo.
MI	Fine up to \$100, Jail up to 90 days, LS up to 90 days	Fine up to \$500, SAP, CS	Fine up to \$2,500, Jail up to 90 days, CS	Fine \$1,000, Jail 0-1 yr. or Probation
MN	Fine up to \$100, LS	Fine up to \$100	Fine up to \$100, CS	Fine \$200, SAP
MS	Fine up to \$200, Jail 5-30 days, CS up to 30 days	Fine up to \$100	Fine up to \$2,000, Jail up to 1 yr.	Fine up to \$1,000, Jail 0-1 yr.
MO	Fine \$500	Fine \$500-1,000, Jail 6 mo.-1yr., LS, SAP	Fine up to \$1,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-1 yr.
MT	Fine \$500 and/or Jail 6 mo., LS 6 mo.	Fine up to \$100, LS up to 90 days, CS, SAP	Fine up to \$500, Jail up to 6 mo.	Fine \$100-500, Jail 0-6 mo.
NE	Fine up to \$500, Jail up to 3 mo.	Fine up to \$500, Jail up to 30 days, CS up to 10 days, LS	Fine up to \$1,000, Jail up to 1 yr.	Fine up to \$500, Jail up to 7 days, SAP
NV	Fine up to \$1,000, Jail up to 6 mo., CS	Fine up to \$1,000, Jail up to 6 mo., CS	Fine up to \$1,000, Jail up to 6 mo., CS	Fine \$5,000, Jail 1-4 yrs.
NH	Fine up to \$500, LS up to 60 days	Fine up to \$250, LS 90 days - 1 yr.	Fine up to \$2,000, Jail up to 12 mo.	Fine \$1,000, Jail 0-1 yr.
NJ	Fine up to \$500, LS-6 mo., SAP	Fine at least \$500, LS-6 mo., SAP	Fine \$500, LS-6 mo.	Fine \$1,000, Jail 0-6 mo.
NM	Fine up to \$1,000, Jail 2-5 days, CS-60 hr.	Fine up to \$1,000, Jail up to 60 days, CS up to 50 hrs., SAP LS up to 3 mos., AE.	Fine up to \$1,000, Jail up to 5 days, CS, LS up to 1 yr.	Fine up to \$1,000, Jail up to 1 yr., Eligible for probation.
NY	Fine up to \$100, CS up to 30 hr., LS up to 3 mo., SAP	Fine up to \$100, CS up to 30 hr., SAP	Fine up to \$500, Jail up to 5 days	Fine \$500, Jail 0-3 mo.
NC	Fine at court's discretion, Jail up to 45 days, LS 1 yr.	Fine min. \$250 Jail and/or probation, CS up to 25 hrs., LS	Fine \$2,000 (over 21), Jail 0-2 yrs., CS up to 150 hrs.	Jail 30 days-6 mo., CS
ND	Fine \$1,000, Jail 30 days	Fine \$1,000, Jail 30 days, AE.	Fine up to \$2,000, Jail up to 1 yr.	Fine \$1,000, Jail 0-30 days
OH	Fine up to \$1,000, Jail up to 6 mo., LS up to 1 yr., CS	Fine \$1,000, Jail up to 6 mo., LS up to 1 yr.	Fine \$500-1,000, Jail up to 6 mo.	Fine \$250 Jail 0-30 days
OK	Fine up to \$50, LS 1 yr. or until 21 yrs. of age	Fine up to \$100 and/or Jail 30 days, SAP, AE, CS 20 hrs.	Fine up to \$5,000, Jail up to 5 yr., Lic. revoked	Fine \$500, Jail 0-1 yr.

Legal Consequences

Criminal Penalties (continued)

State	Forged ID	Purchase/Possession of Alcohol By a Minor	Purchase/Furnish Alcohol For a Minor	Possession of Marijuana
OR	Fine \$300, CS, LS-1 yr., SAP if 18-21 yrs. old	Fine up to \$300, SAP	Fine at least \$350, Jail at least 30 days	Fine \$500-1,000
PA	Fine up to \$300, Jail up to 90 days, AE, LS, SAP	Fine \$500, LS-90 days, SAP	Fine \$1,000-2,500, Jail up to 1 yr.	Fine \$500 and/or Jail up to 30 days
RI	Fine \$150-1,000, LS-3 mo.-1 yr.	Fine \$100-500, LS 3 mo.	Fine up to \$1,000, Jail up to 6 mo.	Fine \$200-500, Jail up to 1 yr.
SC	Fine \$100-200, Jail up to 30 days, LS	Fine up to \$200, Jail up to 30 days, LS	Fine up to \$200, Jail up to 30 days, LS	Fine \$100-200, Jail 0 to 30 days
SD	Fine \$200, Jail up to 30 days, LS-30 days-1 yr.	Fine \$200 and/or Jail-30 days, LS-30 days-1 yr., SAP	Fine \$1,000 and/or Jail 0-1 yr., LS 30 days-1 yr.	Fine \$100, Jail 0-30 days
TN	Fine \$50-500, Jail 5-30 days, LS, CS-20 hrs.	Fine \$50-500, Jail 5-30 days, CS 20 hrs.	Fine \$50-2,500, Jail 11 mo. 29 days, CS-up to 30 days	Fine min. \$250, Jail 0-1 yr.
TX	Fine \$250-2,000, Jail up to 180 days, CS-8-40 hrs., LS, SAP	Fine \$250-2,000 and/or Jail up to 180 days, CS 8-40 hrs., LS, SAP	Fine \$250-2,000 and/or Jail up to 180 days, CS 8-40 hrs., LS	Fine \$2,000, Jail 0-180 days
UT	Fine up to \$1,000, Jail up to 6 mo., LS	Fine up to \$1,000, Jail up to 6 mo., LS	Fine up to \$2,500, Jail up to 1 yr.	Fine \$1,000, Jail up to 6 mo.
VT	Fine up to \$50	Fine up to \$500, Jail up to 30 days	Fine \$200-1,000, Jail up to 2 yrs.	Fine \$500 and/or Jail up to 6 mo.
VA	Fine \$100-500	Fine \$500, CS-50 hrs, LS up to 1 yr.	Fine \$2,500, Jail up to 1 yr.	Fine \$500, Jail up to 30 days
WA	Fine up to \$1,000, Jail up to 90 days	Fine up to \$1,000, Jail up to 90 days	Fine up to \$2,500, Jail up to 90 days	Fine \$1,000, Jail 1-90 days
WV	Fine up to \$50 and/or Jail 72 hrs. or 1 yr. probation	Fine up to \$50 and/or Jail 72 hrs. or 1 yr. probation	Fine up to \$100, Jail up to 10 days	Fine \$1,000, Jail 90 days to 6 mo.
WI	Fine at least \$300, CS, LS	Fine \$250-500, LS, CS	Fine up to \$500, Jail up to 90 days, LS 3-30 days	Fine up to \$1,000, Jail up to 6 mo.
WY	Fine up to \$750 and/or jail up to 6 mo.	Fine up to \$750, Jail 6 mo., LS	Fine up to \$750, Jail up to 6 mo.	Fine up to \$1,000, Jail up to 1 yr.

AE- Alcohol Evaluation, CS- Community Service, LS- License Suspension, SAP-Substance Abuse Program

Laws and penalties change and are interpreted and enforced differently even in the same legal jurisdiction. Listed penalties increase with subsequent offenses. Information contained in this report is for informational purposes only. 2001

Special Thanks to Sunanda K. Holmes, Esquire

Thank You

Our Thanks

We, the parents from Georgetown Preparatory School who wrote this booklet, express our deep appreciation and gratitude to the following schools, who shared their time and expertise with us and who offered us copies of their Substance Abuse Manuals and encouraged us to freely borrow from their ideas, which we did.

The Jesuit schools include Georgetown Preparatory School (MD), St. Ignatius College Preparatory (CA), Bellarmine College Preparatory School (CA), Regis Jesuit High School (CO), Brophy College Preparatory (AZ), Gonzaga College High School (DC), St. Louis University High School (MO), St. Joseph's Preparatory School (PA), Fordham Preparatory School (NY), and Fairfield College Preparatory School (CT). Other schools who helped include, Georgetown Visitation Preparatory School (DC), Stone Ridge School of the Sacred Heart (MD), The Holton-Arms School (MD), New Trier High School (IL), and Episcopal High School (VA).

The organizations that helped include Best Friends Foundation, Empower America and Safe & Drug-Free Schools, Montgomery County Public Schools (MD). This booklet was reviewed by Wilkie A. Wilson, Ph.D.*, Professor of Pharmacology and Cancer Biology at Duke University Medical Center, Suburban Hospital's (MD) Addiction Treatment Center's Director, Beth Kane Davidson, M.Ed., CAC, and Jeffrey M. Georgi, M.Div., CCAS, Clinical Director of the Duke Addictions Program, Duke University Medical Center.

Thank you to all the parents who have come before us, who shared their stories, wisdom and encouragement. Thank you also to our sons and daughters who inspired us through their responses to our Substance Abuse Questionnaire.

The first "**Community of Concern**" was formed during the fall of 1999 in the Washington, DC metropolitan area schools and was founded by James P. Power, Ph.D., Headmaster and Mimi Fleury, a parent from Georgetown Preparatory School.

The **Mission of the Community of Concern** is to
Educate Parents and Build Partnerships to
Keep Children Free from Alcohol, Tobacco and Other Drug Use
and
To Bring the Power of Science to Bear on Drug Abuse and Addiction

Community of Concern

Georgetown Preparatory School, 109000 Rockville Pike, North Bethesda, MD 20852
301-493-5000, www.thecommunityofconcern.org, info@thecommunityofconcern.org

"A Parent's Guide for the Prevention of Alcohol, Tobacco and Other Drug Use"
Copyright 1999, revised 2000, 2001, 2003

For additional information refer to the following books,

"Buzzed" (W.W. Norton, 1998)- basic information about drugs

"Pumped" (W.W. Norton, 2000)- information about sports and drugs

"Just Say 'Know'" (W.W. Norton 2002)- information on talking with kids about alcohol, tobacco and other drugs

Authors of all three books - Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D. and Wilkie Wilson, Ph.D.*

"The Selfish Brain-Learning from Addiction" by Robert L. DuPont, M.D., (Hazelden Information & Educational Services, 2000)

This guide is not intended to reflect all strategies for dealing with the challenges of preventing alcohol, tobacco and other drug use among kids, but is designed to serve as a resource for parents, students and schools. The information contained herein is not intended to replace, and should not be interpreted or relied upon as professional advice, whether medical or otherwise. Each individual situation is different. The "Community of Concern" disclaims liability of any kind resulting from the use of these ideas or services.

Georgetown Preparatory School

Substance Abuse Policy

Georgetown Preparatory School abides by the laws of the United States and the State of Maryland. The School does not condone illegal conduct. It is, therefore, necessary for parents, students, and faculty to have, along with the enunciation of the School's policy regarding alcohol and drugs, an official interpretation of that policy.

Any student showing evidence of having consumed, or in the possession of, drugs, and/or alcoholic beverages at any time while under the authority of the School is subject to dismissal.

"Showing evidence of" ...includes any behavior observed by an adult which might be indicative of the use of alcohol and/or drugs.

"In the possession of" ...includes participation in the use of, or being in the presence of the use or storage of alcohol and/or drugs. This includes the presence of alcohol and/or drugs in automobiles, student rooms or elsewhere on campus.

"Drugs" ...includes all that is commonly understood in the context of the problem: narcotics, cocaine, hallucinogens, amphetamines, barbiturates, marijuana, federally controlled substances, etc.

"While under the authority of the School" ...means any time when the student is on the school campus for whatever reason or in its immediate vicinity; and whenever he is attending, participating in, or being transported to or from a School-sponsored function. Dances, plays, social events, and athletic events held at and/or sponsored by other schools are considered School-sponsored functions. Violators are subject to severe School discipline, including dismissal, and to the laws of the State of Maryland.

Realizing the seriousness of the problem of alcohol and drug abuse/misuse, the School will make every effort to assist students involved with the problem. Strict confidentiality will be observed in providing this assistance, and every effort will be made to enable students who are actively seeking help for themselves or others to continue their education at Georgetown Prep.

The School, however, when confronted with observations and/or evidence of alcohol/drug use by a student, will require an alcohol/drug assessment by a School-approved facility.

Parents will be notified when students are required to undergo an alcohol/drug assessment, and the financial cost for this is the parents' responsibility. Continued enrollment is contingent upon the student's completing the assessment and recommended follow up care.

The possession, use, or distribution of any quantity of illegal drugs or drug paraphernalia is not permissible on School premises, School vehicles, or at off site School-sponsored activities. Violators are subject to severe School discipline, including dismissal, and to the laws of the State of Maryland.

The First "Community of Concern"

Washington Metropolitan Area

We wish to acknowledge and thank these schools and other organizations who joined together through this booklet to form the first "Community of Concern", under the guidance of the Georgetown Preparatory School. Their leadership and vision has inspired all of us—parents, students and schools—to work together to prevent alcohol, tobacco and other drug use through education and cooperation.

The Academy of the Holy Cross
Archbishop Carroll High School
Best Friends Foundation
Bishop McNamara High School
The Bullis School
Connelly School of the Holy Child
DeMatha Catholic High School
Elizabeth Seton High School
Episcopal High School
Flint Hill School
Georgetown Preparatory School
Georgetown Visitation Preparatory School
Gonzaga College High School
The Heights School
The Holton-Arms School
Landon School
Langley High School
The Langley School
The Madeira School
Maret School
Mater Dei School

Montgomery County Public Schools
National Cathedral School
The Nora School
Norwood School
Our Lady of Good Counsel High School
Parents Council of Washington
Parkmont School
The Potomac School
St. Albans School
St. Andrew's Episcopal School
St. Anselm's Abbey School
St. John's College High School
St. John's Episcopal School
St. Mary's Ryken High School
St. Stephen's and St. Agnes School
St. Vincent Pallotti High School
Sidwell Friends School
Stone Ridge School of the Sacred Heart
Suburban Hospital
Thornton Friends School
Washington Episcopal School
Washington International School

Thousands of parents from both public and private schools share this resource throughout the nation. The "*Community of Concern*" is continuing to grow.



Georgetown Preparatory School
10900 Rockville Pike
North Bethesda, Maryland 20852
301-493-5000

Guía de Padres Para la Prevención del Alcohol, del Tabaco, y Otro Uso de la Droga



Community *of* Concern

TOGETHER KEEPING YOUTH ALCOHOL & DRUG-FREE

Alaska
Alabama
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois
Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana
Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island
South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming
Washington, DC

Comunidad de Interés - Creando Alianzas para la Prevención

¿Qué desean nuestros hijos e hijas de nosotros?

Como padres de adolescentes, puede ser difícil saber sobre el uso de la droga y del alcohol. Esta encuesta fue distribuida a un grupo de estudiantes de nuestras escuelas. Estos comentarios y respuestas fueron dados por nuestros hijos e hijas, que son los más importantes para proteger y escuchar. Unos 1.041 estudiantes respondieron. Aquí están los resultados de la encuesta y las cinco respuestas para cada pregunta.

Encuesta sobre el abuso de sustancias de Community of Concern Schools

Por favor, ayudémoslos. Diseñemos un folleto sobre el alcohol y la droga. El aspecto más importante del folleto es proporcionar la información que les servirá de gran ayuda a los padres y los estudiantes. Por favor, haga sugerencias y recomendaciones sobre este importante asunto.

1. ¿Cuál es la cosa más importante que la gente debe saber sobre el alcohol y las drogas?

1. Pueden hacer daño y son malos para usted.
2. Son peligrosos y pueden matarlo/a.
3. Afectan negativamente a su futuro.
4. Crean una adicción.
5. Las drogas y el alcohol no son padrísimos. No los tome.

"Son ventanas a la depresión, una pérdida severa de muchas cosas y una muerte uniforme...te controlan."

2. ¿Cuál es su mensaje a los estudiantes más jóvenes sobre las drogas y el alcohol?

1. No probarlos. Decir simplemente que NO.
2. Resistir la presión—encontrar a gente que no los tome.
3. Tener cuidado.
4. Las drogas y el alcohol no son padrísimos.
5. No conducir al estar intoxicado.

"Aunque puede parecer que el beber no es perjudicial y es divertido, sus efectos pueden cambiar el curso de su vida."

3. ¿Qué quiere que sus padres le digan sobre las drogas y el alcohol?

1. Las consecuencias de las drogas y el alcohol—castigos y daños a la salud.
2. No tomar las drogas y el alcohol.
3. Nada o poco.
4. Todo lo que saben—las drogas y el alcohol que consumieron sus amigos.
5. Tener cuidado. Ser responsable.

"Los estudiantes saben los peligros pronto en la vida así que no tienen que descubrirlos por su propia cuenta."

4. ¿Qué quiere que sus padres hagan si sospechan que está tomando drogas?

1. Hablar conmigo y hacer preguntas.
2. Ayudarme a entrar en un programa de rehabilitación.
3. Pararme—ayudarme a parar.
4. Castigarme.
5. Buscar mi sitio para drogas—probarme—descubrir la fuente del alcohol o las drogas.

"Quisiera que me consiguieran ayuda cuanto antes, sin consideración alguna hacia mis sentimientos sobre ella."

5. ¿Qué quiere que sus amigos hagan si creen que tiene un problema?

1. Hablar conmigo.
2. Conseguirme ayuda.
3. Llamar a mis padres, a mi pastor, o un consejero.
4. Eliminar las drogas o el alcohol—cortar la fuente.
5. Ser considerados y apoyarme.

"Ayúdenme a hacer frente...que me paren."

6. ¿Qué quiere que la escuela haga si ésta tiene evidencia de que usted está tomando drogas o alcohol?

1. Ayudarme a entrar en un programa de rehabilitación.
2. Castigarme y ayudarme con libertad provisional, rehabilitación, etc.
3. Expulsión condicional de la escuela.
4. Expulsión.
5. Dar-me una segunda oportunidad.

"Consígame ayuda...deme los castigos necesarios."

Escribimos este folleto sobre el Abuso de Sustancias como guía para nosotros y para nuestros hijos e hijas.

El comité del Folleto sobre el Abuso de Sustancias, Club de los Padres de Georgetown Preparatory School.

Comunidad de Interés



Community
of Concern

TOGETHER KEEPING YOUTH ALCOHOL & DRUG-FREE

Formando una Sociedad para la Prevención

Estimados padres,

Este folleto fue escrito por un grupo dedicado de padres y ha sido repasado por expertos. Sírvanse leer este manual y háganlo un motivo de comunicación entre Uds. y sus hijos. Compartan sus experiencias, preguntas, sugerencias, temores, victorias y fracasos. Si lo hacen, tenemos confianza de que buenas cosas van a pasar—para Uds. y también para sus hijos. Así, los esfuerzos necesarios para producir este manual habrán tenido mucho valor.

Atentamente,

La Comunidad de Interés

Mis hijos están en la escuela primaria. ¿Por qué debo yo leer este folleto? Nosotros, los padres, necesitamos educarnos también. Los niños ahora comienzan a fumar y beber a una edad muy joven, a veces antes de terminar la escuela primaria. El alcohol es la droga usada con más frecuencia entre los niños, aun más que el tabaco y las drogas ilegales. Cuánto más temprano está expuesta la persona a una sustancia adictiva, más grande la probabilidad de una adicción de toda la vida.

¿Cuándo debo comenzar a hablar con mis hijos sobre el alcohol, el tabaco, y otras drogas?

Nunca es demasiado temprano. Comience cuando ellos tengan curiosidad y se pongan a hacer preguntas. Los padres tienen más influencia sobre las decisiones de sus hijos ANTES de que comiencen a usar alcohol, tabaco u otras drogas.

¿Qué puedo hacer para ayudar a mis hijos a evitar el alcohol, el tabaco u otras drogas?

1. **Educar a sus hijos.** Los niños de edad de escuela primaria/intermedia deben saber:
 - ❖ lo que son las reglas de la escuela y de la casa sobre el alcohol, el tabaco y otras drogas;
 - ❖ las diferencias entre las medicinas y las drogas ilegales,
 - ❖ el daño que hacen el alcohol y las otras drogas,
 - ❖ el impacto que pueden tener los anuncios comerciales para el alcohol. También, lo que es un amigo y quiénes son los adultos en que pueden tener confianza en caso de emergencia.
2. **Hablar con sus hijos.** Pasen tiempo juntos. Cuando uno de los padres está en contra del uso del alcohol u otra droga, éste es el motivo clave por el cual los hijos deciden no beber, fumar o tomar otras drogas.

Son las 3:45 de la tarde--¿Sabe dónde están sus hijos en el ciberespacio? Manténgase en contacto constante con sus hijos mientras ellos exploran los sitios del Internet y los chat rooms. Los niños deben entender que no todo lo que vean en el Internet es verdad o tiene valor; lo mismo que no todos los consejos que reciban de sus compañeros tienen valor o son ciertos.

Muchas Gracias

Consecuencias Legales

Recursos . . . Las Fotografías . . . Tabla de Drogas

Las Fiestas y Los Acontecimientos Sociales

Señales y Síntomas...Comunicación

Los Efectos Negativos de Abuso de Las Substancias . . . Ayuda

Por qué Sí y Por qué No

El Cerebro 101 - El desarrollo del cerebro

Preocupaciones de la Escuela Primaria, Intermedia y Secundaria

Preocupaciones de la Escuela Primaria, Intermedia, Secundaria

Escuela Intermedia/Escuela Secundaria

¿Conoce a los amigos de su hijo o hija?

Durante los años de escuela intermedia o secundaria, congeniar con los amigos llega a ser aun más importante. Pero, ¿quién será el más probable para pedir que su hijo/a pruebe la cerveza, los cigarrillos u otras drogas? Un amigo.

¿Cómo se siente tener que decirle "no" a un amigo? Lo que está rechazando son el alcohol, el tabaco o las otras drogas, no al amigo.

¿Es en la escuela secundaria cuando comienza la mayoría de los niños a usar el alcohol u otras drogas?

No. Ese es un mito. La mayoría de los niños no están usando alcohol, tabaco u otras drogas al comenzar la escuela secundaria. La clave es hacer que el fumar, el tomar o usar otras drogas no sea la manera de congeniar con los otros. Aconseje que sus hijos busquen a 2 o 3 jóvenes que no beban alcohol con quienes les gustaría ser amigos. Esto les hará más fácil su transición a la escuela secundaria.

Mis hijos ya están en la escuela secundaria. ¿Está bien introducirlos al uso del alcohol de vez en cuando, pero sólo en casa?

No. De hecho, cuanto más joven la persona cuando comience a tomar alcohol, tanto más probable que llegue a ser adicta. Si una persona comienza a tomar alcohol a la edad de 15, tiene una probabilidad 4 veces más grande de contraer una dependencia alcohólica que aquéllos que comienzan a la edad de 21.

"Aprender a beber" durante la adolescencia no es un "paso a la edad adulta" ni tampoco "una parte de hacerse hombre o mujer." Cuando los jóvenes tienen permiso de beber en casa, tienen más tendencia de usar alcohol y otras drogas fuera de casa, y tienen más riesgo de contraer problemas serios de comportamiento y de salud relacionados con el uso de sustancias. Tenga en cuenta que es posible que otros padres pongan el alcohol a la disposición de los hijos de Ud. durante las fiestas para sus hijos en casa. Cualquier uso de estas sustancias durante la adolescencia es considerado un abuso.

Mis hijos no beben, simplemente fuman cigarrillos. ¿Qué hay de malo con eso? La decisión inicial de los jóvenes de usar tabaco es un momento crítico porque muchas veces les lleva a otros tipos de conducta peligrosa. El tabaco contiene nicotina, una droga altamente adictiva. Los jóvenes creen que pueden fumar o masticar tabaco y no sufrir daños. Están equivocados. Más de 1/3 de todos los jóvenes que prueban el tabaco llegan a ser fumadores de cada día antes de salir de la escuela secundaria.

Muchos padres permiten que sus hijos vayan a las películas de categoría R.

¿Debemos permitirselo nosotros?

Los adolescentes que tienen límites impuestos por los padres relacionados con las películas de categoría R tienen una probabilidad 3 veces menos de divulgar que habrían probado tabaco o alcohol que los adolescentes que no tienen límites en cuanto a las películas de categoría R.

Son las 4:00 de la tarde. ¿Sabe lo que están haciendo sus hijos?

Las 4 de la tarde es la hora del día cuando los niños que están en casa solos pueden hacer malas decisiones. Anímelos a participar en actividades después de la escuela y asegúrese de que sus hijos sean bien supervisados.

Preocupaciones en la Escuela Primaria, Intermedia y Secundaria

Para los Padres y los Niños

¿Cómo pueden decir "no" los niños al alcohol, al tabaco y las otras drogas?

Ayude a sus niños a estar tranquilos y tener confianza. El decir "no" por primera vez es el más difícil—se pone más fácil con la práctica. Cuanto más preparados los niños, tanto mejor podrán confrontar las situaciones difíciles. Practicar con los niños puede ayudarlos a tener más confianza. Muchas veces, los niños que tratan de convencer a sus compañeros a participar en el uso de una sustancia consideran que un "no" débil es un "sí" posible. No se pongan a disputar ni discutir. Hay que decir que "no" y en serio.

¿Cuáles son algunas cosas que se puede decir durante una fiesta si un amigo le ofrece un cigarrillo, una cerveza u otra droga?

- ❖ No, gracias...vamos a jugar al basquetbol...vamos a jugar unos videojuegos....
- ❖ Mi madre y mi padre me tienen confianza de que no voy a probar esto...
- ❖ No, mis padres me prohibirán salir por un mes...
- ❖ No quiero poner en peligro mi participación en el equipo, el teatro, etc....
- ❖ Acaban de comenzar las pruebas de drogas en mi escuela...
- ❖ No me interesan esas cosas. ¿Tienes un refresco?

¿Qué pueden hacer los niños si se encuentran en una casa donde los otros están tomando cervezas y no hay padres presentes?

Hay que salir. Aconséjale a su hijo/a a llamar a la casa para que alguien venga a buscarlo/a. Una frase predeterminada en código, tal como "Se me olvidó que tengo un ensayo mañana," o "Tengo un dolor de cabeza terrible, ¿puedes venir a recogerme?" lo hará más fácil para su hijo/a decirle que necesita ayuda.

¿Qué es el envenenamiento alcohólico y qué es beber fuerte?

El envenenamiento alcohólico o la intoxicación aguda es una sobredosis de droga que mata a cerca de 4.000 adolescentes cada año y que puede causar daños irreversibles en el cerebro en los sobrevivientes. Algunos adolescentes beben con el propósito de emborracharse; beben rápido, o beben fuerte, con el objeto de ingerir la mayor cantidad de alcohol posible. **El beber fuerte** se define como el consumo de cinco o más cervezas o tragos entre los varones y cuatro o más cervezas o tragos entre las mujeres en una sola reunión por lo menos en un período de dos semanas. La práctica de beber fuerte está en aumento entre los adolescentes.

Los síntomas de la sobredosis de alcohol incluyen confusión mental, estupor, dificultades generales, respiración lenta o irregular, baja temperatura corporal y color azulado de la piel. Es necesario darse cuenta de que los que exceden estos límites y pierden la conciencia pueden morir. Si usted considera que la persona tiene una sobredosis de alcohol, llame al 911 y no la deje sola.

Lo que **NO SE DEBE HACER** con la persona afectada: ni alimentarla, ni dejar que se duerma ni darle una ducha fría. **NUNCA SE RECOMIENDA VOMITAR** debido a los riesgos que existen de bloquear la tráquea o de que la persona aspire el material vomitado, lo cual puede tener complicaciones para su vida.

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El Cerebro 101

El Desarrollo del Cerebro

Pedimos ayuda de los científicos mismos para que pudiéramos comprender la información científica más reciente sobre el desarrollo del cerebro adolescente y los efectos del alcohol, tabaco y otras drogas. Fulton Crews, Ph.D. (UNC), Robert DuPont, MD (primer director NIDA/Georgetown U), Bridget Grant, Ph.D. (NIH), Linda Spear, Ph.D. (Binghamton U.), Scott Swartzwelder, Ph.D. (Duke), Susan Tapert, Ph.D. (USC-SD), y Wilkie Wilson, Ph.D. (Duke) nos ayudaron y les estamos muy agradecidos por su pericia.

El cerebro en transición. El desarrollo del cerebro es un proceso de toda la vida. Hay períodos rápidos de cambio que ocurren no solamente antes del nacimiento y durante la infancia, sino también durante la adolescencia. Entre las regiones del cerebro que pasan por transformaciones pronunciadas durante los años de adolescencia son la corteza prefrontal y las regiones mesolímbicas, que controlan las “funciones ejecutivas” que son imprescindibles para poder aprender, hacer decisiones y formar juicios. Sin embargo, estas mismas regiones del cerebro son particularmente susceptibles al alcohol y otras drogas.

Conexiones. Ya que muchos cambios complicados en el cerebro ocurren durante los años adolescentes y aun hasta mediados de los 20, estos años ofrecen tanto una gran oportunidad como mucha vulnerabilidad para los niños. Existe la oportunidad para que los niños influyan positivamente el desarrollo del cerebro con buena nutrición, buenos hábitos de dormir, y buen ejercicio (tanto mental como físico). Por otro lado, ya que el cerebro está todavía en vías de desarrollo, es también vulnerable a los daños de varios tipos—el uso del alcohol y otras drogas, heridas a la cabeza, y la desnutrición.

¡Campaña de Cerebro Sano! Para que los niños tengan más energía y hagan lo mejor que puedan, necesitan mantener sano el cerebro en desarrollo. ¿De qué forma? Aquí están unas ideas:

- ❖ **Evitar el alcohol, tabaco, y otras drogas.** Si se usa la cafeína, debe ser consumida solamente en moderación. Evitar todos los productos que “mejoran el desempeño,” inclusive la efedrina.
- ❖ **Emplear el cerebro.** Mirar la tele hora tras hora no hace nada para el desarrollo sano del cerebro. Hay que platicar, leer, mirar mapas, aprender un pasatiempo nuevo. Tomar clases que sean difíciles pero no abrumadoras. El uso activo le da fuerza al cerebro.
- ❖ **Proteger la cabeza.** Usar siempre los cinturones de seguridad. Ponerse un casco para practicar deportes.
- ❖ **Buena nutrición.** Hay que comer muchas frutas, verduras y tomar suficiente agua (6-8 vasos por día). Algunos estudios indican que los ácidos grasos omega-3, que se encuentran en los mariscos, pueden tener efectos positivos en las funciones del cerebro.
- ❖ **Hacer cantidades de ejercicios físicos.**
- ❖ **Dormir lo suficiente.** Dormir menos de seis horas puede causar problemas con la coordinación, el juicio, y el estado de ánimo. La mayoría de la gente necesita 7-9 horas de descanso, y es posible que los adolescentes necesiten más.

El Cerebro 101

El Cerebro Adolescente es Vulnerable

Hay evidencia emergente tanto de estudios bioquímicos como estructurales del cerebro que los adolescentes no son “adultos jóvenes” porque el cerebro es estructuralmente diferente del cerebro de los adultos. El cerebro joven responde de una forma diferente al alcohol y otras drogas y puede ser menos resiliente a los efectos negativos de estas sustancias que el cerebro adulto.



Un MRI que demuestra las áreas del cerebro que están todavía por conectarse en los adolescentes. (De E.R. Sowell, et. al, “In Vivo Evidence for Post-Adolescent Brain Maturation in Frontal and Striatal Regions.” Nature Neuroscience 2 (10) 1999, 859)

La Adicción. Una de las diferencias más importantes entre el cerebro adulto y el cerebro juvenil es que los niños tienen un riesgo mucho más alto de formar una adicción. El NIH declara que la mayoría de las adicciones ocurren durante la adolescencia. ¿Qué es una adicción? Una adicción es el uso constante y compulsivo de una sustancia que ocurre a pesar de las consecuencias negativas al individuo. La adicción es una enfermedad—es crónica, progresiva y posiblemente fatal. La adicción requiere tratamiento profesional.

La Biología de Adicción. Los neurocientíficos han aprendido mucho sobre las adicciones durante los años pasados. Ahora saben que una sustancia del cerebro—la dopamina—es uno de los factores claves a la adicción. Esta sustancia química, que hace que la persona se sienta eufórica, es emitida por todas las sustancias adictivas. Es importantísimo en establecer los deseos fuertes y duraderos para el alcohol y otras drogas. Los científicos postulan que los adolescentes emiten más dopamina que los adultos como respuesta a las drogas, y esto explicaría la razón por la cual los jóvenes tienen mayor riesgo de adicción a cualquier droga. Sea lo que sea la explicación biológica, parece que los niños tienen mucha más vulnerabilidad que los adultos, y su participación con sustancias adictivas es sumamente peligrosa.

Los efectos duraderos de las drogas en el cerebro adolescente. En breve, aunque hace falta más investigación científica para caracterizar los efectos duraderos, el uso del alcohol, el tabaco y otras drogas durante los años adolescentes puede tener un impacto negativo en el desarrollo del cerebro que durará hasta los años adultos. El uso del alcohol y otras drogas durante estos años también puede cambiar la trayectoria del desarrollo cerebral haciendo que aquellas características que producen el éxito en la vida se desarrollen menos que lo normal.

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El Cerebro y el Alcohol

El alcohol y la adicción. Cuanto más temprano comienza una persona con el uso de sustancias adictivas, tanto más probable la formación de una adicción y tanto más rápido progresará la adicción. Según los estudios epidemiológicos del NIH, 43% de los niños que comienzan con regularidad a usar alcohol a la edad de 13 van a sufrir del alcoholismo en algún momento durante su vida. 40% de los niños que comienzan a beber a la edad de 15 se convertirán en alcohólicos mientras que sólo 10% de aquéllos que esperan hasta la edad de 21 sufrirán del alcoholismo. Los niños que demuestran menos efectos de comportamiento después de beber son los más vulnerables a la adicción.

El alcohol es una barrera más potente al aprendizaje en los adolescentes que en los adultos. El hipocampo, la región del cerebro que forma los recuerdos nuevos, se ve particularmente afectado por el uso del alcohol durante la adolescencia. Los niños que beben demuestran reacciones cerebrales reducidas y sacan peores resultados que los que no beben en las pruebas de vocabulario, información general, memoria, y recuperación de memoria. La más afectada es la capacidad de recordar información verbal y no verbal, con una disminución de 10% en desempeño entre los que usan alcohol.

El alcohol estorba los ciclos del sueño. La actividad cerebral durante el sueño es importante para las funciones de aprendizaje y memoria. La información aprendida por los niños durante las clases es transferida de la memoria a corto plazo a la memoria de largo plazo durante el sueño. El alcohol deteriora la calidad del sueño y puede disminuir seriamente la capacidad de la persona de aprender y recordar cosas.

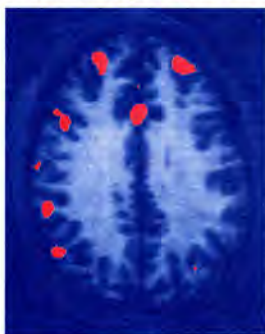
El alcohol puede tener menos efecto sedativo en los adolescentes que los adultos. Este es un riesgo grande. Los niños que beben pueden sentirse más capaces que los adultos de manejar un coche. Pero el hecho de que alguien puede estar al volante de un coche no significa que debe estar al volante. Los choques son más comunes entre los adolescentes que beben que los adultos que beben.

El alcohol hace daño a la maduración. La mayoría de la investigación reciente sugiere que el uso constante del alcohol durante la adolescencia puede causar que el cerebro “encierre” respuestas adolescentes aun durante los años adultos. Los niños que beben pueden retener, como adultos, su falta de sensibilidad adolescente a los efectos sedantes del alcohol, o su falta de capacidad de reprimir impulsos impropios.

Quinceañero que no bebe



Quinceañero que bebe mucho



Estas fotos muestran una vista de la parte superior del cerebro. El que no bebe (a la izquierda) demuestra un modelo fuerte de reacción cerebral al hacer una tarea de memoria de localidades. El cerebro afectado por el alcohol demuestra mucho menos actividad cerebral. (Susan Tâpert, Ph.D., University of California-San Diego)

El Cerebro 101

El Cerebro y las Otras Drogas

La cafeína. Ya que no hay restricciones legales, la cafeína es la sustancia psicoactiva más disponible en la vida de los niños y se encuentra no sólo en el café, té y chocolate, sino también en muchos refrescos, bebidas de energía y aun algunas marcas exclusivas de agua. Es un estimulante poderoso del sistema nervioso que afecta muchos sistemas del cerebro. La cafeína puede producir ansiedad y suprimir el comienzo del sueño o deteriorar la calidad del mismo. El sueño interrumpido disminuye el aprendizaje.

El Éxtasis. El uso inicial de Éxtasis puede causar ataques, heridas cerebrales o la muerte. El Éxtasis mata, al interrumpir la capacidad del cerebro de controlar la temperatura del cuerpo. Los adictos se calientan, la temperatura del cerebro sube, sufren ataques, y ocurre daño al cerebro por medio de una variedad de mecanismos. Las mejores investigaciones científicas demuestran que el Éxtasis es una neurotoxina y el uso repetido mata las partes celulares de los nervios que emiten la sustancia química— serotonina—que controla el estado de ánimo. No se sabe cuando ocurre la recuperación o aun si es posible.

La marijuana. La consecuencia más negativa del uso de la marijuana es que el ingrediente activo—el THC—deteriora la capacidad del cerebro de almacenar información nueva—es decir, aprender. Se necesitan 8 días para quitar el 90% de los ingredientes activos en una dosis de marijuana. El consumo repetido, aun a niveles de dos veces por semana, mantiene al adicto bajo la influencia constante y el deterioro que resulta muchas veces pasa sin que el adicto se dé cuenta de ello. La marijuana deteriora los movimientos finamente controlados y coordinados, tales como aquéllos asociados con las actividades atléticas o el tocar música. Esta droga muchas veces disminuye la motivación de la persona y puede causar un sentido de ansiedad, temor o pánico. Cuando el adicto intenta dejar el THC, los síntomas de reajuste pueden perdurar hasta un mes, lo que produce una gran falta de incentivo de dejar el uso de drogas.

La nicotina. La nicotina es una droga sumamente adictiva que se encuentra en todos los productos tabacaleros, no solamente los cigarrillos. La nicotina afecta la composición química del cerebro relacionada con los pensamientos y los sentimientos. Igual a las otras drogas adictivas, la adicción procede más rápidamente con los adolescentes, y una vez establecida, puede perdurar toda la vida. El uso temprano del tabaco puede causar una predisposición a la depresión, la cual puede conducir al uso de alcohol y otras drogas.

Los esteroides. Los niños con cerebro y cuerpo en desarrollo deben evitar el uso de compuestos de esteroides anabólicos. Estas drogas tienen la potencialidad de cambiar permanentemente las normas de crecimiento y poner a los niños a riesgo de enfermedad cardiovascular, daño a los tendones y el cartilago, manía agresiva (rabia de esteroide), una disminución de función reproductiva y cáncer del sistema reproductivo.

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Por qué Sí y Por qué No

Por qué los Jóvenes Usan Alcohol, Tabaco y Otras Drogas

No hay una respuesta simple a la pregunta de "¿Por qué los jóvenes usan alcohol, tabaco y otras drogas?". Las respuestas son múltiples y variadas y pueden depender de muchos factores sociales, emocionales, físicos y ambientales. Estos pueden incluir:

La influencia de la aceptación de sus compañeros. La poderosa influencia de adaptarse a sus compañeros es bien conocida. Para los pre-adolescentes y adolescentes la aceptación del grupo de amigos es de primera importancia. El hecho de ganar la aceptación del grupo puede incluir indulgencia en comportamiento riesgoso —incluyendo el alcohol, tabaco u otras drogas. Los riesgos potenciales pueden no ser aparentes para los adolescentes y este comportamiento puede ser interpretado como inocuo porque "todos lo hacen".

La necesidad de escapar de la ansiedad. Los jóvenes frecuentemente se encuentran en dificultades en ciertas situaciones sociales. Para vencer esos sentimientos desagradables pueden ser tentados a usar alcohol, tabaco u otras drogas y disminuir su estrés, obteniendo así un falso sentido de confianza en sus relaciones con los demás.

El deseo de sentirse bien, de descansar o de buscar animación. En general, los individuos que usan sustancias que alteran la mente lo hacen por las razones citadas anteriormente o, simplemente, porque buscan un escape a las presiones de la vida cotidiana. Los adolescentes en particular, pueden estar interesados en el uso de alcohol, tabaco u otras drogas para llegar al bienestar y el descanso.

Para satisfacer la curiosidad o para reducir el aburrimiento. Los jóvenes están disponibles para probar nuevas experiencias, especialmente aquellas que se suponen son sólo para adultos. Los jóvenes que no participan en otras actividades fuera de sus estudios se pueden encontrar con tiempo libre disponible y en estos casos el alcohol, el tabaco u otras drogas pueden convertirse en un pasatiempo.

Como alivio para una situación intolerable o como un medio para enmascarar una baja autoestima y/o depresión. Algunos jóvenes enfrentan serios problemas en el ambiente familiar o escolar. La reacción psicológica a estos problemas sobre la autoestima de los adolescentes los puede llevar a automedicarse con el uso de alcohol, tabaco u otras drogas como forma de evadir sus dificultades.

Por qué Sí y Por qué No

Por qué los Jóvenes No Deberían Usar Alcohol, Tabaco y Otras Drogas

Los pre-adolescentes y adolescentes no deberían en absoluto usar alcohol, tabaco y otras drogas. A continuación se exponen algunas razones:

Es ilegal. Reconociendo que el alcohol es una droga poderosa que debe ser usada con responsabilidad, los gobiernos estatales han impuesto un límite de 21 años de edad para su posesión y uso. El uso de narcóticos y otras drogas es en todos los casos ilegal, excepto cuando sean utilizados siguiendo recetas médicas. También es ilegal que una droga recetada por el médico sea usada por otra persona. La venta de productos de tabaco a los menores de edad es ilegal así como su uso (**ver Consecuencias Legales**).

Ciertos individuos tienen una predisposición biológica a la adicción. El problema más serio con el uso del alcohol, tabaco u otras drogas por parte de los adolescentes es la posibilidad que puedan tener una predisposición biológica a tener adicción a esas sustancias, especialmente si sus progenitores son adictos a las mismas. Aunque es cierto que no todos aquellos que beben, fuman o consumen otro tipo de drogas llegarán a ser adictos, inevitablemente hay muchos que llegarán a serlo. No hay forma de predecir quiénes serán vulnerables y con qué intensidad su adicción comprometerá el éxito del futuro de su vida. Es importante informar a los adolescentes acerca de la historia familiar de alcoholismo o dependencia de otras drogas.

El uso de alcohol, tabaco y otras drogas demora el proceso de maduración. Cuando los jóvenes usan alcohol, tabaco u otras drogas como una ayuda para ciertas situaciones sociales, están severamente comprometiendo su capacidad para desarrollar las habilidades sociales necesarias y de autoestima para tener éxito en sus relaciones con el resto de la población.

El alcohol, el tabaco y otras drogas tienen mayor efecto sobre los cuerpos en desarrollo que en los adultos. Dado que ciertas drogas, especialmente el alcohol, son consideradas deprimentes, sus efectos sobre el sistema nervioso y el cerebro son más agudos. La intoxicación puede ser muy rápida y llegar a producir un comportamiento impulsivo e irracional que no es moderado por el juicio de los adultos.

El juicio así deteriorado puede llevar a situaciones lamentables, o peor aún, peligrosas. Problemas inducidos por el alcohol u otras drogas han sido responsables por innumerables daños y muertes en accidentes automovilísticos, frustraciones, peleas, anegamientos y envenenamiento alcohólico. El juicio así perjudicado puede llevar a situaciones serias que pueden ir desde la destrucción de la propiedad hasta la promiscuidad sexual, embarazos indeseados y la transmisión de enfermedades transmitidas sexualmente como el SIDA.

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Los Efectos Negativos

La Puerta de Entrada a las Drogas

Las drogas más usadas en los Estados Unidos de América son la nicotina, el alcohol, la marihuana y, entre los jóvenes de 12 a 17 años, los inhalantes. Cada droga es destructiva por sí misma. El uso de cualquiera de ellas parece "abrir la puerta" para el uso de otras drogas. El tabaco, el alcohol, la marihuana y los inhalantes se conocen como "puerta de entrada a otras drogas" ya que los individuos raramente usan otras drogas más fuertes como cocaína o heroína antes de haber usado tabaco, alcohol, marihuana y/o inhalantes. Muchas personas que se han hecho adictas a las drogas fuertes comenzaron a usar las drogas livianas en su adolescencia.

Tabaco

- El momento importante para la iniciación es entre 6° y 7° grado.
- El 90 % de los fumadores adultos comenzaron a fumar a los 18 años o antes.
- Cada año un millón de adolescentes comienzan a fumar. Son el objetivo principal de la publicidad de las empresas tabacaleras; 1/3 de los mismos morirá de enfermedades relacionadas con el tabaco.
- 1.200 personas mueren todos los días en los Estados Unidos de América a causa de enfermedades causadas por el tabaco.
- Hay un alto grado de adicción a la nicotina, y las nuevas investigaciones indican que los jóvenes muestran serios síntomas de adicción en pocas semanas o incluso días después de haber fumado por primera vez.

Alcohol

- Una cerveza de 12 onzas tiene la misma cantidad de alcohol que 1,5 onzas de güisqui o 5 onzas de vino.
- Entre los jóvenes que empiezan a beber a los 13 años, el 43 % sufrirá de alcoholismo.
- Los hijos de los alcohólicos tienen de 4 a 10 veces más riesgos de ser alcohólicos que los que no son alcohólicos.
- Cerca de un tercio de los alcohólicos de los EEUU (4,7 millones) tienen menos de 21 años. De hecho, más de una cuarta parte de los alumnos de 8° grado ya ha consumido alcohol.

Marihuana

- La potencia de la marihuana es mayor que la usada en el año 1965 debido al proceso de elaboración de las plantas.
- Por lo menos el 18 % de los alumnos de 8° grado ha usado marihuana. Cuando un joven llega a los 17 años de edad, 6 de cada 7 tienen amigos que usan marihuana y 7 de cada 10 pueden comprar marihuana todos los días.
- Las partes más afectadas del cerebro son los centros que controlan los niveles de pensamiento, de comportamiento y de conocimiento de las personas. **Dicho en simples palabras: todo fumador de marihuana es más torpe que inmediatamente antes de comenzar a usarla.**
- THC, la principal sustancia química intoxicante se deposita durante varias semanas en los tejidos adiposos del cuerpo, incluyendo el cerebro.
- La marihuana inhibe la náusea y permite a las personas consumir grandes cantidades de alcohol sin enfermarse. Como consecuencia, la muerte por sobredosis de alcohol ha aumentado entre los adolescentes.

Inhalantes

- El 20 % de los alumnos de 8° grado ha usado inhalantes por lo menos una vez.
- Los inhalantes pueden ser mortales en su primer uso o puede causar daños permanentes al cerebro, al sistema nervioso central o a otros órganos.
- Los adolescentes pueden inhalar sustancias comunes de uso doméstico como propulsores de aerosoles (pulverizador de almidón), disolventes para limpieza, bencina, colas o disolventes para pinturas ya que todos son fáciles de conseguir y son poco costosos.

Los Efectos Negativos

Consecuencias

Detención del desarrollo psicológico. El principal objetivo de los adolescentes es crecer y llegar a ser adultos responsables. Los jóvenes deben aprender a aceptar y controlar sus emociones: la alegría, la emoción, la ira, la frustración, la ansiedad, el desencanto, la tristeza y el temor. También necesitan aprender a divertirse, descansar, y a sentirse aceptados, a ser parte de un grupo mientras conservan su individualidad. Los jóvenes aprenden éstos con el tiempo a través de pruebas, errores y la repetición. El uso de alcohol, tabaco y otras drogas daña todo este proceso y disminuye o impide un desarrollo normal. Cuando los jóvenes están "excitados" por la droga no pueden aprender a controlar sus sentimientos. Pueden parecer reposados y sentirse que forman parte de un grupo, pero no están, sin embargo, haciendo el trabajo serio que es necesario para desarrollar e integrar esa capacidad de los adultos.

Los jóvenes maduran físicamente pero su madurez emocional y psicológica puede ser sustancialmente demorada.

La violación de su compañero o compañera ocurre porque uno o ambos adolescentes están bajo la influencia del alcohol u otras drogas. La violación del compañero/a es un delito. Es un acto criminal mantener relaciones sexuales con una persona que sea incapaz mental o físicamente de dar su consentimiento. Mantener relaciones sexuales con una persona que esté endrogada, intoxicada, fuera de sí, incapaz de decir "no" o incapaz de darse cuenta de lo que ocurre a su alrededor es cometer una violación. Los adolescentes creen que un violador es alguien que es un "tipo loco" o un excéntrico, sin embargo, la violación de los compañeros/as por parte de estudiantes que son populares, atractivos e inteligentes ocurre sin considerar la clase social, la raza o la posición económica. (ver **Tabla de Drogas**, Drogas de Violación). La explotación sexual, el embarazo o las enfermedades transmitidas sexualmente pueden ser el resultado de una pérdida del juicio y una caída del nivel de las inhibiciones.

Accidentes de automóvil. El uso del alcohol y otras drogas reduce el tiempo normal de reacción de las personas y con ello se incrementa el riesgo de accidentes. Conducir el automóvil bajo la influencia del alcohol o llevar pasajeros que estén borrachos puede llevar a la pérdida de la licencia de conductor y la cobertura del seguro.

Confusión. Los padres que permiten que sus hijos beban o usen otras drogas están involuntariamente enviando el mensaje de que "tú no me importas" o "no voy a hacer nada para protegerte". Las escuelas y los medios de información enfatizan los peligros del alcohol, el tabaco y el uso de otras drogas pero la presión de los amigos y la publicidad pueden estimular a los adolescentes a tratar de probar esas sustancias. Estos mensajes contradictorios confunden a los jóvenes. Los adolescentes cuyos padres no tienen severas reglas contra el consumo de bebidas alcohólicas tienen más probabilidad de haber abusado del alcohol durante las últimas dos semanas y así, el permiso de los padres crea incluso más confusión. Las consecuencias pueden ser la expulsión de la escuela, el rechazo de empleo de verano por parte de muchas compañías que requieren la aprobación de pruebas contra las drogas, el riesgo de arresto o cárcel o multas muy altas debido a actos violentos e ilegales.

Riesgos del tabaco. Los fumadores son más propensos a varias enfermedades tales como resfriados, infecciones de los oídos y sinusitis. Sus heridas se curan con más dificultad. Se arrugan y envejecen más rápidamente. Además de la mala respiración, tienen un mayor deterioro dental, enfermedades en las encías y catarro persistente. La tolerancia al ejercicio físico y a sus buenos resultados puede disminuir. Los jóvenes que fuman tendrán en el futuro una mayor tendencia al uso de alcohol, marihuana y otras drogas ilícitas.

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Los Efectos Negativos

Depresión y Suicidio

Depresión. Más de 11 millones de niños y adolescentes en toda la población sufren de depresión en algún momento de su vida. Los jóvenes bajo estrés que pierden experiencia o que tienen problemas de atención tienen mayores riesgos de depresión. La depresión también se puede extender a las familias. Los adolescentes deprimidos serán más probablemente consumidores de alcohol, tabaco u otras drogas ya que así se sentirán mejor.

La depresión es definida como una enfermedad cuando los síntomas de la depresión persisten e interfieren con la capacidad de la persona para funcionar correctamente. Lamentablemente, a menudo los jóvenes intentan el suicidio como forma de hacer salir el problema a la superficie. Para las familias de los 15, 000 niños que se suicidan todos los años, la evidencia del problema ha llegado demasiado tarde.

Los siguientes comportamientos pueden ser señales de depresión que pueden conducir al suicidio:

- Aumento de la tristeza, del llanto, del mal humor, de la ira o de la irritabilidad.
- Menor interés en las actividades corrientes o incapacidad de disfrutar de actividades que anteriormente gustaban.
- Aburrimiento persistente, bajo nivel de energía.
- Cambios importantes en la alimentación o en el sueño.
- Aislamiento social, pobre comunicación, dificultad en las relaciones sociales.
- Gran sensibilidad al rechazo o al fracaso.
- Ausencia frecuente en la escuela o pobres resultados en la escuela; escasa concentración.

Suicidio. Más de 8 jóvenes de cada 10 que amenazan con el suicidio lo intentan. El suicidio es la segunda causa de muerte entre los adolescentes entre 15 y 19 años y a menudo está asociado con el alcohol o el uso de otras drogas y la depresión. Dos tercios de los adolescentes que se suicidan tenían pobres relaciones con sus padres. Si bien estos datos son alarmantes, el suicidio se puede prevenir.

Si el problema del suicidio parece ser inminente, no malgaste su tiempo sintiéndose culpable, enfadado o conmovido. ACTÚE. Pida la intervención de una unidad de crisis, de la unidad psiquiátrica del hospital local o de un médico de confianza de la familia. No espere a la devolución de llamadas telefónicas. Si no puede ponerse en contacto con la primera persona de contacto, busque a otra persona. Nunca espere a ver si su hijo adolescente se siente mejor la siguiente mañana. Muchos de los suicidios de adolescentes ocurren en su casa al final de la tarde o por la noche, con los miembros de la familia presentes.

Converse con sus hijos. La idea de que hablar sobre el suicidio lo estimula a hacerlo es falsa y peligrosa. El hecho real es que una vez que se comuniquen los pensamientos depresivos y preocupantes que hay en la mente de los jóvenes, pasan a ser menos preocupantes.

Convencer y expresar preocupación y comprender la angustia de los hijos merece ser la primera prioridad. Haga saber a sus hijos que cualquiera que sea el problema, su amor de ellos es incondicional y que los apoyará en todo momento. No desista. Alguien dijo que el suicidio es una solución permanente para un problema pasajero.

Ayuda

¿Qué puedo hacer si creo que mi hijo o hija está usando alcohol, tabaco u otras drogas?

Muchos padres poseen un sexto sentido sobre cómo actúan o cómo se sienten sus hijos. Aprender las diferencias entre los "síntomas del crecimiento" y las señales preocupantes del uso de alcohol u otras drogas puede ser difícil. El primer paso es reconocer la existencia del problema. Solicitar ayuda es el segundo paso. Sea cauteloso con los rechazos. El rechazo es una forma de enfrentar situaciones difíciles que permite que una persona evite un problema. Es un elemento que causa vergüenza y falta de ubicación asociado con el uso de alcohol u otras drogas. Muchos adultos se sienten sin ayuda y piensan que pueden tomar a su cargo el problema dentro de la familia. Sin embargo, éste es el momento justo para obtener ayuda comunitaria y profesional. Confróntense con el problema: nunca es demasiado tarde ni demasiado temprano.

Enfrentándose al problema.

Acepte un programa de acción con su cónyuge o con otro miembro adulto de la familia **ANTES** de hablar con su hijo/a pre-adolescente o adolescente. Sea abierto y honesto con sus sentimientos pero no permita que la angustia o el miedo afecten la eficacia de comunicarse.

Haga saber a su hijo/a que no le esté condenado por su comportamiento.

Dígale a su hijo/a que lo/a aprecia y que lo/a apoyará continuamente.

Establezca nuevas reglas y límites para el comportamiento de su hijo/a.

Participe más activamente en las actividades de su hijo/a.

Si su hijo/a pre-adolescente o adolescente está bajo la influencia de alcohol u otras drogas:

Inmediatamente:

Permanezca en calma, no se irrite.

Trate de averiguar qué sustancias ha ingerido y cuáles fueron las circunstancias.

Llame a un médico o lleve a su hijo/a al hospital si es incoherente o está seriamente afectado.

No grite, ni busque excusas ni use la fuerza. Esto sólo puede empeorar las cosas.

Al día siguiente:

Hable con su hijo/a pre-adolescente o adolescente tan pronto como sea posible.

Haga que su hijo/a tome la responsabilidad por sus acciones, incluyendo cualquier limpieza.

Trate de averiguar en qué circunstancias usó la(s) droga(s), incluyendo con quiénes estaba.

No lo acuse, ni lo humille, ni lo avergüence, ni lo amenace; el respeto mutuo debe ser mantenido.

No discuta nada con su hijo/a en el caso de que esté enfadado o esté incapaz de hablar sin perder su moderación.

No le pregunte por qué; haga referencia a lo que ha sucedido y a lo que sabe.

Busque ayuda del apoyo comunitario: médicos, grupos de salud mental, religiosos, legales o de auto-ayuda.

Obligüe a que haya consecuencias, por ejemplo, pérdida de privilegios.

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Señales y Síntomas del Uso de Alcohol, Tabaco, y Otras Drogas

Es difícil identificar con facilidad las señales y los síntomas del uso de alcohol, tabaco, u otras drogas por nuestros niños. Algunas de las señales pueden ser conducta “típica” adolescente. Ud. sabe lo que es conducta típica para sus niños y lo que no lo es. Si tiene una preocupación o cree que puede haber un problema, busque la ayuda de un consejero o médico.

Desempeño Académico
Notas que van empeorando/ausencias frecuentes
Excusas por asignaturas no completadas
Dificultades con la concentración
Cambio de actitud hacia los maestros
Cambio de motivación en los estudios y las actividades

Curiosidad con el Alcohol y Otras Drogas
Habla del uso de alcohol y otras drogas
Cambio de actitud respecto al uso de tabaco
Interés en la música/literatura pro-droga
Hostilidad al discutir sobre el alcohol/las drogas
Se pone gorras, camisetas, joyería pro-droga

Cambios en la Conducta
Falta de interés en la apariencia personal
Separación, aislamiento, fatiga, depresión, ansiedad, mentiras
Falta de cooperación/resistencia a las reglas
Desacuerdo frecuente con la familia
Comienza a poner sus propias reglas
Difícil de mantener una conversación/inquieto
Necesidad frecuente de dinero
Falta de actividades que antes le gustaban
Llega tarde a casa/evita la interacción familiar
Problemas legales

Relaciones con Amigos
Cambio de amigos/ evita a los viejos amigos
Ambiguo en cuanto a su paradero
Llamadas telefónicas de nuevos amigos
Importancia repentina con los amigos

Cambios Físicos
Ojos inyectados de sangre/pupilas dilatadas
Pérdida o aumento de peso/magulladuras
Nariz u ojos que gotean, catarros frecuentes, fiebres
Momentos de hambre de comida snack

Olvidadizo/apariencia aturdida
Duerme más/menos de lo normal, fatiga
Diarreas frecuentes, sudores, dolores musculares

Evidencia Física
Necesidad repentina de privacidad con sus cosas
Enjuague/chicle/incienso ardiente
Encendedores/papel para cigarrillos/pipas
Olores desconocidos en la ropa
Desaparición del alcohol de la casa
Gotas para los ojos (Visine o Murine)
Latas para escondrijos disfrazadas como latas de refrescos
Personas que le dicen que su hijo/a está bebiendo, fumando o tomando drogas

Las 4 Etapas de Abuso de Sustancias

Uso Inicial

El adicto aprende a tolerar los efectos negativos de la droga, por ejemplo, la náusea con los primeros cigarrillos
El adicto aprende que las drogas producen sentimientos de euforia

Uso Habitual

El adicto busca activamente la droga
Lograr endrogarse es una preocupación constante

Adicción—Dependencia Inicial

Tolerancia aumentada para la droga
Frecuencia y cantidad aumentadas del uso de la droga

Adicción—Dependencia Completa

El adicto pierde el control del uso — dificultad en moderar el uso o dejar de usar
El adicto demuestra síntomas de reajuste (por ejemplo, ansiedad, nervios, enfermedad física) al intentar dejar de usar
El uso continuo a pesar de las consecuencias negativas.

Comunicación

Comunicándose con su Hijo/a Pre-adolescente y Adolescente Establecimiento de Normas

Muchos padres se sienten incómodos hablando con sus hijos sobre el uso de alcohol, tabaco y otras drogas. Algunos creen que sus hijos no usarán esas sustancias. Otros demoran porque no saben qué decir o cómo decirlo o porque temen poner ideas en la mente de sus hijos. Sin embargo, muchos jóvenes en los programas de tratamiento dicen que habían empezado el uso de alcohol, tabaco u otras drogas por lo menos dos años antes de que sus padres lo supieran.

Es necesario tomar una posición fija contra el uso de alcohol, tabaco u otras drogas. No se debe aceptar que su hijo/a se ponga bajo la influencia de alcohol o drogas como comportamiento normal. Sea persistente.

Sepa siempre dónde está su hijo o su hija. Avíseles a ellos dónde pueden ponerse en contacto con Ud. Asegúreles que pueden llamarlo por teléfono para que Ud. venga a recogerlos siempre que sea necesario, en cualquier momento y por cualquier razón, sin que sea necesario dar explicaciones. Elija una frase en código que su hijo pueda utilizar como clave en casos complicados: "tengo dolor de cabeza" o "mañana empiezo a trabajar en ese gran proyecto". Cuando usted recoge a su hijo, si no es muy tarde, hagan algo divertido todos juntos.

No les sirva alcohol a los menores de edad y no les permita traer alcohol, cigarrillos u otras drogas a su casa. Establezca límites para ayudar a sus hijos a decir "no". Establezca normas, reglas y límites de horarios tanto para los días de trabajo como para los fines de semana, los cuales deben ser estrictamente obedecidos. Establezca claramente las reglas y los valores de su familia y cuáles son las consecuencias de ignorar esos mismos.

Enseñeles a sus hijos formas de resistencia. Ayúdelos a desarrollar estrategias de resistencia para enfrentar situaciones difíciles. Discuta con ellos estrategias para decir "no," y asegúrese que sepan ellos a quién pueden llamar en caso de emergencia. Proporcíóneles los números de teléfono adecuados y dinero para pagar un taxi. La planificación anticipada puede ser una forma de solucionar una situación difícil.

Esté preparado para ser impopular. Trate de aceptar que algunas veces a sus hijos no les gustará lo que les dice – o que harán lo que les parezca mejor aunque a usted no le agrade. Ser el mejor amigo de sus hijos no debería ser su meta principal en este período de sus vidas. Es importante resistir a la tentación de ganar su amistad o su confianza o de tratar de cualquier manera de complacerlos. Palabras exageradas como "tú no entiendes...yo soy el único que.." son simplemente tácticas que usan los jóvenes para que usted se ablande y acepte y les diga sí cuando en realidad intentaba hacer lo contrario.

Esté en su casa cuando los jóvenes se aprontan para salir. Cuando partan, recuérdelos su deseo de que no beban, ni fumen ni usen otras drogas. Anímelos a mantener el control de cualquier situación.

Manténgase en alerta. Cuando su hijo o hija regresa después de una reunión, espérelo/a o pídale que lo despierte cuando llegue; así será más fácil determinar si ha fumado, bebido o usado otras drogas.

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Comunicación

Comunicándose Frecuentemente con la Organización de Otros Padres

La mejor estrategia en la batalla contra el uso de alcohol, tabaco y otras drogas por parte de los jóvenes es saber bien qué es lo que está ocurriendo. Muchos padres han escuchado el estribillo lloroso de "...los padres de los otros amigos les permiten..." Esta frase persuasiva y fraudulenta puede dar lugar a que usted se sienta aislado en sus decisiones. Entérese de lo que están haciendo los otros padres. Nosotros, los padres, hacemos más para formar los conceptos de nuestros hijos que cualquier otra influencia que puedan recibir en su vida.

Conozca a los amigos de sus hijos. Si su hijo se reúne con amigos que beben, fuman o toman otras drogas, está en una situación de riesgo.

Conozca a los padres de los amigos de sus hijos. Usted puede reunirse con ellos en Asociaciones de Padres, Deportivas o en actividades teatrales, haciendo trabajos voluntarios u otros. Desarrolle un "frente unido" y discuta las preocupaciones en forma abierta.

Cumpla un papel ejemplar. Establezca buenos ejemplos en su propia vida. Todos los jóvenes entienden y aceptan que hay diferencias entre lo que los adultos hacen legalmente y lo que es lícito para los adolescentes. Mantenga claramente esta diferencia.

Llame para confirmar las actividades que sus hijos pretenden hacer. Averigüe si las reuniones serán supervisadas por los padres. Cuando tenga dudas pregunte a los padres de los huéspedes si están seguros de que no servirán alcohol o que no permitirán a los invitados traer alcohol.

Solicite ayuda. Autorice a otros padres a llamarlo si ven que su hijo o hija participe en actividades que usted no aprobaría. Estimule a sus hijos a solicitar ayuda si uno de sus amigos encuentra dificultades con el uso de alcohol, tabaco u otras drogas; indíqueles que hablen con usted, con los padres de sus amigos o directamente con su amigo.

Proporcione ayuda. Llame a los padres de cualquier amigo o amiga en el caso de que Ud. perciba que esté bajo la influencia de drogas, caído o borracho. Requiere ser un buen padre para llamar a otro padre con malas noticias. Esté dispuesto a proporcionar su coche si es necesario para proteger a ese adolescente o incluso a llamar a la policía.

Sepa qué va a hacer si sospecha un problema. Es necesario considerar que ningún adolescente es inmune al uso de alcohol, tabaco u otras drogas. Ponga atención en lo que hacen los otros. Confíe en su valor. Si usted piensa que hay un problema, probablemente lo hay. Recuerde que la adicción es una enfermedad, no una causa de vergüenza. Busque ayuda profesional inmediatamente.

UNA CARTILLA DE CONTROL PARA LOS PADRES

Esté atento a las actitudes de sus hijos

Vigile su ambiente

Observe sus actividades

Reivindique sus derechos parentales

Esté despierto cuando regresan de una reunión

**SON LOS CINCO PRINCIPIOS
BÁSICOS DE LA PREVENCIÓN**

Comunicación

Comunicándose con la Escuela – Trabajo de Equipo

Todas las escuelas de la Comunidad de Interés estimulan a los padres a relacionarse con la escuela y estar cerca de las actividades de sus hijos. Como educadores principales de los niños, las escuelas y los padres forman una única asociación.

Considere las ventajas del voluntariado. Una de las mejores formas de saber qué es lo que ocurre en la escuela y de conocer a otros padres es el trabajo voluntario en la escuela. Las Organizaciones de Padres ofrecen miles de oportunidades para su participación. Usted puede asociarse llamando a los miembros de la Organización y ofreciendo su tiempo. Sus nombres y números de teléfono están en la Guía Telefónica de los Alumnos y está disponible en la escuela.

Conozca la Política de Abuso de Sustancias de la escuela. Apóyela activamente. Hable con el consejero escolar, el director o el decano de los alumnos si sospecha que en la escuela hay algún problema con el uso de alcohol, tabaco u otras drogas ya que es más fácil enfrentarse al problema en sus etapas iniciales.

Durante la Enseñanza Secundaria. Algunos jóvenes hablan de "...beber en forma responsable..." antes de ir a la universidad. Aprender a ser responsable con respecto a la bebida no requiere aprender a beber. Algunos padres pueden pensar que enseñar a sus hijos a beber en su casa es una buena idea. Deténgase y piense. Los estudios demuestran que los que aprenden a beber cuando son más jóvenes probablemente tendrán problemas con la adicción en el futuro.

Más aún, la edad legal para beber es 21 años. Si usted dice a su hijo que "...es posible violar la ley con tal de que lo hagas conmigo..." está enviando un mensaje básico según el cual los individuos pueden decidir cuándo obedecer la ley o cuándo ignorarla. En cambio, usted puede educar a sus hijos acerca de las consecuencias médicas, legales y otras de beber cuando son menores de edad de modo que puedan tomar sus propias decisiones acerca de **no** beber.

Después de la Enseñanza Secundaria. Según el Centro Nacional de Adicción y Abuso de Sustancias de la Universidad de Columbia "¿Sabía usted que el estudiante universitario gasta más dinero en alcohol que en libros? Las consecuencias del abuso de alcohol en las universidades son devastadoras: el 95 % de los crímenes violentos en los *campus* universitarios están relacionados con el alcohol y en por lo menos el 73 % de las violaciones que ocurren en los *campus*, tanto el perpetrador, la víctima, o ambos, han estado bebiendo. Los estudiantes que beben más reciben las notas más bajas. Mientras que el alcohol es la sustancia de la cual más se abusa en la universidad, muchos alumnos comenzaron a abusar del alcohol antes de graduarse en la escuela secundaria. Solamente el 14 % de los estudiantes empezó a beber en la universidad; el 71 % usó alcohol antes de cumplir los 18 años. Los estudiantes que usaron alcohol antes de entrar a la universidad beben más que aquellos que empezaron a beber más tarde". Es importante recordar que muchos alumnos de la universidad tienen menos de 21 años y, por eso, legalmente no pueden beber. Muchos padres están empezando a considerar que los colegios son responsables del problema.

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Las Fiestas

Las reuniones y fiestas son una parte importante de las actividades sociales de la escuela. En ellas los jóvenes se reúnen y socializan. Sin embargo, sin una buena planificación y una cuidadosa supervisión, se pueden transformar en una actividad desastrosa. Las reglas que siguen pueden ayudar a que las reuniones sean entretenidas y seguras.

Cuando la fiesta es en su casa:

Antes de la fiesta:

- Establezca las reglas generales; su hijo o hija debe saber qué es lo que usted espera que ocurra.
- Ponga un límite al número de invitados. Evite la participación libre.
- Establezca cuáles son las habitaciones disponibles de la casa.
- Sepa sus responsabilidades legales. Incluya a sus hijos en estas responsabilidades.
- Establezca la hora a la que la fiesta termina.
- Quite todos los licores de consumo familiar de las áreas asignadas para la fiesta.
- Invite a otros padres para ayudar a supervisar la fiesta.

Durante la fiesta:

- Haga notar su presencia. No acepte presiones para estar fuera del ambiente. Salude a los visitantes cuando lleguen.
- De vez en cuando controle los alimentos y los refrescos y observe el jardín.
- No permita cigarrillos ni alcohol ni otras drogas.
- No abandone la fiesta ni regrese más tarde.
- Mochilas y abrigos deben ser dejados a la entrada.
- Considere la inspección de las mochilas.
- No permita entrar latas abiertas ni otros recipientes a la fiesta.
- No dude en llamar a la policía si algún huésped indeseable no quiere irse.
- Nunca permita que alguien que pueda estar bajo la influencia de drogas o alcohol maneje un vehículo.
- Llame a sus padres, un taxi o pida a un adulto sobrio que lo conduzca a su casa.

Cuando la fiesta es en otra casa:

- Llame a los huéspedes para estar seguro que uno de los padres estará presente y asegúrese que no serán permitidos alcohol u otras drogas.
- Sepa cómo irá y volverá su hijo de la fiesta.
- Discuta con anticipación las posibles situaciones en que se podría encontrar su hijo o hija y cómo puede reaccionar. Esté seguro que tienen su número de teléfono en caso de que quieran irse de la fiesta temprano.
- Manténgase despierto hasta que lleguen sus hijos o pídeles que a su regreso lo despierten. Esto le da la oportunidad de evaluar si han usado o no alcohol o drogas.
- Hable con los huéspedes sobre los planes cuando sus hijos duerman en la casa de la fiesta; desconfíe de una situación improvisada a último momento.
- Establezca reglas claras y fijas contra la conducción de vehículos por parte de personas bajo la influencia de drogas o de ser pasajero con alguien en esas condiciones.

Si los padres están fuera de casa:

Informe a un vecino de su proyectada ausencia y deje instrucciones para protegerse de una fiesta "sorpresa". Deje un número de teléfono donde se pueda encontrar. Informe a sus hijos de estas preparaciones.

Las Fiestas y Los Acontecimientos Sociales

Los Acontecimientos

Las fiestas de adolescentes en parques y lugares públicos son motivo de preocupación por su aislamiento y falta de supervisión. En general tienen lugar en la temporada cálida, son bien organizadas, con abundancia de bebidas alcohólicas, un pago de entrada y muchos adolescentes.

Insista en que su hijo adolescente lo tenga informado de cualquier cambio en los planes. Los padres deben considerar que en cuanto los jóvenes aprendan a manejar vehículos, los planes cambian rápida y frecuentemente. Ellos pueden comenzar en una reunión previamente organizada pero rápidamente trasladarse a diferentes lugares sin autorización paterna. Esta posibilidad merece ser discutida de modo que sea necesario hacer un plan de acuerdo con las reglas familiares.

"Raves"

Estos bailes que duran toda la noche con fuerte música "techo" se llevan a cabo en depósitos, en el campo o en estadios y son por general publicitadas ser libres de alcohol, dándoles así a los padres un falso sentido de seguridad. Algunas drogas como el Éxtasis están por lo general fácilmente disponibles en este tipo de fiesta. Los efectos estimulantes del Éxtasis permite a los usuarios bailar por mucho tiempo sin aumentar la temperatura básica del cuerpo. Esto puede llevar a la hipertensión, deshidratación o fallas cardíacas o renales.

Reuniones en Días de Fiesta, Bailes de Cumpleaños, Fiestas Escolares

Estos eventos sociales a menudo incluyen el transporte de grupos con servicio de autobuses. Esta puede ser una opción atractiva si el vehículo no es una oportunidad para beber. Si sus hijos están considerando el uso de transporte colectivo, considere lo siguiente:

Tome la responsabilidad de alquilar el vehículo de transporte colectivo. No les dé esta responsabilidad a sus hijos. En algunos lugares existen listas de compañías autorizadas.

Informe a la compañía de transporte que no deben detenerse en sus viajes a o desde el evento, excepto en las paradas que han sido preconvénidas. Establezca con firmeza que ellos serán responsables de evitar que los menores consuman alcohol o drogas en el vehículo.

Todos los bolsos y mochilas deben permanecer en el baúl del autobus para asegurar que no se consume ilegalmente alcohol por parte de los menores.

Fiestas fuera del campus universitario

La semana después del final de clases, miles de estudiantes, la mayoría sin acompañantes, se reúnen en locales de diversión. Para muchos estudiantes es un momento para relajarse y de divertirse con sus amigos después de los exámenes o la graduación. Para muchos de ellos es el momento de beber o de promiscuidad sexual. Muchos padres que trabajan consideran estas ocasiones como un rito inocente y después lamentan sus errores. Si usted está pensando permitir a su hijo o hija tomar parte en este tipo de fiesta, considere lo siguiente:

Proporcione un acompañante responsable. Usted es el mejor acompañante de sus hijos. Hay otros padres en quienes usted tiene confianza y que condividen sus puntos de vista; son una alternativa razonable.

No pida a adultos jóvenes, incluyendo parientes, que hagan de acompañantes. No hay mucha confianza en ellos ya que muchas veces compran bebidas alcohólicas para los menores.

Ofrezca una alternativa. Por ejemplo, excursiones o viajes familiares, o proponga privilegios especiales.

"Alcoholpops"

Esté alerta. Los "starter suds" son bebidas alcohólicas que parecen limonadas sin alcohol, jugos de frutas u otras bebidas sin alcohol. Estas bebidas dulces esconden el sabor del alcohol y contribuyen a que los menores de edad beban.

Muchas Gracias

Consecuencias Legales

Recursos . . . Las Fotografías . . . Tabla de Drogas

Las Fiestas y Los Acontecimientos Sociales

Recursos

Nacionales

Línea Telefónica Nacional 24 Horas

AIDS/SIDA Línea Directa

800-553-3140

Banco Nacional de Información en Alcohol y Drogas

800-729-6686

Suicidio Línea Directa

800-784-2433

"We Tip" - Informes Anónimos Sobre Vendedores y

800-782-7463

Traficantes de Drogas Ilícitas

Información

Al-Anon/Alateen (www.al-anon-alateen.org)

800-344-2666

Ofrece apoyo para los familiares y amigos de personas alcohólicas

800-356-9996

Alcoholics Anonymous Worldwide Services

212-870-3400

(www.alcoholics-anonymous.org)

Ofrece ayuda para personas preocupadas por el uso del alcohol

Alsofa.org "el cyber-sofá bilingüe para su bienestar emocional"

(www.alsofa.org) Ofrece información sobre temas de la salud mental

Asociación Americana de la Salud Social (www.ashastd.org/nah/sida) **800-344-7432**

Información acerca del SIDA y enfermedades transmitidas sexualmente

ASPIRA (www.aspira.org)

Proporciona educación para líderes y la implementación de proyectos de acción comunitaria.

Centro Nacional para Información sobre Alcohol y

877-767-8432

Drogas (NCADI) de SAMHSA (www.health.org)

800-773-8546

Ofrece información gratuita sobre la prevención del abuso de alcohol y drogas y referencias locales para tratamiento

Página de internet para los padres: (www.soyunica.gov/adults)

Página de internet para niñas de 9-14 años: (www.soyunica.gov)

Community of Concern (www.thecommunityofconcern.org)

301-493-5000

Ofrece información en inglés en este folleto, actividades y reconocimientos

Instituto Nacional sobre el Abuso de Alcohol y Alcoholismo (NIAAA)

(www.niaaa.nih.gov) Ofrece materiales informativos gratuitos sobre muchos aspectos del consumo y abuso del alcohol y alcoholismo

LaAntiDroga.com

(www.laantidroga.com) Ofrece información para los padres sobre las drogas y sus efectos perniciosos

National Center for Tobacco-Free Kids

800-803-7178

(www.tobaccofreekids.org/campaign/global/reports.shtml)

Ofrece información para proteger a la juventud de los efectos dañinos del uso de tabaco

National Institute on Drug Abuse

(www.drugabuse.gov), (www.steroidabuse.org), (www.clubdrugs.org)

Ofrece información sobre drogas de clubes o esteroides anabólicos

National Inhalant Prevention Coalition

800-269-4237

(www.inhalants.org/spanish.html)

Ofrece información sobre los inhaladores para los jóvenes

Recursos locales

Usted no está solo cuando tiene que enfrentar problemas de alcohol, tabaco o drogas con su hijo o hija. Solicite Ud. ayuda. Un buen lugar para comenzar es con los consejeros de la escuela de sus hijos.

La lista citada es una compilación hecha en el año 2003; su publicación no significa el apoyo de la misona.

Tabla de Drogas

Fotografías de Algunas Drogas Comúnmente Usadas.

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Tipo de Droga

Cannabis



Enseres para marihuana



Cigarros

Estimulantes



Enseres para cocaína



Pipas para crack

Alucinógenos

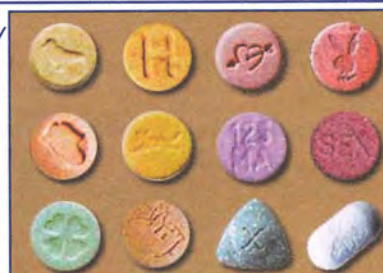


LSD -papel absorbente



Hongo Psilocybin

Drogas Club/ Drogas Dibujadas



Éxtasis



Roipnol- Droga de la violación
"Roofies"

Tabla de Drogas

Drogas Comúnmente Usadas

Tipo de droga	Nombre de la droga	Nombre popular	Descripción	Categoría DEA Cómo se usa	Enseres necesarios	Señales y síntomas de su uso
Cannabis	Marihuana Hashish Aceite hash	Marijuana, sinsemilla, yerba, pot, grass, reefer, weed, joint, blunt	Similar a las hojas, tallos y semillas de orégano secos	I Ingerida, fumada	Papel para enrollar, pipas, cigarros	Olor de dulce quemado, reacciones lentas, ojos enrojecidos, memoria afectada
Depresores (del sistema nervioso)	ALCOHOL Cerveza, vino, bebidas destiladas, guisqui, vodka, gin, ron, cognac	Jugo, trago, booze, juice, brew	Líquido	No mencionado Ingerido	Botellas, latas, otros recipientes	Mente obnubilada, cambio de humor, menos inhibiciones
	BARBITURICOS Amyl Sedonal Nemintal	Downers, yellow jackets, reds	Tabletas, polvo	II, III Ingeridos, inyectados	Jeringa, agujas	Confusión, fatiga, coordinación afectada, conversación ininteligible
	TRANQUILIZANTES Valium, Librium	Tranks, downers, candy	Tabletas	IV Ingeridos	Frascos para píldoras	Vértigo, somnolencia
Narcóticos	HEROÍNA, MORFINA	Dreamen junk, smack, horse	Polvo blanco a marrón, tabletas, líquidos	I Inyectados, fumados, aspirados	Jeringas, cucharas, encendedor, agujas	Letargo, pérdida de color de la piel, marcas de agujas, pupilas cerradas, tambaleo, marea
	OXYCONTINA	Killer, OC, Oxy, Oxyetton	Tabletas	II Masticadas, Aspiradas, Inyectadas	Hoja de afeitar	Sedación, vértigo, boca seca, transpiración
Estimulantes (del sistema nervioso)	ANFETAMINAS (anfetamina, dextroanfetamina, metamfetamina)	Speed, uppers, bennies, crank, crystal, blackbeauties, crosses, wide-eye ice	Variedad de tabletas, cristales similares a la sal	II Ingeridas Inyectadas Fumadas Aspiradas	Jeringas, agujas	Exceso de actividad, irritabilidad, nerviosismo, comportamiento impulsivo, pupilas dilatadas
	METHYLPHE- NIDATE	Ritalin, JIH, vitamin R, R-ball	Tabletas	II Ingeridas, aspiradas, inyectadas	Hoja de afeitar, popotes o cánulas, superficies de vidrio	Aumento de la alerta, excitación, insomnio, pérdida del apetito
	COCAÍNA CRACK	Coke, snow, toot, blow, white lady, flake, vitamin C	Polvo blanco	I Aspirada, inyectada, ingerida, fumada	Hojas de afeitar, popotes o cánulas, espejos, superficies de vidrio	Pupilas dilatadas, verborrea, euforia breve, depresión, piel grasosa
	TABACO NICOTINA	Smokes, butts, cigs, cancer sticks/snuff, dip, chew	Materia orgánica seca, marrón	No citada Fumada o masticada	Salivaderas, cortador de cigarros, encendedores, fósforos	Respiración corta, enfermedades respiratorias, cáncer pulmonar, de las vías orales u otros

Tabla de Drogas

Drogas Comúnmente Usadas

Muchas Gracias

Consecuencias Legales

Tipo de droga	Nombre de la droga	Nombre popular	Descripción	Categoría DEA Como se usa	Enseres necesarios	Señales y síntomas de su uso
Alucinógenos (alteran la percepción de la realidad)	PCP (Phencyclidine)	Angel dust, hog, peace pill, tictac, znót	Polvo blanco o tableta, líquido, cápsulas	I, II Fumado, aspirado, inyectado, ingerido	Papel de aluminio, puede ser aplicado a hojas secas de menta, perejil, tabaco	Limita las funciones motoras, obnubilación, impredecibilidad, pánico, agresividad
	LSD (Dietilamida del ácido lisérgico)	Acid, cubes, blotter, microdot, yellow sunshine, gel tabs	Polvo inodoro, incoloro, insípido, tabletas, líquido	I Ingerido, cubos de azúcar lamidos sobre papel absorbente	Papel absorbente, pequeños cubos de gelatina	Pupilas dilatadas, estado de percepción y sentimientos alterados, escenas retrospectivas
	MESCALINE Psilocybin	Mesc, cactus, magic mushroom, shrooms	Discos marrones, tabletas, hongos naturales (fritos o secos)	I Ingeridos, fumados, masticados	Hongos secos bebidos como té	Como LSD, nerviosismo, paranoia
Inhalantes (sustancias inhaladas por nariz o boca)	Refrescantes del aire, butano, líquido correctivo, aerosoles, adhesivos, gasolinas, lápices marcadores, nitrato de butilo	Glue, kick, bang, huff, poppers, whippets, Texas shoe shine, jac blaster	Productos químicos que producen vapores que alteran la mente	No citado Inhalados por la boca o la nariz, a menudo con la ayuda de bolsas de plástico	Bolsas de limpieza, latas vacías de pulverizar, tubos de adhesivos, latas de aerosoles, grandes globos	Mala respiración, visión reducida, pensamiento lento, dolor de cabeza, falta de oxígeno, manchas o dolores en la boca o nariz
Esteroides	Anabolic	Stacker, gym candy, juice arnolds, weight trainers	Tabletas	III Ingeridas, inyectadas	Usados en grandes cantidades para aumentar la masa muscular	Comportamiento agresivo "Roid rage"
Drogas Club/ Drogas Dibujadas	MDMA, MDA, MDEA (estimulantes/alucinógenos)	Éxtasis, X, XTC, E, Peace	Tabletas dibujadas	I Ingeridas	Candelas, caramelo tranquilizador	Ansiedad, dientes apretados, paranoia, hipertermia
Droga de la Violación	Roipnol (depresivo)	R-S, roofies, mexican valium, spanish fly	Inodoro, insípido, se disuelve fácilmente en bebidas gaseosas	IV Ingerido, agregado a bebidas	Bebidas, latas de bebidas	Pequeñas cantidades causan inconciencia y/o amnesia
	GHB (depresivo)	Grievous Bodily Harm, Georgia Home Boy	Líquido claro, cápsulas	I en 6 estados; en espera # clasificación en 44 estados. Ingerido, disuelto en bebidas	Bebidas, latas de bebidas	Modorra, falta de reflejos, dolor de cabeza

Programa de la Drug Enforcement Administration (DEA) – Sistema para Regular las Drogas Psicoactivas – Programa I/II alto potencial de abuso. Programa I – no aprobado para uso médico. Programa II – disponible en recetas no repetibles. Programa III/IV – disponible por receta con repetibilidad restringida. Programa V – disponible para la venta en el mostrador (U.S. Departamento de Justicia)

Consecuencias Legales

Daños Civiles, Imposición Policial y Penalidades Delictivas

Daños Civiles

Una persona que facilita el uso de alcohol o drogas a un menor o que permite que alcohol o drogas sean usados por un menor cuando esté en condiciones de prevenir tal hecho, puede ser responsable por los daños resultantes del debilitamiento del menor. Por ejemplo, una persona que proporciona bebidas alcohólicas a menores o participantes de una fiesta en la que está permitido beber pudiera ser responsable por daños importantes sufridos si el menor, manejando mientras debilitado, tuviera un accidente que causara daño a sí mismo o a otros o a propiedades.

Imposición Policial

Con la elevada conciencia de los problemas creados por el uso de alcohol y otras drogas por parte de menores, las autoridades no están dispuestas a pasar por alto las infracciones al código. Por ejemplo, en algunos condados, la tolerancia es cero. En las reuniones en las que los menores consumen alcohol, todos los participantes, bebedores o no, estarán sujetos a ser citados judicialmente.

Penalidades Delictivas – Tabaco

Los 50 estados y el DC prohíben la venta de productos con tabaco a los menores. Los vendedores que venden ese tipo de producto a los jóvenes menores de 18 años están sujetos a multas. Lo mismo ocurre a personas que distribuyan o compren productos con tabaco para los menores. Más de 44 estados también tienen leyes que penalizan con multas, servicios comunitarios o pérdidas de los derechos de conducir a los jóvenes por comprar, poseer o usar productos con tabaco.

Penalidades Delictivas – Uso de Sustancias Peligrosas Controladas

En muchos estados la "Posesión o Venta de Sustancias Controladas" es considerada un delito grave. Las penalidades varían entre el encarcelamiento y multas altas. Las penalidades por la "Venta dentro de la Propiedad Escolar o dentro de 1,000 pies de cualquier Escuela" y la "Distribución a Personas Menores de 18 años" son severas.

Penalidades Delictivas – Alcohol y Marihuana

Estado	FCI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
AK	Multa hasta \$5000 Cárcel hasta 1 año LC anulada	Compra/multa hasta \$5000 Cárcel hasta 1 año Posesión/multa \$100	Multa hasta \$5000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-90 días
AL	Multa \$50-500 Cárcel hasta 3 meses SL 3-6 meses	Multa \$50-500 Cárcel hasta 3 meses SL 3-6 meses	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$1000 Cárcel 0-90 días
AR	Multa hasta \$500 Cárcel hasta 90 días Posible libertad condicional	Multa \$100-500 y/o libertad condicional o a prueba	Multa hasta \$1000 Cárcel hasta 5 años	Multa hasta \$ 1000 Cárcel 0-1 año
AZ	Multa hasta \$2500 Cárcel hasta 6 meses SL	Multa hasta \$500 Cárcel hasta 30 días	Multa hasta \$2500	Multa \$750-150.000 Cárcel o liberad condicional
CA	Multa hasta \$1000 Cárcel hasta 6 meses SL hasta 1 año SC 24-32 horas	Multa \$250 y SC hasta 32 horas SL hasta 1 año	Multa \$1000 SC hasta 24 horas	Multa \$1000 Cárcel – ir a la corte

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
CO	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$1000, EA, PAS, SL, Cárcel, SC	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$1000 Cárcel hasta 15 días
CT	Multa \$50-500 Cárcel hasta 30 días SL	Multa \$200-500 Cárcel hasta 30 días SL	Multa hasta \$1500 y/o cárcel hasta 18 meses	Multa hasta \$1000 Cárcel hasta 1 año
DE	Multa \$100-500 Cárcel hasta 30 días	Multa hasta \$1000 o SL 30 días	Multa hasta \$500 Cárcel hasta 30 días SC 40 horas	Multa \$1150 Cárcel 0-6 meses
DC	Multa hasta \$300 Cárcel hasta 30 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 30 días SL	Multa hasta \$1000 Cárcel hasta 180 días	Multa hasta \$1000 Cárcel 0-180 días
FL	Multa hasta \$500 Cárcel hasta 60 días SC 40 horas SL 6 meses	Multa hasta \$500 Cárcel hasta 60 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 60 días SC 40 horas, SL	Multa hasta \$1000 Cárcel 0-1 año
GA	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$500 y/o cárcel hasta 6 meses, SL	Multa hasta \$1000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-1 año
HI	Multa hasta \$1000 Cárcel hasta 5 años	Menores 18 años: Corte para familia. 18-21 años faltas menores: penalidad variable según condado	Multa hasta \$2000 Cárcel hasta 6 meses	Multa hasta \$1000 Cárcel 0-1 año
ID	Multa hasta \$3000 Cárcel hasta 60 días	Multa hasta \$1000 SL hasta 1 año, EA, PAS	Multa \$1000 Cárcel hasta 60 días	Multa hasta \$1000 Cárcel 0-1 año
IL	Multa hasta \$500 SC hasta 25 horas, SL	Multa hasta \$2500 Cárcel hasta 12 meses SL, PAS	Multa hasta \$2500 Cárcel hasta 12 meses	Multa \$500 Cárcel 0-30 días
IN	Multa hasta \$500 Cárcel hasta 60 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 60 días	Multa hasta \$1000 Cárcel hasta 60 días	Multa \$5000 Cárcel 0-1 año
IA	Multa hasta \$2000 SL hasta 1 año	Multa hasta \$200 SL hasta 1 año, SC	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
KS	Multa hasta \$500 SC hasta 100 horas	Multa \$200-500 SC 40 horas, PAS	Multa mínima \$200 Cárcel	Multa \$2500 Cárcel 0-1 año
KY	Multa hasta \$500 Cárcel hasta 1 año SL hasta 6 meses, PAS	Multa hasta \$500 Cárcel hasta 1 año	Multa hasta \$500 Cárcel hasta 1 año a 1 año	Multa \$500 Cárcel 90 días
LA	Multa hasta \$2000 SC 30 horas	Multa hasta \$250 Cárcel 6 meses, SL, PAS	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
ME	Multa \$100-500	Multa \$100-500 SC, LS	Multa hasta \$1000 Cárcel	Multa \$400 Cárcel 0-1 año
MD	Multa \$500 Cárcel hasta 2 meses Licencia conductor falsa: hasta -12 puntos	Multa \$500 EA, PAS, SC 20 horas	Multa hasta \$1000 Cárcel hasta 2 años	Multa \$1000 Cárcel 0-1 año

Muchas Gracias
Consecuencias Legales

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
MA	Multa \$300 SL 180 días	Multa hasta \$300 SL hasta 180 días	Multa hasta \$2000 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
MI	Multa hasta \$100 Cárcel hasta 90 días SL hasta 90 días	Multa hasta \$500 PAS, SC	Multa hasta \$2500 Cárcel hasta 90 días SC	Multa \$1000 Cárcel 0-1 año o a prueba
MN	Multa hasta \$100, SL	Multa hasta \$100	Multa hasta \$100, SC	Multa \$200, PAS
MS	Multa hasta \$200 Cárcel 5-30 días SC hasta 30 días	Multa hasta \$100	Multa hasta \$2000 Cárcel hasta 1 año	Multa hasta \$1000 Cárcel 0-1 año
MO	Multa \$500	Multa \$500-1000 Cárcel 6-12 meses SL, PAS	Multa hasta \$1000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-1 año
MT	Multa hasta \$500 y/o cárcel 6 meses SL 6 meses	Multa hasta \$100 SL hasta 90 días SC, PAS	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$100-500 Cárcel 0-6 meses
NE	Multa hasta \$500 Cárcel hasta 3 meses	Multa hasta \$500 Cárcel hasta 30 días SC hasta 10 días, SL	Multa hasta \$1000 Cárcel hasta 1 año	Multa hasta \$500 Cárcel hasta 7 días, PAS
NV	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa \$5000 Cárcel 1-4 años
NH	Multa hasta \$500 SL hasta 60 días	Multa hasta \$250 SL 90 días - 1 año	Multa hasta \$2000 Cárcel hasta 12 meses	Multa \$1000 Cárcel 0-1 año
NJ	Multa hasta \$500 SL 6 meses, PAS	Multa mínimo \$500 SL 6 meses, PAS	Multa \$500 SL 6 meses	Multa \$1000 Cárcel 0-6 meses
NM	Multa hasta \$1000 Cárcel 2-5 días SC 60 horas	Multa hasta \$1000 Cárcel hasta 60 días SC hasta 50 horas, PAS, SL hasta 3 meses, EA	Multa hasta \$1000 Cárcel hasta 5 días SC, SL hasta 1 año	Multa hasta \$1000 Cárcel hasta 1 año. Elegible para libertad condicional
NY	Multa hasta \$100 SC hasta 30 horas SL hasta 3 meses, PAS	Multa hasta \$100 SC hasta 30 horas PAS	Multa hasta \$500 Cárcel hasta 5 días	Multa \$500 Cárcel 0-3 meses
NC	Multa a discreción de la Corte Cárcel hasta 45 días SL 1 año	Multa mínimo \$250 Cárcel y/o prueba SC hasta 25 horas, SL SC hasta 150 horas	Multa \$2000 (mayores 21) Cárcel 0-2 años	Cárcel 1-6 meses SC
ND	Multa \$1000 Cárcel 30 días	Multa \$1000 Cárcel 30 días, EA	Multa hasta \$2000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-30 días
OH	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$1000 Cárcel hasta 6 meses	Multa \$500-1000 Cárcel hasta 6 meses	Multa \$250 Cárcel 0-30 días
OK	Multa hasta \$50 SL 1 año o hasta 21 años edad	Multa hasta \$100 y/o cárcel 30 días PAS, EA, SC 20 horas	Multa hasta \$5000 Cárcel hasta 5 años Licencia conductor revocada	Multa \$500 Cárcel 0-1 año

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
OR	Multa \$300, SC, SL 1 año, PAS 18-21 años	Multa hasta \$300, PAS	Multa mínimo \$350 Cárcel mínimo 30 días	Multa \$500-1000
PA	Multa hasta \$300 Cárcel hasta 90 días EA, SL, PAS	Multa \$500 SL 90 días PAS	Multa \$1000-2500 Cárcel hasta 1 año	Multa \$500 y/o cárcel hasta 30 días
RI	Multa \$150-1000 SL 3-12 meses	Multa \$100-500 SL 3 meses	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$200-500 Cárcel hasta 1 año
SC	Multa \$100-200 Cárcel hasta 30 días SL	Multa hasta \$200 Cárcel hasta 30 días SL	Multa hasta \$200 Cárcel hasta 30 días SL	Multa \$100-200 Cárcel 0-30 días
SD	Multa \$200 Cárcel hasta 30 días SL 30 días-1 año	Multa \$200 y/o cárcel 30 días SL 30 días-1 año, PAS	Multa \$1000 y/o cárcel 0-1 año SL 30 días-1 año	Multa \$100 Cárcel 0-30 días
TN	Multa \$50-500 Cárcel 5-30 días SL, SC 20 horas	Multa \$50-500 Cárcel 5-30 días SC 20 horas	Multa \$50-2500 Cárcel 11 meses 29 días SC hasta 30 días	Multa mínimo \$250 Cárcel 0-1 año
TX	Multa \$250-2000 Cárcel hasta 180 días SC 8-40 horas SL, PAS	Multa \$250-2000 y/o cárcel hasta 180 días SC 8-40 horas SL, PAS	Multa \$250-2000 y/o cárcel hasta 180 días SC 8-40 horas, SL	Multa \$2000 Cárcel 0-180 días
UT	Multa hasta \$1000 Cárcel hasta 6 meses, SL	Multa hasta \$1000 Cárcel hasta 6 meses, SL	Multa hasta \$2500 Cárcel hasta 1 año meses	Multa \$1000 Cárcel hasta 6
VT	Multa hasta \$50	Multa hasta \$500 Cárcel hasta 30 días	Multa \$200-1000 Cárcel hasta 2 años	Multa \$500 y/o cárcel hasta 6 meses
VA	Multa \$100-500	Multa \$500 SC 50 horas SL hasta 1 año	Multa \$2500 Cárcel hasta 1 año	Multa \$500 Cárcel hasta 30 días
WA	Multa hasta \$1000 Cárcel hasta 90 días	Multa hasta \$1000 Cárcel hasta 90 días	Multa hasta \$2500 Cárcel hasta 90 días	Multa \$1000 Cárcel 1-90 días
WV	Multa hasta \$50 y/o cárcel 72 horas o 1 año de libertad condicional	Multa hasta \$50 y/o cárcel 72 horas o 1 año de libertad condicional	Multa hasta \$100 Cárcel hasta 10 días	Multa \$1000 Cárcel 3-6 meses
WI	Multa mínimo \$300 SC, SL	Multa \$250-500 SL, SC	Multa hasta \$500 Cárcel hasta 90 días SL 5-30 días	Multa hasta \$1000 Cárcel hasta 6 meses
WY	Multa hasta \$750 y/o cárcel hasta 6 meses	Multa hasta \$750 Cárcel 6 meses, SL	Multa hasta \$750 Cárcel hasta 6 meses	Multa hasta \$1000 Cárcel hasta 1 año

EA=Evaluación Alcohólica; LC= Licencia de Conductor; PAS=Programa de Abuso de Sustancias; SC=Servicios Comunitarios; SL=Suspensión de Licencia de Conductor.

Las leyes y las penalidades cambian y son interpretadas y cumplidas en formas diferentes aún dentro de la misma jurisdicción legal. Las penalidades citadas aumentan con las ofensas subsiguientes. Esta tabla es solamente con propósitos informativos. Se agradece especialmente a Sunanda K. Holmes, Esq.

Muchas Gracias

Nuestro Agradecimiento

Nosotros, los padres de la Georgetown Preparatory School que escribimos este folleto, expresamos nuestro profundo aprecio y agradecimiento a las siguientes escuelas que compartieron su tiempo y sus experiencias y que además nos ofrecieron copias de sus Manuales de Abuso de Sustancias. Además nos dieron la libertad de tomar sus ideas y a aplicarlas en nuestro trabajo, tal como lo hicimos.

Las escuelas Jesuitas incluyen: Georgetown Preparatory School (MD), St. Ignatius College Preparatory (CA), Bellarmine College Preparatory School (CA), Regis Jesuit High School (CO), Brophy College Preparatory (AZ), Gonzaga College High School (DC), St. Louis University High School (MO), St. Joseph's Preparatory School (PA), Fordham Preparatory School (NY) y Fairfield Preparatory School (CT). Otras escuelas que colaboraron incluyen: Georgetown Visitation Preparatory School (DC), Stone Ridge School of the Sacred Heart (MD), the Holton-Arms School (MD), New Trier High School (IL) y Episcopal High School (VA).

La organizaciones que colaboraron incluyen: Best Friends Foundation, Empower America y Safe & Drug-Free Schools, Montgomery County Public Schools (MD). Este opúsculo fue revisado por Wilkie A. Wilson, Ph. D.*, profesor de farmacología y biología del cáncer en Duke University Medical Center, Suburban Hospital's (MD), Addiction Treatment Center's Director, Beth Kane Davidson, M. Ed., CAC, y Jeffrey M. Georgi, M. Div., CCAS, Clinical Director of the Duke Addictions Program, Duke University Medical Center.

Agradecemos a todos los padres que han venido a nuestro encuentro, que compartieron sus problemas, su sabiduría y su entusiasmo. Gracias también a nuestros hijos e hijas que nos dieron sugerencias por medio del cuestionario sobre Abuso de Sustancias.

La primera "Comunidad de Interés" fue formada en el otoño de 1999 en las escuelas del área metropolitana de Washington DC y fue fundada por James P. Power, Ph. D., director y Mimi Fleury, un padre de la Georgetown Preparatory School.

La misión de la Comunidad de Interés es la de educar a los padres acerca de los efectos del uso de alcohol, tabaco y otras drogas en cuanto a sus hijos y estimular la colaboración entre los padres, las escuelas y los alumnos para la prevención del abuso de sustancias.

Community of Concern, Inc.
Georgetown Preparatory School, 10900 Rockville Pike,
North Bethesda, MD 20852
www.thecommunityofconcern.org, info@thecommunityofconcern.org

"Guía de Padres Para la Prevención del Alcohol, del Tabaco, y Otro Uso de la Droga"
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*Para más información consulte los siguientes libros escritos con la coautoría de Wilkie Wilson, Ph. D.:

"Buzzed" (W.W.Norton, 1998) –información básica acerca de las drogas
"Pumped" (W.W.Norton, 2000) – información acerca de deportes y drogas
"Just Say 'Know'" (W.W.Norton 2002) – información sobre cómo conversar con sus hijos sobre el alcohol, el tabaco y otras drogas.

Los autores de los tres libros son: Cynthia Kuhn, Ph. D., Scott Swartzwelder, Ph. D. y Wilkie Wilson, Ph. D.

Esta guía no intenta reflejar todas las estrategias conocidas para enfrentar los desafíos de la prevención del uso de alcohol, ni tabaco ni otras drogas entre los jóvenes; esta guía está diseñada para servir como un recurso a los padres, a los alumnos y a las escuelas. La información contenida en la misma no intenta reemplazar al consejo profesional ya sea como servicio médico u otro y no debería ser interpretada como tal. La situación de cada individuo es diferente. La Comunidad de Interés desconoce toda responsabilidad sobre los hechos que resulten del uso de estas ideas o servicios.

Nuestros agradecimientos especiales a Mary Flynt, Educador de Prevención, y las Escuelas Públicas de la ciudad de Alexandria, VA y Theresa Watts y al Departamento de Lenguaje de St. Ignatius College Preparatory en San Francisco, CA, por su ayuda con la traducción de este folleto.

La Primera “Community of Concern”

Washington D.C.

Nos gustaría agradecer a estas escuelas y otras organizaciones que se han reunido para formar el primer folleto "Comunidad de Interés", bajo la dirección de los padres de Georgetown Preparatory School. Su liderazgo y visión nos han inspirado – padres, estudiantes y escuelas – a trabajar juntos para evitar el uso de alcohol, tabaco y otras drogas a través de la educación y la cooperación.

The Academy of the Holy Cross
Archbishop Carroll High School
Best Friends Foundation
Bishop McNamara High School
The Bullis School
Connelly School of the Holy Child
DeMatha Catholic High School
Elizabeth Seton High School
Episcopal High School
Flint Hill School
Georgetown Preparatory School
Georgetown Visitation Preparatory School
Gonzaga College High School
The Heights School
The Holton-Arms School
Landon School
Langley High School
The Langley School
The Madeira School
Maret School
Mater Dei School

Montgomery County Public Schools
National Cathedral School
The Nora School
Norwood School
Our Lady of Good Counsel High School
Parents Council of Washington
Parkmont School
The Potomac School
St. Albans School
St. Andrew's Episcopal School
St. Anselm's Abbey School
St. John's College High School
St. John's Episcopal School
St. Mary's Ryken High School
St. Stephen's and St. Agnes School
St. Vincent Pallotti High School
Sidwell Friends School
Stone Ridge School of the Sacred Heart
Suburban Hospital
Thornton Friends School
Washington Episcopal School
Washington International School

Miles de padres de escuelas públicas y privadas comparten este recurso en nuestra nación. La "Comunidad de Interés" continúa creciendo.



Community *of* Concern

TOGETHER KEEPING YOUTH ALCOHOL & DRUG-FREE

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Guía de Padres Para la Prevención del Alcohol, del Tabaco, y Otro Uso de la Droga



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Oregon
Pennsylvania
Rhode Island
South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming
Washington, DC

¿Qué desean nuestros hijos e hijas de nosotros?

Como padres de adolescentes, puede ser difícil saber sobre el uso de la droga y del alcohol. Esta encuesta fue distribuida a un grupo de estudiantes de nuestras escuelas. Estos comentarios y respuestas fueron dados por nuestros hijos e hijas, que son los más importantes para proteger y escuchar. Unos 1.041 estudiantes respondieron. Aquí están los resultados de la encuesta y las cinco respuestas para cada pregunta.

Encuesta sobre el abuso de sustancias de Community of Concern Schools

Por favor, ayudémoslos. Diseñemos un folleto sobre el alcohol y la droga. El aspecto más importante del folleto es proporcionar la información que les servirá de gran ayuda a los padres y los estudiantes. Por favor, haga sugerencias y recomendaciones sobre este importante asunto.

1. ¿Cuál es la cosa más importante que la gente debe saber sobre el alcohol y las drogas?

1. Pueden hacer daño y son malos para usted.
2. Son peligrosos y pueden matarlo/a.
3. Afectan negativamente a su futuro.
4. Crean una adicción.
5. Las drogas y el alcohol no son padrísimos. No los tome.

"Son ventanas a la depresión, una pérdida severa de muchas cosas y una muerte uniforme...te controlan."

2. ¿Cuál es su mensaje a los estudiantes más jóvenes sobre las drogas y el alcohol?

1. No probarlos. Decir simplemente que NO.
2. Resistir la presión—encontrar a gente que no los tome.
3. Tener cuidado.
4. Las drogas y el alcohol no son padrísimos.
5. No conducir al estar intoxicado.

"Aunque puede parecer que el beber no es perjudicial y es divertido, sus efectos pueden cambiar el curso de su vida."

3. ¿Qué quiere que sus padres le digan sobre las drogas y el alcohol?

1. Las consecuencias de las drogas y el alcohol—castigos y daños a la salud.
2. No tomar las drogas y el alcohol.
3. Nada o poco.
4. Todo lo que saben—las drogas y el alcohol que consumieron sus amigos.
5. Tener cuidado. Ser responsable.

"Los estudiantes saben los peligros pronto en la vida así que no tienen que descubrirlos por su propia cuenta."

4. ¿Qué quiere que sus padres hagan si sospechan que está tomando drogas?

1. Hablar conmigo y hacer preguntas.
2. Ayudarme a entrar en un programa de rehabilitación.
3. Pararme—ayudarme a parar.
4. Castigarme.
5. Buscar mi sitio para drogas—probarme—descubrir la fuente del alcohol o las drogas.

"Quisiera que me consiguieran ayuda cuanto antes, sin consideración alguna hacia mis sentimientos sobre ella."

5. ¿Qué quiere que sus amigos hagan si creen que tiene un problema?

1. Hablar conmigo.
2. Conseguirme ayuda.
3. Llamar a mis padres, a mi pastor, o un consejero.
4. Eliminar las drogas o el alcohol—cortar la fuente.
5. Ser considerados y apoyarme.

"Ayúdenme a hacer frente...que me paren."

6. ¿Qué quiere que la escuela haga si ésta tiene evidencia de que usted está tomando drogas o alcohol?

1. Ayudarme a entrar en un programa de rehabilitación.
2. Castigarme y ayudarme con libertad provisional, rehabilitación, etc.
3. Expulsión condicional de la escuela.
4. Expulsión.
5. Darme una segunda oportunidad.

"Consígame ayuda...deme los castigos necesarios."

Escribimos este folleto sobre el Abuso de Sustancias como guía para nosotros y para nuestros hijos e hijas.

El comité del Folleto sobre el Abuso de Sustancias, Club de los Padres de Georgetown Preparatory School.

Comunidad de Interés



Community
of Concern

TOGETHER KEEPING YOUTH ALCOHOL & DRUG-FREE

Formando una Sociedad para la Prevención

Estimados padres,

Este folleto fue escrito por un grupo dedicado de padres y ha sido repasado por expertos. Sírvanse leer este manual y háganlo un motivo de comunicación entre Uds. y sus hijos. Compartan sus experiencias, preguntas, sugerencias, temores, victorias y fracasos. Si lo hacen, tenemos confianza de que buenas cosas van a pasar—para Uds. y también para sus hijos. Así, los esfuerzos necesarios para producir este manual habrán tenido mucho valor.

Atentamente,

La Comunidad de Interés

Mis hijos están en la escuela primaria. ¿Por qué debo yo leer este folleto? Nosotros, los padres, necesitamos educarnos también. Los niños ahora comienzan a fumar y beber a una edad muy joven, a veces antes de terminar la escuela primaria. El alcohol es la droga usada con más frecuencia entre los niños, aun más que el tabaco y las drogas ilegales. Cuánto más temprano está expuesta la persona a una sustancia adictiva, más grande la probabilidad de una adicción de toda la vida.

¿Cuándo debo comenzar a hablar con mis hijos sobre el alcohol, el tabaco, y otras drogas?

Nunca es demasiado temprano. Comience cuando ellos tengan curiosidad y se pongan a hacer preguntas. Los padres tienen más influencia sobre las decisiones de sus hijos ANTES de que comiencen a usar alcohol, tabaco u otras drogas.

¿Qué puedo hacer para ayudar a mis hijos a evitar el alcohol, el tabaco u otras drogas?

1. **Educar a sus hijos.** Los niños de edad de escuela primaria/intermedia deben saber:
 - ❖ lo que son las reglas de la escuela y de la casa sobre el alcohol, el tabaco y otras drogas;
 - ❖ las diferencias entre las medicinas y las drogas ilegales,
 - ❖ el daño que hacen el alcohol y las otras drogas,
 - ❖ el impacto que pueden tener los anuncios comerciales para el alcohol. También, lo que es un amigo y quiénes son los adultos en que pueden tener confianza en caso de emergencia.
2. **Hablar con sus hijos.** Pasen tiempo juntos. Cuando uno de los padres está en contra del uso del alcohol u otra droga, éste es el motivo clave por el cual los hijos deciden no beber, fumar o tomar otras drogas.

Son las 3:45 de la tarde--¿Sabe dónde están sus hijos en el ciberespacio? Manténgase en contacto constante con sus hijos mientras ellos exploran los sitios del Internet y los chat rooms. Los niños deben entender que no todo lo que vean en el Internet es verdad o tiene valor; lo mismo que no todos los consejos que reciban de sus compañeros tienen valor o son ciertos.

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El Cerebro 101 - El desarrollo del cerebro

Preocupaciones de la Escuela Primaria, Intermedia y Secundaria

Preocupaciones de la Escuela Primaria, Intermedia, Secundaria

Escuela Intermedia/Escuela Secundaria

¿Conoce a los amigos de su hijo o hija?

Durante los años de escuela intermedia o secundaria, congeniar con los amigos llega a ser aun más importante. Pero, ¿quién será el más probable para pedir que su hijo/a pruebe la cerveza, los cigarrillos u otras drogas? Un amigo.

¿Cómo se siente tener que decirle "no" a un amigo? Lo que está rechazando son el alcohol, el tabaco o las otras drogas, no al amigo.

¿Es en la escuela secundaria cuando comienza la mayoría de los niños a usar el alcohol u otras drogas?

No. Ese es un mito. La mayoría de los niños no están usando alcohol, tabaco u otras drogas al comenzar la escuela secundaria. La clave es hacer que el fumar, el tomar o usar otras drogas no sea la manera de congeniar con los otros. Aconseje que sus hijos busquen a 2 o 3 jóvenes que no beban alcohol con quienes les gustaría ser amigos. Esto les hará más fácil su transición a la escuela secundaria.

Mis hijos ya están en la escuela secundaria. ¿Está bien introducirlos al uso del alcohol de vez en cuando, pero sólo en casa?

No. De hecho, cuanto más joven la persona cuando comience a tomar alcohol, tanto más probable que llegue a ser adicta. Si una persona comienza a tomar alcohol a la edad de 15, tiene una probabilidad 4 veces más grande de contraer una dependencia alcohólica que aquéllos que comienzan a la edad de 21.

"Aprender a beber" durante la adolescencia no es un "paso a la edad adulta" ni tampoco "una parte de hacerse hombre o mujer." Cuando los jóvenes tienen permiso de beber en casa, tienen más tendencia de usar alcohol y otras drogas fuera de casa, y tienen más riesgo de contraer problemas serios de comportamiento y de salud relacionados con el uso de sustancias. Tenga en cuenta que es posible que otros padres pongan el alcohol a la disposición de los hijos de Ud. durante las fiestas para sus hijos en casa. Cualquier uso de estas sustancias durante la adolescencia es considerado un abuso.

Mis hijos no beben, simplemente fuman cigarrillos. ¿Qué hay de malo con eso? La decisión inicial de los jóvenes de usar tabaco es un momento crítico porque muchas veces les lleva a otros tipos de conducta peligrosa. El tabaco contiene nicotina, una droga altamente adictiva. Los jóvenes creen que pueden fumar o masticar tabaco y no sufrir daños. Están equivocados. Más de 1/3 de todos los jóvenes que prueban el tabaco llegan a ser fumadores de cada día antes de salir de la escuela secundaria.

Muchos padres permiten que sus hijos vayan a las películas de categoría R.

¿Debemos permitirselo nosotros?

Los adolescentes que tienen límites impuestos por los padres relacionados con las películas de categoría R tienen una probabilidad 3 veces menos de divulgar que habrían probado tabaco o alcohol que los adolescentes que no tienen límites en cuanto a las películas de categoría R.

Son las 4:00 de la tarde. ¿Sabe lo que están haciendo sus hijos?

Las 4 de la tarde es la hora del día cuando los niños que están en casa solos pueden hacer malas decisiones. Anímelos a participar en actividades después de la escuela y asegúrese de que sus hijos sean bien supervisados.

Preocupaciones en la Escuela Primaria, Intermedia y Secundaria

Para los Padres y los Niños

¿Cómo pueden decir "no" los niños al alcohol, al tabaco y las otras drogas?

Ayude a sus niños a estar tranquilos y tener confianza. El decir "no" por primera vez es el más difícil—se pone más fácil con la práctica. Cuanto más preparados los niños, tanto mejor podrán confrontar las situaciones difíciles. Practicar con los niños puede ayudarlos a tener más confianza. Muchas veces, los niños que tratan de convencer a sus compañeros a participar en el uso de una sustancia consideran que un "no" débil es un "sí" posible. No se pongan a disputar ni discutir. Hay que decir que "no" y en serio.

¿Cuáles son algunas cosas que se puede decir durante una fiesta si un amigo le ofrece un cigarrillo, una cerveza u otra droga?

- ❖ No, gracias...vamos a jugar al basquetbol...vamos a jugar unos videojuegos....
- ❖ Mi madre y mi padre me tienen confianza de que no voy a probar esto...
- ❖ No, mis padres me prohibirán salir por un mes...
- ❖ No quiero poner en peligro mi participación en el equipo, el teatro, etc....
- ❖ Acaban de comenzar las pruebas de drogas en mi escuela...
- ❖ No me interesan esas cosas. ¿Tienes un refresco?

¿Qué pueden hacer los niños si se encuentran en una casa donde los otros están tomando cervezas y no hay padres presentes?

Hay que salir. Aconséjale a su hijo/a a llamar a la casa para que alguien venga a buscarlo/a. Una frase predeterminada en código, tal como "Se me olvidó que tengo un ensayo mañana," o "Tengo un dolor de cabeza terrible, ¿puedes venir a recogerme?" lo hará más fácil para su hijo/a decirle que necesita ayuda.

¿Qué es el envenenamiento alcohólico y qué es beber fuerte?

El envenenamiento alcohólico o la intoxicación aguda es una sobredosis de droga que mata a cerca de 4.000 adolescentes cada año y que puede causar daños irreversibles en el cerebro en los sobrevivientes. Algunos adolescentes beben con el propósito de emborracharse; beben rápido, o beben fuerte, con el objeto de ingerir la mayor cantidad de alcohol posible. **El beber fuerte** se define como el consumo de cinco o más cervezas o tragos entre los varones y cuatro o más cervezas o tragos entre las mujeres en una sola reunión por lo menos en un período de dos semanas. La práctica de beber fuerte está en aumento entre los adolescentes.

Los síntomas de la sobredosis de alcohol incluyen confusión mental, estupor, dificultades generales, respiración lenta o irregular, baja temperatura corporal y color azulado de la piel. Es necesario darse cuenta de que los que exceden estos límites y pierden la conciencia pueden morir. Si usted considera que la persona tiene una sobredosis de alcohol, llame al 911 y no la deje sola.

Lo que **NO SE DEBE HACER** con la persona afectada: ni alimentarla, ni dejar que se duerma ni darle una ducha fría. **NUNCA SE RECOMIENDA VOMITAR** debido a los riesgos que existen de bloquear la tráquea o de que la persona aspire el material vomitado, lo cual puede tener complicaciones para su vida.

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El Cerebro 101 - El desarrollo del cerebro

El Cerebro 101

El Desarrollo del Cerebro

Pedimos ayuda de los científicos mismos para que pudiéramos comprender la información científica más reciente sobre el desarrollo del cerebro adolescente y los efectos del alcohol, tabaco y otras drogas. Fulton Crews, Ph.D. (UNC), Robert DuPont, MD (primer director NIDA/Georgetown U), Bridget Grant, Ph.D. (NIH), Linda Spear, Ph.D. (Binghamton U.), Scott Swartzwelder, Ph.D. (Duke), Susan Tapert, Ph.D. (USC-SD), y Wilkie Wilson, Ph.D. (Duke) nos ayudaron y les estamos muy agradecidos por su pericia.

El cerebro en transición. El desarrollo del cerebro es un proceso de toda la vida. Hay períodos rápidos de cambio que ocurren no solamente antes del nacimiento y durante la infancia, sino también durante la adolescencia. Entre las regiones del cerebro que pasan por transformaciones pronunciadas durante los años de adolescencia son la corteza prefrontal y las regiones mesolímbicas, que controlan las “funciones ejecutivas” que son imprescindibles para poder aprender, hacer decisiones y formar juicios. Sin embargo, estas mismas regiones del cerebro son particularmente susceptibles al alcohol y otras drogas.

Conexiones. Ya que muchos cambios complicados en el cerebro ocurren durante los años adolescentes y aun hasta mediados de los 20, estos años ofrecen tanto una gran oportunidad como mucha vulnerabilidad para los niños. Existe la oportunidad para que los niños influyan positivamente el desarrollo del cerebro con buena nutrición, buenos hábitos de dormir, y buen ejercicio (tanto mental como físico). Por otro lado, ya que el cerebro está todavía en vías de desarrollo, es también vulnerable a los daños de varios tipos—el uso del alcohol y otras drogas, heridas a la cabeza, y la desnutrición.

¡Campaña de Cerebro Sano! Para que los niños tengan más energía y hagan lo mejor que puedan, necesitan mantener sano el cerebro en desarrollo. ¿De qué forma? Aquí están unas ideas:

- ❖ **Evitar el alcohol, tabaco, y otras drogas.** Si se usa la cafeína, debe ser consumida solamente en moderación. Evitar todos los productos que “mejoran el desempeño,” inclusive la efedrina.
- ❖ **Emplear el cerebro.** Mirar la tele hora tras hora no hace nada para el desarrollo sano del cerebro. Hay que platicar, leer, mirar mapas, aprender un pasatiempo nuevo. Tomar clases que sean difíciles pero no abrumadoras. El uso activo le da fuerza al cerebro.
- ❖ **Proteger la cabeza.** Usar siempre los cinturones de seguridad. Ponerse un casco para practicar deportes.
- ❖ **Buena nutrición.** Hay que comer muchas frutas, verduras y tomar suficiente agua (6-8 vasos por día). Algunos estudios indican que los ácidos grasos omega-3, que se encuentran en los mariscos, pueden tener efectos positivos en las funciones del cerebro.
- ❖ **Hacer cantidades de ejercicios físicos.**
- ❖ **Dormir lo suficiente.** Dormir menos de seis horas puede causar problemas con la coordinación, el juicio, y el estado de ánimo. La mayoría de la gente necesita 7-9 horas de descanso, y es posible que los adolescentes necesiten más.

El Cerebro 101

El Cerebro Adolescente es Vulnerable

Hay evidencia emergente tanto de estudios bioquímicos como estructurales del cerebro que los adolescentes no son “adultos jóvenes” porque el cerebro es estructuralmente diferente del cerebro de los adultos. El cerebro joven responde de una forma diferente al alcohol y otras drogas y puede ser menos resiliente a los efectos negativos de estas sustancias que el cerebro adulto.



Un MRI que demuestra las áreas del cerebro que están todavía por conectarse en los adolescentes. (De E.R. Sowell, et. al, “In Vivo Evidence for Post-Adolescent Brain Maturation in Frontal and Striatal Regions.” Nature Neuroscience 2 (10) 1999, 859)

La Adicción. Una de las diferencias más importantes entre el cerebro adulto y el cerebro juvenil es que los niños tienen un riesgo mucho más alto de formar una adicción. El NIH declara que la mayoría de las adicciones ocurren durante la adolescencia. ¿Qué es una adicción? Una adicción es el uso constante y compulsivo de una sustancia que ocurre a pesar de las consecuencias negativas al individuo. La adicción es una enfermedad—es crónica, progresiva y posiblemente fatal. La adicción requiere tratamiento profesional.

La Biología de Adicción. Los neurocientíficos han aprendido mucho sobre las adicciones durante los años pasados. Ahora saben que una sustancia del cerebro—la dopamina—es uno de los factores claves a la adicción. Esta sustancia química, que hace que la persona se sienta eufórica, es emitida por todas las sustancias adictivas. Es importantísimo en establecer los deseos fuertes y duraderos para el alcohol y otras drogas. Los científicos postulan que los adolescentes emiten más dopamina que los adultos como respuesta a las drogas, y esto explicaría la razón por la cual los jóvenes tienen mayor riesgo de adicción a cualquier droga. Sea lo que sea la explicación biológica, parece que los niños tienen mucha más vulnerabilidad que los adultos, y su participación con sustancias adictivas es sumamente peligrosa.

Los efectos duraderos de las drogas en el cerebro adolescente. En breve, aunque hace falta más investigación científica para caracterizar los efectos duraderos, el uso del alcohol, el tabaco y otras drogas durante los años adolescentes puede tener un impacto negativo en el desarrollo del cerebro que durará hasta los años adultos. El uso del alcohol y otras drogas durante estos años también puede cambiar la trayectoria del desarrollo cerebral haciendo que aquellas características que producen el éxito en la vida se desarrollen menos que lo normal.

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Por qué Sí y Por qué No

El Cerebro 101 - El desarrollo del cerebro

El Cerebro 101

El Cerebro y el Alcohol

El alcohol y la adicción. Cuanto más temprano comienza una persona con el uso de sustancias adictivas, tanto más probable la formación de una adicción y tanto más rápido progresará la adicción. Según los estudios epidemiológicos del NIH, 43% de los niños que comienzan con regularidad a usar alcohol a la edad de 13 van a sufrir del alcoholismo en algún momento durante su vida. 40% de los niños que comienzan a beber a la edad de 15 se convertirán en alcohólicos mientras que sólo 10% de aquéllos que esperan hasta la edad de 21 sufrirán del alcoholismo. Los niños que demuestran menos efectos de comportamiento después de beber son los más vulnerables a la adicción.

El alcohol es una barrera más potente al aprendizaje en los adolescentes que en los adultos. El hipocampo, la región del cerebro que forma los recuerdos nuevos, se ve particularmente afectado por el uso del alcohol durante la adolescencia. Los niños que beben demuestran reacciones cerebrales reducidas y sacan peores resultados que los que no beben en las pruebas de vocabulario, información general, memoria, y recuperación de memoria. La más afectada es la capacidad de recordar información verbal y no verbal, con una disminución de 10% en desempeño entre los que usan alcohol.

El alcohol estorba los ciclos del sueño. La actividad cerebral durante el sueño es importante para las funciones de aprendizaje y memoria. La información aprendida por los niños durante las clases es transferida de la memoria a corto plazo a la memoria de largo plazo durante el sueño. El alcohol deteriora la calidad del sueño y puede disminuir seriamente la capacidad de la persona de aprender y recordar cosas.

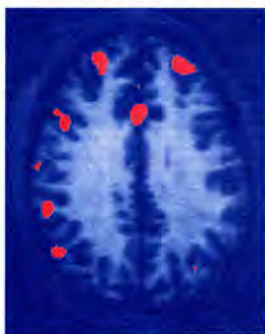
El alcohol puede tener menos efecto sedativo en los adolescentes que los adultos. Este es un riesgo grande. Los niños que beben pueden sentirse más capaces que los adultos de manejar un coche. Pero el hecho de que alguien puede estar al volante de un coche no significa que debe estar al volante. Los choques son más comunes entre los adolescentes que beben que los adultos que beben.

El alcohol hace daño a la maduración. La mayoría de la investigación reciente sugiere que el uso constante del alcohol durante la adolescencia puede causar que el cerebro “encierre” respuestas adolescentes aun durante los años adultos. Los niños que beben pueden retener, como adultos, su falta de sensibilidad adolescente a los efectos sedantes del alcohol, o su falta de capacidad de reprimir impulsos impropios.

Quinceañero que no bebe



Quinceañero que bebe mucho



Estas fotos muestran una vista de la parte superior del cerebro. El que no bebe (a la izquierda) demuestra un modelo fuerte de reacción cerebral al hacer una tarea de memoria de localidades. El cerebro afectado por el alcohol demuestra mucho menos actividad cerebral. (Susan Tâpert, Ph.D., University of California-San Diego)

El Cerebro 101

El Cerebro y las Otras Drogas

La cafeína. Ya que no hay restricciones legales, la cafeína es la sustancia psicoactiva más disponible en la vida de los niños y se encuentra no sólo en el café, té y chocolate, sino también en muchos refrescos, bebidas de energía y aun algunas marcas exclusivas de agua. Es un estimulante poderoso del sistema nervioso que afecta muchos sistemas del cerebro. La cafeína puede producir ansiedad y suprimir el comienzo del sueño o deteriorar la calidad del mismo. El sueño interrumpido disminuye el aprendizaje.

El Éxtasis. El uso inicial de Éxtasis puede causar ataques, heridas cerebrales o la muerte. El Éxtasis mata, al interrumpir la capacidad del cerebro de controlar la temperatura del cuerpo. Los adictos se calientan, la temperatura del cerebro sube, sufren ataques, y ocurre daño al cerebro por medio de una variedad de mecanismos. Las mejores investigaciones científicas demuestran que el Éxtasis es una neurotoxina y el uso repetido mata las partes celulares de los nervios que emiten la sustancia química— serotonina—que controla el estado de ánimo. No se sabe cuando ocurre la recuperación o aun si es posible.

La marijuana. La consecuencia más negativa del uso de la marijuana es que el ingrediente activo—el THC—deteriora la capacidad del cerebro de almacenar información nueva—es decir, aprender. Se necesitan 8 días para quitar el 90% de los ingredientes activos en una dosis de marijuana. El consumo repetido, aun a niveles de dos veces por semana, mantiene al adicto bajo la influencia constante y el deterioro que resulta muchas veces pasa sin que el adicto se dé cuenta de ello. La marijuana deteriora los movimientos finamente controlados y coordinados, tales como aquéllos asociados con las actividades atléticas o el tocar música. Esta droga muchas veces disminuye la motivación de la persona y puede causar un sentido de ansiedad, temor o pánico. Cuando el adicto intenta dejar el THC, los síntomas de reajuste pueden perdurar hasta un mes, lo que produce una gran falta de incentivo de dejar el uso de drogas.

La nicotina. La nicotina es una droga sumamente adictiva que se encuentra en todos los productos tabacaleros, no solamente los cigarrillos. La nicotina afecta la composición química del cerebro relacionada con los pensamientos y los sentimientos. Igual a las otras drogas adictivas, la adicción procede más rápidamente con los adolescentes, y una vez establecida, puede perdurar toda la vida. El uso temprano del tabaco puede causar una predisposición a la depresión, la cual puede conducir al uso de alcohol y otras drogas.

Los esteroides. Los niños con cerebro y cuerpo en desarrollo deben evitar el uso de compuestos de esteroides anabólicos. Estas drogas tienen la potencialidad de cambiar permanentemente las normas de crecimiento y poner a los niños a riesgo de enfermedad cardiovascular, daño a los tendones y el cartilago, manía agresiva (rabia de esteroide), una disminución de función reproductiva y cáncer del sistema reproductivo.

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Por qué Sí y Por qué No

Por qué los Jóvenes Usan Alcohol, Tabaco y Otras Drogas

No hay una respuesta simple a la pregunta de "¿Por qué los jóvenes usan alcohol, tabaco y otras drogas?". Las respuestas son múltiples y variadas y pueden depender de muchos factores sociales, emocionales, físicos y ambientales. Estos pueden incluir:

La influencia de la aceptación de sus compañeros. La poderosa influencia de adaptarse a sus compañeros es bien conocida. Para los pre-adolescentes y adolescentes la aceptación del grupo de amigos es de primera importancia. El hecho de ganar la aceptación del grupo puede incluir indulgencia en comportamiento riesgoso —incluyendo el alcohol, tabaco u otras drogas. Los riesgos potenciales pueden no ser aparentes para los adolescentes y este comportamiento puede ser interpretado como inocuo porque "todos lo hacen".

La necesidad de escapar de la ansiedad. Los jóvenes frecuentemente se encuentran en dificultades en ciertas situaciones sociales. Para vencer esos sentimientos desagradables pueden ser tentados a usar alcohol, tabaco u otras drogas y disminuir su estrés, obteniendo así un falso sentido de confianza en sus relaciones con los demás.

El deseo de sentirse bien, de descansar o de buscar animación. En general, los individuos que usan sustancias que alteran la mente lo hacen por las razones citadas anteriormente o, simplemente, porque buscan un escape a las presiones de la vida cotidiana. Los adolescentes en particular, pueden estar interesados en el uso de alcohol, tabaco u otras drogas para llegar al bienestar y el descanso.

Para satisfacer la curiosidad o para reducir el aburrimiento. Los jóvenes están disponibles para probar nuevas experiencias, especialmente aquellas que se suponen son sólo para adultos. Los jóvenes que no participan en otras actividades fuera de sus estudios se pueden encontrar con tiempo libre disponible y en estos casos el alcohol, el tabaco u otras drogas pueden convertirse en un pasatiempo.

Como alivio para una situación intolerable o como un medio para enmascarar una baja autoestima y/o depresión. Algunos jóvenes enfrentan serios problemas en el ambiente familiar o escolar. La reacción psicológica a estos problemas sobre la autoestima de los adolescentes los puede llevar a automedicarse con el uso de alcohol, tabaco u otras drogas como forma de evadir sus dificultades.

Por qué Sí y Por qué No

Por qué los Jóvenes No Deberían Usar Alcohol, Tabaco y Otras Drogas

Los pre-adolescentes y adolescentes no deberían en absoluto usar alcohol, tabaco y otras drogas. A continuación se exponen algunas razones:

Es ilegal. Reconociendo que el alcohol es una droga poderosa que debe ser usada con responsabilidad, los gobiernos estatales han impuesto un límite de 21 años de edad para su posesión y uso. El uso de narcóticos y otras drogas es en todos los casos ilegal, excepto cuando sean utilizados siguiendo recetas médicas. También es ilegal que una droga recetada por el médico sea usada por otra persona. La venta de productos de tabaco a los menores de edad es ilegal así como su uso (**ver Consecuencias Legales**).

Ciertos individuos tienen una predisposición biológica a la adicción. El problema más serio con el uso del alcohol, tabaco u otras drogas por parte de los adolescentes es la posibilidad que puedan tener una predisposición biológica a tener adicción a esas sustancias, especialmente si sus progenitores son adictos a las mismas. Aunque es cierto que no todos aquellos que beben, fuman o consumen otro tipo de drogas llegarán a ser adictos, inevitablemente hay muchos que llegarán a serlo. No hay forma de predecir quiénes serán vulnerables y con qué intensidad su adicción comprometerá el éxito del futuro de su vida. Es importante informar a los adolescentes acerca de la historia familiar de alcoholismo o dependencia de otras drogas.

El uso de alcohol, tabaco y otras drogas demora el proceso de maduración. Cuando los jóvenes usan alcohol, tabaco u otras drogas como una ayuda para ciertas situaciones sociales, están severamente comprometiendo su capacidad para desarrollar las habilidades sociales necesarias y de autoestima para tener éxito en sus relaciones con el resto de la población.

El alcohol, el tabaco y otras drogas tienen mayor efecto sobre los cuerpos en desarrollo que en los adultos. Dado que ciertas drogas, especialmente el alcohol, son consideradas deprimentes, sus efectos sobre el sistema nervioso y el cerebro son más agudos. La intoxicación puede ser muy rápida y llegar a producir un comportamiento impulsivo e irracional que no es moderado por el juicio de los adultos.

El juicio así deteriorado puede llevar a situaciones lamentables, o peor aún, peligrosas. Problemas inducidos por el alcohol u otras drogas han sido responsables por innumerables daños y muertes en accidentes automovilísticos, frustraciones, peleas, anegamientos y envenenamiento alcohólico. El juicio así perjudicado puede llevar a situaciones serias que pueden ir desde la destrucción de la propiedad hasta la promiscuidad sexual, embarazos indeseados y la transmisión de enfermedades transmitidas sexualmente como el SIDA.

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Los Efectos Negativos

La Puerta de Entrada a las Drogas

Las drogas más usadas en los Estados Unidos de América son la nicotina, el alcohol, la marihuana y, entre los jóvenes de 12 a 17 años, los inhalantes. Cada droga es destructiva por sí misma. El uso de cualquiera de ellas parece "abrir la puerta" para el uso de otras drogas. El tabaco, el alcohol, la marihuana y los inhalantes se conocen como "puerta de entrada a otras drogas" ya que los individuos raramente usan otras drogas más fuertes como cocaína o heroína antes de haber usado tabaco, alcohol, marihuana y/o inhalantes. Muchas personas que se han hecho adictas a las drogas fuertes comenzaron a usar las drogas livianas en su adolescencia.

Tabaco

- El momento importante para la iniciación es entre 6° y 7° grado.
- El 90 % de los fumadores adultos comenzaron a fumar a los 18 años o antes.
- Cada año un millón de adolescentes comienzan a fumar. Son el objetivo principal de la publicidad de las empresas tabacaleras; 1/3 de los mismos morirá de enfermedades relacionadas con el tabaco.
- 1.200 personas mueren todos los días en los Estados Unidos de América a causa de enfermedades causadas por el tabaco.
- Hay un alto grado de adicción a la nicotina, y las nuevas investigaciones indican que los jóvenes muestran serios síntomas de adicción en pocas semanas o incluso días después de haber fumado por primera vez.

Alcohol

- Una cerveza de 12 onzas tiene la misma cantidad de alcohol que 1,5 onzas de güisqui o 5 onzas de vino.
- Entre los jóvenes que empiezan a beber a los 13 años, el 43 % sufrirá de alcoholismo.
- Los hijos de los alcohólicos tienen de 4 a 10 veces más riesgos de ser alcohólicos que los que no son alcohólicos.
- Cerca de un tercio de los alcohólicos de los EEUU (4,7 millones) tienen menos de 21 años. De hecho, más de una cuarta parte de los alumnos de 8° grado ya ha consumido alcohol.

Marihuana

- La potencia de la marihuana es mayor que la usada en el año 1965 debido al proceso de elaboración de las plantas.
- Por lo menos el 18 % de los alumnos de 8° grado ha usado marihuana. Cuando un joven llega a los 17 años de edad, 6 de cada 7 tienen amigos que usan marihuana y 7 de cada 10 pueden comprar marihuana todos los días.
- Las partes más afectadas del cerebro son los centros que controlan los niveles de pensamiento, de comportamiento y de conocimiento de las personas. **Dicho en simples palabras: todo fumador de marihuana es más torpe que inmediatamente antes de comenzar a usarla.**
- THC, la principal sustancia química intoxicante se deposita durante varias semanas en los tejidos adiposos del cuerpo, incluyendo el cerebro.
- La marihuana inhibe la náusea y permite a las personas consumir grandes cantidades de alcohol sin enfermarse. Como consecuencia, la muerte por sobredosis de alcohol ha aumentado entre los adolescentes.

Inhalantes

- El 20 % de los alumnos de 8° grado ha usado inhalantes por lo menos una vez.
- Los inhalantes pueden ser mortales en su primer uso o puede causar daños permanentes al cerebro, al sistema nervioso central o a otros órganos.
- Los adolescentes pueden inhalar sustancias comunes de uso doméstico como propulsores de aerosoles (pulverizador de almidón), disolventes para limpieza, bencina, colas o disolventes para pinturas ya que todos son fáciles de conseguir y son poco costosos.

Los Efectos Negativos

Consecuencias

Detención del desarrollo psicológico. El principal objetivo de los adolescentes es crecer y llegar a ser adultos responsables. Los jóvenes deben aprender a aceptar y controlar sus emociones: la alegría, la emoción, la ira, la frustración, la ansiedad, el desencanto, la tristeza y el temor. También necesitan aprender a divertirse, descansar, y a sentirse aceptados, a ser parte de un grupo mientras conservan su individualidad. Los jóvenes aprenden éstos con el tiempo a través de pruebas, errores y la repetición. El uso de alcohol, tabaco y otras drogas daña todo este proceso y disminuye o impide un desarrollo normal. Cuando los jóvenes están "excitados" por la droga no pueden aprender a controlar sus sentimientos. Pueden parecer reposados y sentirse que forman parte de un grupo, pero no están, sin embargo, haciendo el trabajo serio que es necesario para desarrollar e integrar esa capacidad de los adultos.

Los jóvenes maduran físicamente pero su madurez emocional y psicológica puede ser sustancialmente demorada.

La violación de su compañero o compañera ocurre porque uno o ambos adolescentes están bajo la influencia del alcohol u otras drogas. La violación del compañero/a es un delito. Es un acto criminal mantener relaciones sexuales con una persona que sea incapaz mental o físicamente de dar su consentimiento. Mantener relaciones sexuales con una persona que esté endrogada, intoxicada, fuera de sí, incapaz de decir "no" o incapaz de darse cuenta de lo que ocurre a su alrededor es cometer una violación. Los adolescentes creen que un violador es alguien que es un "tipo loco" o un excéntrico, sin embargo, la violación de los compañeros/as por parte de estudiantes que son populares, atractivos e inteligentes ocurre sin considerar la clase social, la raza o la posición económica. (ver **Tabla de Drogas**, Drogas de Violación). La explotación sexual, el embarazo o las enfermedades transmitidas sexualmente pueden ser el resultado de una pérdida del juicio y una caída del nivel de las inhibiciones.

Accidentes de automóvil. El uso del alcohol y otras drogas reduce el tiempo normal de reacción de las personas y con ello se incrementa el riesgo de accidentes. Conducir el automóvil bajo la influencia del alcohol o llevar pasajeros que estén borrachos puede llevar a la pérdida de la licencia de conductor y la cobertura del seguro.

Confusión. Los padres que permiten que sus hijos beban o usen otras drogas están involuntariamente enviando el mensaje de que "tú no me importas" o "no voy a hacer nada para protegerte". Las escuelas y los medios de información enfatizan los peligros del alcohol, el tabaco y el uso de otras drogas pero la presión de los amigos y la publicidad pueden estimular a los adolescentes a tratar de probar esas sustancias. Estos mensajes contradictorios confunden a los jóvenes. Los adolescentes cuyos padres no tienen severas reglas contra el consumo de bebidas alcohólicas tienen más probabilidad de haber abusado del alcohol durante las últimas dos semanas y así, el permiso de los padres crea incluso más confusión. Las consecuencias pueden ser la expulsión de la escuela, el rechazo de empleo de verano por parte de muchas compañías que requieren la aprobación de pruebas contra las drogas, el riesgo de arresto o cárcel o multas muy altas debido a actos violentos e ilegales.

Riesgos del tabaco. Los fumadores son más propensos a varias enfermedades tales como resfriados, infecciones de los oídos y sinusitis. Sus heridas se curan con más dificultad. Se arrugan y envejecen más rápidamente. Además de la mala respiración, tienen un mayor deterioro dental, enfermedades en las encías y catarro persistente. La tolerancia al ejercicio físico y a sus buenos resultados puede disminuir. Los jóvenes que fuman tendrán en el futuro una mayor tendencia al uso de alcohol, marihuana y otras drogas ilícitas.

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Los Efectos Negativos

Depresión y Suicidio

Depresión. Más de 11 millones de niños y adolescentes en toda la población sufren de depresión en algún momento de su vida. Los jóvenes bajo estrés que pierden experiencia o que tienen problemas de atención tienen mayores riesgos de depresión. La depresión también se puede extender a las familias. Los adolescentes deprimidos serán más probablemente consumidores de alcohol, tabaco u otras drogas ya que así se sentirán mejor.

La depresión es definida como una enfermedad cuando los síntomas de la depresión persisten e interfieren con la capacidad de la persona para funcionar correctamente. Lamentablemente, a menudo los jóvenes intentan el suicidio como forma de hacer salir el problema a la superficie. Para las familias de los 15, 000 niños que se suicidan todos los años, la evidencia del problema ha llegado demasiado tarde.

Los siguientes comportamientos pueden ser señales de depresión que pueden conducir al suicidio:

- Aumento de la tristeza, del llanto, del mal humor, de la ira o de la irritabilidad.
- Menor interés en las actividades corrientes o incapacidad de disfrutar de actividades que anteriormente gustaban.
- Aburrimiento persistente, bajo nivel de energía.
- Cambios importantes en la alimentación o en el sueño.
- Aislamiento social, pobre comunicación, dificultad en las relaciones sociales.
- Gran sensibilidad al rechazo o al fracaso.
- Ausencia frecuente en la escuela o pobres resultados en la escuela; escasa concentración.

Suicidio. Más de 8 jóvenes de cada 10 que amenazan con el suicidio lo intentan. El suicidio es la segunda causa de muerte entre los adolescentes entre 15 y 19 años y a menudo está asociado con el alcohol o el uso de otras drogas y la depresión. Dos tercios de los adolescentes que se suicidan tenían pobres relaciones con sus padres. Si bien estos datos son alarmantes, el suicidio se puede prevenir.

Si el problema del suicidio parece ser inminente, no malgaste su tiempo sintiéndose culpable, enfadado o conmovido. ACTÚE. Pida la intervención de una unidad de crisis, de la unidad psiquiátrica del hospital local o de un médico de confianza de la familia. No espere a la devolución de llamadas telefónicas. Si no puede ponerse en contacto con la primera persona de contacto, busque a otra persona. Nunca espere a ver si su hijo adolescente se siente mejor la siguiente mañana. Muchos de los suicidios de adolescentes ocurren en su casa al final de la tarde o por la noche, con los miembros de la familia presentes.

Converse con sus hijos. La idea de que hablar sobre el suicidio lo estimula a hacerlo es falsa y peligrosa. El hecho real es que una vez que se comuniquen los pensamientos depresivos y preocupantes que hay en la mente de los jóvenes, pasan a ser menos preocupantes.

Convencer y expresar preocupación y comprender la angustia de los hijos merece ser la primera prioridad. Haga saber a sus hijos que cualquiera que sea el problema, su amor de ellos es incondicional y que los apoyará en todo momento. No desista. Alguien dijo que el suicidio es una solución permanente para un problema pasajero.

Ayuda

¿Qué puedo hacer si creo que mi hijo o hija está usando alcohol, tabaco u otras drogas?

Muchos padres poseen un sexto sentido sobre cómo actúan o cómo se sienten sus hijos. Aprender las diferencias entre los "síntomas del crecimiento" y las señales preocupantes del uso de alcohol u otras drogas puede ser difícil. El primer paso es reconocer la existencia del problema. Solicitar ayuda es el segundo paso. Sea cauteloso con los rechazos. El rechazo es una forma de enfrentar situaciones difíciles que permite que una persona evite un problema. Es un elemento que causa vergüenza y falta de ubicación asociado con el uso de alcohol u otras drogas. Muchos adultos se sienten sin ayuda y piensan que pueden tomar a su cargo el problema dentro de la familia. Sin embargo, éste es el momento justo para obtener ayuda comunitaria y profesional. Confróntense con el problema: nunca es demasiado tarde ni demasiado temprano.

Enfrentándose al problema.

Acepte un programa de acción con su cónyuge o con otro miembro adulto de la familia **ANTES** de hablar con su hijo/a pre-adolescente o adolescente. Sea abierto y honesto con sus sentimientos pero no permita que la angustia o el miedo afecten la eficacia de comunicarse.

Haga saber a su hijo/a que no le esté condenado por su comportamiento.

Dígale a su hijo/a que lo/a aprecia y que lo/a apoyará continuamente.

Establezca nuevas reglas y límites para el comportamiento de su hijo/a.

Participe más activamente en las actividades de su hijo/a.

Si su hijo/a pre-adolescente o adolescente está bajo la influencia de alcohol u otras drogas:

Inmediatamente:

Permanezca en calma, no se irrite.

Trate de averiguar qué sustancias ha ingerido y cuáles fueron las circunstancias.

Llame a un médico o lleve a su hijo/a al hospital si es incoherente o está seriamente afectado.

No grite, ni busque excusas ni use la fuerza. Esto sólo puede empeorar las cosas.

Al día siguiente:

Hable con su hijo/a pre-adolescente o adolescente tan pronto como sea posible.

Haga que su hijo/a tome la responsabilidad por sus acciones, incluyendo cualquier limpieza.

Trate de averiguar en qué circunstancias usó la(s) droga(s), incluyendo con quiénes estaba.

No lo acuse, ni lo humille, ni lo avergüence, ni lo amenace; el respeto mutuo debe ser mantenido.

No discuta nada con su hijo/a en el caso de que esté enfadado o esté incapaz de hablar sin perder su moderación.

No le pregunte por qué; haga referencia a lo que ha sucedido y a lo que sabe.

Busque ayuda del apoyo comunitario: médicos, grupos de salud mental, religiosos, legales o de auto-ayuda.

Obligüe a que haya consecuencias, por ejemplo, pérdida de privilegios.

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Comunicación

Señales y Síntomas del Uso de Alcohol, Tabaco, y Otras Drogas

Es difícil identificar con facilidad las señales y los síntomas del uso de alcohol, tabaco, u otras drogas por nuestros niños. Algunas de las señales pueden ser conducta “típica” adolescente. Ud. sabe lo que es conducta típica para sus niños y lo que no lo es. Si tiene una preocupación o cree que puede haber un problema, busque la ayuda de un consejero o médico.

Desempeño Académico
Notas que van empeorando/ausencias frecuentes
Excusas por asignaturas no completadas
Dificultades con la concentración
Cambio de actitud hacia los maestros
Cambio de motivación en los estudios y las actividades

Curiosidad con el Alcohol y Otras Drogas
Habla del uso de alcohol y otras drogas
Cambio de actitud respecto al uso de tabaco
Interés en la música/literatura pro-droga
Hostilidad al discutir sobre el alcohol/las drogas
Se pone gorras, camisetas, joyería pro-droga

Cambios en la Conducta
Falta de interés en la apariencia personal
Separación, aislamiento, fatiga, depresión, ansiedad, mentiras
Falta de cooperación/resistencia a las reglas
Desacuerdo frecuente con la familia
Comienza a poner sus propias reglas
Difícil de mantener una conversación/inquieto
Necesidad frecuente de dinero
Falta de actividades que antes le gustaban
Llega tarde a casa/evita la interacción familiar
Problemas legales

Relaciones con Amigos
Cambio de amigos/ evita a los viejos amigos
Ambiguo en cuanto a su paradero
Llamadas telefónicas de nuevos amigos
Importancia repentina con los amigos

Cambios Físicos
Ojos inyectados de sangre/pupilas dilatadas
Pérdida o aumento de peso/magulladuras
Nariz u ojos que gotean, catarros frecuentes, fiebres
Momentos de hambre de comida snack

Olvidadizo/apariencia aturdida
Duerme más/menos de lo normal, fatiga
Diarreas frecuentes, sudores, dolores musculares

Evidencia Física
Necesidad repentina de privacidad con sus cosas
Enjuague/chicle/incienso ardiente
Encendedores/papel para cigarrillos/pipas
Olores desconocidos en la ropa
Desaparición del alcohol de la casa
Gotas para los ojos (Visine o Murine)
Latas para escondrijos disfrazadas como latas de refrescos
Personas que le dicen que su hijo/a está bebiendo, fumando o tomando drogas

Las 4 Etapas de Abuso de Sustancias

Uso Inicial

El adicto aprende a tolerar los efectos negativos de la droga, por ejemplo, la náusea con los primeros cigarrillos
El adicto aprende que las drogas producen sentimientos de euforia

Uso Habitual

El adicto busca activamente la droga
Lograr endrogarse es una preocupación constante

Adicción—Dependencia Inicial

Tolerancia aumentada para la droga
Frecuencia y cantidad aumentadas del uso de la droga

Adicción—Dependencia Completa

El adicto pierde el control del uso — dificultad en moderar el uso o dejar de usar
El adicto demuestra síntomas de reajuste (por ejemplo, ansiedad, nervios, enfermedad física) al intentar dejar de usar
El uso continuo a pesar de las consecuencias negativas.

Comunicación

Comunicándose con su Hijo/a Pre-adolescente y Adolescente Establecimiento de Normas

Muchos padres se sienten incómodos hablando con sus hijos sobre el uso de alcohol, tabaco y otras drogas. Algunos creen que sus hijos no usarán esas sustancias. Otros demoran porque no saben qué decir o cómo decirlo o porque temen poner ideas en la mente de sus hijos. Sin embargo, muchos jóvenes en los programas de tratamiento dicen que habían empezado el uso de alcohol, tabaco u otras drogas por lo menos dos años antes de que sus padres lo supieran.

Es necesario tomar una posición fija contra el uso de alcohol, tabaco u otras drogas. No se debe aceptar que su hijo/a se ponga bajo la influencia de alcohol o drogas como comportamiento normal. Sea persistente.

Sepa siempre dónde está su hijo o su hija. Avíseles a ellos dónde pueden ponerse en contacto con Ud. Asegúreles que pueden llamarlo por teléfono para que Ud. venga a recogerlos siempre que sea necesario, en cualquier momento y por cualquier razón, sin que sea necesario dar explicaciones. Elija una frase en código que su hijo pueda utilizar como clave en casos complicados: "tengo dolor de cabeza" o "mañana empiezo a trabajar en ese gran proyecto". Cuando usted recoge a su hijo, si no es muy tarde, hagan algo divertido todos juntos.

No les sirva alcohol a los menores de edad y no les permita traer alcohol, cigarrillos u otras drogas a su casa. Establezca límites para ayudar a sus hijos a decir "no". Establezca normas, reglas y límites de horarios tanto para los días de trabajo como para los fines de semana, los cuales deben ser estrictamente obedecidos. Establezca claramente las reglas y los valores de su familia y cuáles son las consecuencias de ignorar esos mismos.

Enseñeles a sus hijos formas de resistencia. Ayúdelos a desarrollar estrategias de resistencia para enfrentar situaciones difíciles. Discuta con ellos estrategias para decir "no," y asegúrese que sepan ellos a quién pueden llamar en caso de emergencia. Proporcíóneles los números de teléfono adecuados y dinero para pagar un taxi. La planificación anticipada puede ser una forma de solucionar una situación difícil.

Esté preparado para ser impopular. Trate de aceptar que algunas veces a sus hijos no les gustará lo que les dice – o que harán lo que les parezca mejor aunque a usted no le agrade. Ser el mejor amigo de sus hijos no debería ser su meta principal en este período de sus vidas. Es importante resistir a la tentación de ganar su amistad o su confianza o de tratar de cualquier manera de complacerlos. Palabras exageradas como "tú no entiendes...yo soy el único que.." son simplemente tácticas que usan los jóvenes para que usted se ablande y acepte y les diga sí cuando en realidad intentaba hacer lo contrario.

Esté en su casa cuando los jóvenes se aprontan para salir. Cuando partan, recuérdelos su deseo de que no beban, ni fumen ni usen otras drogas. Anímelos a mantener el control de cualquier situación.

Manténgase en alerta. Cuando su hijo o hija regresa después de una reunión, espérelo/a o pídale que lo despierte cuando llegue; así será más fácil determinar si ha fumado, bebido o usado otras drogas.

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Señales y Síntomas...Comunicación

Comunicación

Comunicándose Frecuentemente con la Organización de Otros Padres

La mejor estrategia en la batalla contra el uso de alcohol, tabaco y otras drogas por parte de los jóvenes es saber bien qué es lo que está ocurriendo. Muchos padres han escuchado el estribillo lloroso de "...los padres de los otros amigos les permiten..." Esta frase persuasiva y fraudulenta puede dar lugar a que usted se sienta aislado en sus decisiones. Entérese de lo que están haciendo los otros padres. Nosotros, los padres, hacemos más para formar los conceptos de nuestros hijos que cualquier otra influencia que puedan recibir en su vida.

Conozca a los amigos de sus hijos. Si su hijo se reúne con amigos que beben, fuman o toman otras drogas, está en una situación de riesgo.

Conozca a los padres de los amigos de sus hijos. Usted puede reunirse con ellos en Asociaciones de Padres, Deportivas o en actividades teatrales, haciendo trabajos voluntarios u otros. Desarrolle un "frente unido" y discuta las preocupaciones en forma abierta.

Cumpla un papel ejemplar. Establezca buenos ejemplos en su propia vida. Todos los jóvenes entienden y aceptan que hay diferencias entre lo que los adultos hacen legalmente y lo que es lícito para los adolescentes. Mantenga claramente esta diferencia.

Llame para confirmar las actividades que sus hijos pretenden hacer. Averigüe si las reuniones serán supervisadas por los padres. Cuando tenga dudas pregunte a los padres de los huéspedes si están seguros de que no servirán alcohol o que no permitirán a los invitados traer alcohol.

Solicite ayuda. Autorice a otros padres a llamarlo si ven que su hijo o hija participe en actividades que usted no aprobaría. Estimule a sus hijos a solicitar ayuda si uno de sus amigos encuentra dificultades con el uso de alcohol, tabaco u otras drogas; indíqueles que hablen con usted, con los padres de sus amigos o directamente con su amigo.

Proporcione ayuda. Llame a los padres de cualquier amigo o amiga en el caso de que Ud. perciba que esté bajo la influencia de drogas, caído o borracho. Requiere ser un buen padre para llamar a otro padre con malas noticias. Esté dispuesto a proporcionar su coche si es necesario para proteger a ese adolescente o incluso a llamar a la policía.

Sepa qué va a hacer si sospecha un problema. Es necesario considerar que ningún adolescente es inmune al uso de alcohol, tabaco u otras drogas. Ponga atención en lo que hacen los otros. Confíe en su valor. Si usted piensa que hay un problema, probablemente lo hay. Recuerde que la adicción es una enfermedad, no una causa de vergüenza. Busque ayuda profesional inmediatamente.

UNA CARTILLA DE CONTROL PARA LOS PADRES

Esté atento a las actitudes de sus hijos

Vigile su ambiente

Observe sus actividades

Reivindique sus derechos parentales

Esté despierto cuando regresan de una reunión

**SON LOS CINCO PRINCIPIOS
BÁSICOS DE LA PREVENCIÓN**

Comunicación

Comunicándose con la Escuela – Trabajo de Equipo

Todas las escuelas de la Comunidad de Interés estimulan a los padres a relacionarse con la escuela y estar cerca de las actividades de sus hijos. Como educadores principales de los niños, las escuelas y los padres forman una única asociación.

Considere las ventajas del voluntariado. Una de las mejores formas de saber qué es lo que ocurre en la escuela y de conocer a otros padres es el trabajo voluntario en la escuela. Las Organizaciones de Padres ofrecen miles de oportunidades para su participación. Usted puede asociarse llamando a los miembros de la Organización y ofreciendo su tiempo. Sus nombres y números de teléfono están en la Guía Telefónica de los Alumnos y está disponible en la escuela.

Conozca la Política de Abuso de Sustancias de la escuela. Apóyela activamente. Hable con el consejero escolar, el director o el decano de los alumnos si sospecha que en la escuela hay algún problema con el uso de alcohol, tabaco u otras drogas ya que es más fácil enfrentarse al problema en sus etapas iniciales.

Durante la Enseñanza Secundaria. Algunos jóvenes hablan de "...beber en forma responsable..." antes de ir a la universidad. Aprender a ser responsable con respecto a la bebida no requiere aprender a beber. Algunos padres pueden pensar que enseñar a sus hijos a beber en su casa es una buena idea. Deténgase y piense. Los estudios demuestran que los que aprenden a beber cuando son más jóvenes probablemente tendrán problemas con la adicción en el futuro.

Más aún, la edad legal para beber es 21 años. Si usted dice a su hijo que "...es posible violar la ley con tal de que lo hagas conmigo..." está enviando un mensaje básico según el cual los individuos pueden decidir cuándo obedecer la ley o cuándo ignorarla. En cambio, usted puede educar a sus hijos acerca de las consecuencias médicas, legales y otras de beber cuando son menores de edad de modo que puedan tomar sus propias decisiones acerca de **no** beber.

Después de la Enseñanza Secundaria. Según el Centro Nacional de Adicción y Abuso de Sustancias de la Universidad de Columbia "¿Sabía usted que el estudiante universitario gasta más dinero en alcohol que en libros? Las consecuencias del abuso de alcohol en las universidades son devastadoras: el 95 % de los crímenes violentos en los *campus* universitarios están relacionados con el alcohol y en por lo menos el 73 % de las violaciones que ocurren en los *campus*, tanto el perpetrador, la víctima, o ambos, han estado bebiendo. Los estudiantes que beben más reciben las notas más bajas. Mientras que el alcohol es la sustancia de la cual más se abusa en la universidad, muchos alumnos comenzaron a abusar del alcohol antes de graduarse en la escuela secundaria. Solamente el 14 % de los estudiantes empezó a beber en la universidad; el 71 % usó alcohol antes de cumplir los 18 años. Los estudiantes que usaron alcohol antes de entrar a la universidad beben más que aquellos que empezaron a beber más tarde". Es importante recordar que muchos alumnos de la universidad tienen menos de 21 años y, por eso, legalmente no pueden beber. Muchos padres están empezando a considerar que los colegios son responsables del problema.

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Las Fiestas y Los Acontecimientos Sociales

Las Fiestas

Las reuniones y fiestas son una parte importante de las actividades sociales de la escuela. En ellas los jóvenes se reúnen y socializan. Sin embargo, sin una buena planificación y una cuidadosa supervisión, se pueden transformar en una actividad desastrosa. Las reglas que siguen pueden ayudar a que las reuniones sean entretenidas y seguras.

Cuando la fiesta es en su casa:

Antes de la fiesta:

- Establezca las reglas generales; su hijo o hija debe saber qué es lo que usted espera que ocurra.
- Ponga un límite al número de invitados. Evite la participación libre.
- Establezca cuáles son las habitaciones disponibles de la casa.
- Sepa sus responsabilidades legales. Incluya a sus hijos en estas responsabilidades.
- Establezca la hora a la que la fiesta termina.
- Quite todos los licores de consumo familiar de las áreas asignadas para la fiesta.
- Invite a otros padres para ayudar a supervisar la fiesta.

Durante la fiesta:

- Haga notar su presencia. No acepte presiones para estar fuera del ambiente. Salude a los visitantes cuando lleguen.
- De vez en cuando controle los alimentos y los refrescos y observe el jardín.
- No permita cigarrillos ni alcohol ni otras drogas.
- No abandone la fiesta ni regrese más tarde.
- Mochilas y abrigos deben ser dejados a la entrada.
- Considere la inspección de las mochilas.
- No permita entrar latas abiertas ni otros recipientes a la fiesta.
- No dude en llamar a la policía si algún huésped indeseable no quiere irse.
- Nunca permita que alguien que pueda estar bajo la influencia de drogas o alcohol maneje un vehículo.
- Llame a sus padres, un taxi o pida a un adulto sobrio que lo conduzca a su casa.

Cuando la fiesta es en otra casa:

- Llame a los huéspedes para estar seguro que uno de los padres estará presente y asegúrese que no serán permitidos alcohol u otras drogas.
- Sepa cómo irá y volverá su hijo de la fiesta.
- Discuta con anticipación las posibles situaciones en que se podría encontrar su hijo o hija y cómo puede reaccionar. Esté seguro que tienen su número de teléfono en caso de que quieran irse de la fiesta temprano.
- Manténgase despierto hasta que lleguen sus hijos o pídeles que a su regreso lo despierten. Esto le da la oportunidad de evaluar si han usado o no alcohol o drogas.
- Hable con los huéspedes sobre los planes cuando sus hijos duerman en la casa de la fiesta; desconfíe de una situación improvisada a último momento.
- Establezca reglas claras y fijas contra la conducción de vehículos por parte de personas bajo la influencia de drogas o de ser pasajero con alguien en esas condiciones.

Si los padres están fuera de casa:

Informe a un vecino de su proyectada ausencia y deje instrucciones para protegerse de una fiesta "sorpresa". Deje un número de teléfono donde se pueda encontrar. Informe a sus hijos de estas preparaciones.

Las Fiestas y Los Acontecimientos Sociales

Los Acontecimientos

Las fiestas de adolescentes en parques y lugares públicos son motivo de preocupación por su aislamiento y falta de supervisión. En general tienen lugar en la temporada cálida, son bien organizadas, con abundancia de bebidas alcohólicas, un pago de entrada y muchos adolescentes.

Insista en que su hijo adolescente lo tenga informado de cualquier cambio en los planes. Los padres deben considerar que en cuanto los jóvenes aprendan a manejar vehículos, los planes cambian rápida y frecuentemente. Ellos pueden comenzar en una reunión previamente organizada pero rápidamente trasladarse a diferentes lugares sin autorización paterna. Esta posibilidad merece ser discutida de modo que sea necesario hacer un plan de acuerdo con las reglas familiares.

"Raves"

Estos bailes que duran toda la noche con fuerte música "techo" se llevan a cabo en depósitos, en el campo o en estadios y son por general publicitadas ser libres de alcohol, dándoles así a los padres un falso sentido de seguridad. Algunas drogas como el Éxtasis están por lo general fácilmente disponibles en este tipo de fiesta. Los efectos estimulantes del Éxtasis permite a los usuarios bailar por mucho tiempo sin aumentar la temperatura básica del cuerpo. Esto puede llevar a la hipertensión, deshidratación o fallas cardíacas o renales.

Reuniones en Días de Fiesta, Bailes de Cumpleaños, Fiestas Escolares

Estos eventos sociales a menudo incluyen el transporte de grupos con servicio de autobuses. Esta puede ser una opción atractiva si el vehículo no es una oportunidad para beber. Si sus hijos están considerando el uso de transporte colectivo, considere lo siguiente:

Tome la responsabilidad de alquilar el vehículo de transporte colectivo. No les dé esta responsabilidad a sus hijos. En algunos lugares existen listas de compañías autorizadas.

Informe a la compañía de transporte que no deben detenerse en sus viajes a o desde el evento, excepto en las paradas que han sido preconvénidas. Establezca con firmeza que ellos serán responsables de evitar que los menores consuman alcohol o drogas en el vehículo.

Todos los bolsos y mochilas deben permanecer en el baúl del autobus para asegurar que no se consume ilegalmente alcohol por parte de los menores.

Fiestas fuera del campus universitario

La semana después del final de clases, miles de estudiantes, la mayoría sin acompañantes, se reúnen en locales de diversión. Para muchos estudiantes es un momento para relajarse y de divertirse con sus amigos después de los exámenes o la graduación. Para muchos de ellos es el momento de beber o de promiscuidad sexual. Muchos padres que trabajan consideran estas ocasiones como un rito inocente y después lamentan sus errores. Si usted está pensando permitir a su hijo o hija tomar parte en este tipo de fiesta, considere lo siguiente:

Proporcione un acompañante responsable. Usted es el mejor acompañante de sus hijos. Hay otros padres en quienes usted tiene confianza y que condividen sus puntos de vista; son una alternativa razonable.

No pida a adultos jóvenes, incluyendo parientes, que hagan de acompañantes. No hay mucha confianza en ellos ya que muchas veces compran bebidas alcohólicas para los menores.

Ofrezca una alternativa. Por ejemplo, excursiones o viajes familiares, o proponga privilegios especiales.

"Alcoholpops"

Esté alerta. Los "starter suds" son bebidas alcohólicas que parecen limonadas sin alcohol, jugos de frutas u otras bebidas sin alcohol. Estas bebidas dulces esconden el sabor del alcohol y contribuyen a que los menores de edad beban.

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Recursos

Nacionales

Línea Telefónica Nacional 24 Horas

AIDS/SIDA Línea Directa

800-553-3140

Banco Nacional de Información en Alcohol y Drogas

800-729-6686

Suicidio Línea Directa

800-784-2433

"We Tip" - Informes Anónimos Sobre Vendedores y

800-782-7463

Traficantes de Drogas Ilícitas

Información

Al-Anon/Alateen (www.al-anon-alateen.org)

800-344-2666

Ofrece apoyo para los familiares y amigos de personas alcohólicas

800-356-9996

Alcoholics Anonymous Worldwide Services

212-870-3400

(www.alcoholics-anonymous.org)

Ofrece ayuda para personas preocupadas por el uso del alcohol

Alsofa.org "el cyber-sofá bilingüe para su bienestar emocional"

(www.alsofa.org) Ofrece información sobre temas de la salud mental

Asociación Americana de la Salud Social (www.ashastd.org/nah/sida) **800-344-7432**

Información acerca del SIDA y enfermedades transmitidas sexualmente

ASPIRA (www.aspira.org)

Proporciona educación para líderes y la implementación de proyectos de acción comunitaria.

Centro Nacional para Información sobre Alcohol y

877-767-8432

Drogas (NCADI) de SAMHSA (www.health.org)

800-773-8546

Ofrece información gratuita sobre la prevención del abuso de alcohol y drogas y referencias locales para tratamiento

Página de internet para los padres: (www.soyunica.gov/adults)

Página de internet para niñas de 9-14 años: (www.soyunica.gov)

Community of Concern (www.thecommunityofconcern.org)

301-493-5000

Ofrece información en inglés en este folleto, actividades y reconocimientos

Instituto Nacional sobre el Abuso de Alcohol y Alcoholismo (NIAAA)

(www.niaaa.nih.gov) Ofrece materiales informativos gratuitos sobre muchos aspectos del consumo y abuso del alcohol y alcoholismo

LaAntiDroga.com

(www.laantidroga.com) Ofrece información para los padres sobre las drogas y sus efectos perniciosos

National Center for Tobacco-Free Kids

800-803-7178

(www.tobaccofreekids.org/campaign/global/reports.shtml)

Ofrece información para proteger a la juventud de los efectos dañinos del uso de tabaco

National Institute on Drug Abuse

(www.drugabuse.gov), (www.steroidabuse.org), (www.clubdrugs.org)

Ofrece información sobre drogas de clubes o esteroides anabólicos

National Inhalant Prevention Coalition

800-269-4237

(www.inhalants.org/spanish.html)

Ofrece información sobre los inhaladores para los jóvenes

Recursos locales

Usted no está solo cuando tiene que enfrentar problemas de alcohol, tabaco o drogas con su hijo o hija. Solicite Ud. ayuda. Un buen lugar para comenzar es con los consejeros de la escuela de sus hijos.

La lista citada es una compilación hecha en el año 2003; su publicación no significa el apoyo de la misona.

Tabla de Drogas

Fotografías de Algunas Drogas Comúnmente Usadas.

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Tipo de Droga

Cannabis



Enseres para marihuana



Cigarros

Estimulantes



Enseres para cocaína



Pipas para crack

Alucinógenos

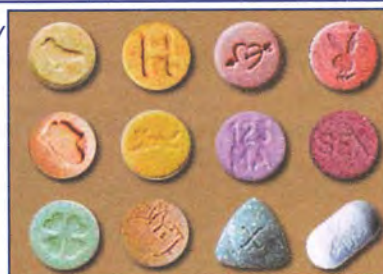


LSD -papel absorbente



Hongo Psilocybin

Drogas Club/ Drogas Dibujadas



Éxtasis



Roipnol- Droga de la violación
"Roofies"

Tabla de Drogas

Drogas Comúnmente Usadas

Tipo de droga	Nombre de la droga	Nombre popular	Descripción	Categoría DEA Cómo se usa	Enseres necesarios	Señales y síntomas de su uso
Cannabis	Marihuana Hashish Aceite hash	Marijuana, sinsemilla, yerba, pot, grass, reefer, weed, joint, blunt	Similar a las hojas, tallos y semillas de orégano secos	I Ingerida, fumada	Papel para enrollar, pipas, cigarros	Olor de dulce quemado, reacciones lentas, ojos enrojecidos, memoria afectada
Depresores (del sistema nervioso)	ALCOHOL Cerveza, vino, bebidas destiladas, guisqui, vodka, gin, ron, cognac	Jugo, trago, booze, juice, brew	Líquido	No mencionado Ingerido	Botellas, latas, otros recipientes	Mente obnubilada, cambio de humor, menos inhibiciones
	BARBITURICOS Amyl Sedonal Nemintal	Downers, yellow jackets, reds	Tabletas, polvo	II, III Ingeridos, inyectados	Jeringa, agujas	Confusión, fatiga, coordinación afectada, conversación ininteligible
	TRANQUILIZANTES Valium, Librium	Tranks, downers, candy	Tabletas	IV Ingeridos	Frascos para píldoras	Vértigo, somnolencia
Narcóticos	HEROÍNA, MORFINA	Dreamen junk, smack, horse	Polvo blanco a marrón, tabletas, líquidos	I Inyectados, fumados, aspirados	Jeringas, cucharas, encendedor, agujas	Letargo, pérdida de color de la piel, marcas de agujas, pupilas cerradas, tambaleo, marea
	OXYCONTINA	Killer, OC, Oxy, Oxyetton	Tabletas	II Masticadas, Aspiradas, Inyectadas	Hoja de afeitar	Sedación, vértigo, boca seca, transpiración
Estimulantes (del sistema nervioso)	ANFETAMINAS (anfetamina, dextroanfetamina, metamfetamina)	Speed, uppers, bennies, crank, crystal, blackbeauties, crosses, wide-eye ice	Variedad de tabletas, cristales similares a la sal	II Ingeridas Inyectadas Fumadas Aspiradas	Jeringas, agujas	Exceso de actividad, irritabilidad, nerviosismo, comportamiento impulsivo, pupilas dilatadas
	METHYLPHE- NIDATE	Ritalin, JIH, vitamin R, R-ball	Tabletas	II Ingeridas, aspiradas, inyectadas	Hoja de afeitar, popotes o cánulas, superficies de vidrio	Aumento de la alerta, excitación, insomnio, pérdida del apetito
	COCAÍNA CRACK	Coke, snow, toot, blow, white lady, flake, vitamin C	Polvo blanco	I Aspirada, inyectada, ingerida, fumada	Hojas de afeitar, popotes o cánulas, espejos, superficies de vidrio	Pupilas dilatadas, verborrea, euforia breve, depresión, piel grasosa
	TABACO NICOTINA	Smokes, butts, cigs, cancer sticks/snuff, dip, chew	Materia orgánica seca, marrón	No citada Fumada o masticada	Salivaderas, cortador de cigarros, encendedores, fósforos	Respiración corta, enfermedades respiratorias, cáncer pulmonar, de las vías orales u otros

Tabla de Drogas

Drogas Comúnmente Usadas

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Consecuencias Legales

Tipo de droga	Nombre de la droga	Nombre popular	Descripción	Categoría DEA Como se usa	Enseres necesarios	Señales y síntomas de su uso
Alucinógenos (alteran la percepción de la realidad)	PCP (Phencyclidine)	Angel dust, hog, peace pill, tictac, znot	Polvo blanco o tableta, líquido, cápsulas	I, II Fumado, aspirado, inyectado, ingerido	Papel de aluminio, puede ser aplicado a hojas secas de menta, perejil, tabaco	Limita las funciones motoras, obnubilación, impredecibilidad, pánico, agresividad
	LSD (Dietilamida del ácido lisérgico)	Acid, cubes, blotter, microdot, yellow sunshine, gel tabs	Polvo inodoro, incoloro, insípido, tabletas, líquido	I Ingerido, cubos de azúcar lamidos sobre papel absorbente	Papel absorbente, pequeños cubos de gelatina	Pupilas dilatadas, estado de percepción y sentimientos alterados, escenas retrospectivas
	MESCALINE Psilocybin	Mesc, cactus, magic mushroom, shrooms	Discos marrones, tabletas, hongos naturales (fritos o secos)	I Ingeridos, fumados, masticados	Hongos secos bebidos como té	Como LSD, nerviosismo, paranoia
Inhalantes (sustancias inhaladas por nariz o boca)	Refrescantes del aire, butano, líquido correctivo, aerosoles, adhesivos, gasolinas, lápices marcadores, nitrato de butilo	Glue, kick, bang, huff, poppers, whippets, Texas shoe shine, jac blaster	Productos químicos que producen vapores que alteran la mente	No citado Inhalados por la boca o la nariz, a menudo con la ayuda de bolsas de plástico	Bolsas de limpieza, latas vacías de pulverizar, tubos de adhesivos, latas de aerosoles, grandes globos	Mala respiración, visión reducida, pensamiento lento, dolor de cabeza, falta de oxígeno, manchas o dolores en la boca o nariz
Esteroides	Anabolic	Stacker, gym candy, juice arnolds, weight trainers	Tabletas	III Ingeridas, inyectadas	Usados en grandes cantidades para aumentar la masa muscular	Comportamiento agresivo "Roid rage"
Drogas Club/ Drogas Dibujadas	MDMA, MDA, MDEA (estimulantes/ alucinógenos)	Éxtasis, X, XTC, E, Peace	Tabletas dibujadas	I Ingeridas	Candelas, caramelo tranquilizador	Ansiedad, dientes apretados, paranoia, hipertermia
Droga de la Violación	Rolipnol (depresivo)	R-S, roofies, mexican valium, spanish fly	Inodoro, insípido, se disuelve fácilmente en bebidas gaseosas	IV Ingerido, agregado a bebidas	Bebidas, latas de bebidas	Pequeñas cantidades causan inconciencia y/o amnesia
	GHB (depresivo)	Grievous Bodily Harm, Georgia Home Boy	Líquido claro, cápsulas	I en 6 estados; en espera # clasificación en 44 estados. Ingerido, disuelto en bebidas	Bebidas, latas de bebidas	Modorra, falta de reflejos, dolor de cabeza

Programa de la Drug Enforcement Administration (DEA) – Sistema para Regular las Drogas Psicoactivas – Programa I/II alto potencial de abuso. Programa I – no aprobado para uso médico. Programa II – disponible en recetas no repetibles. Programa III/IV – disponible por receta con repetibilidad restringida. Programa V – disponible para la venta en el mostrador (U.S. Departamento de Justicia)

Consecuencias Legales

Daños Civiles, Imposición Policial y Penalidades Delictivas

Daños Civiles

Una persona que facilita el uso de alcohol o drogas a un menor o que permite que alcohol o drogas sean usados por un menor cuando esté en condiciones de prevenir tal hecho, puede ser responsable por los daños resultantes del debilitamiento del menor. Por ejemplo, una persona que proporciona bebidas alcohólicas a menores o participantes de una fiesta en la que está permitido beber pudiera ser responsable por daños importantes sufridos si el menor, manejando mientras debilitado, tuviera un accidente que causara daño a sí mismo o a otros o a propiedades.

Imposición Policial

Con la elevada conciencia de los problemas creados por el uso de alcohol y otras drogas por parte de menores, las autoridades no están dispuestas a pasar por alto las infracciones al código. Por ejemplo, en algunos condados, la tolerancia es cero. En las reuniones en las que los menores consumen alcohol, todos los participantes, bebedores o no, estarán sujetos a ser citados judicialmente.

Penalidades Delictivas – Tabaco

Los 50 estados y el DC prohíben la venta de productos con tabaco a los menores. Los vendedores que venden ese tipo de producto a los jóvenes menores de 18 años están sujetos a multas. Lo mismo ocurre a personas que distribuyan o compren productos con tabaco para los menores. Más de 44 estados también tienen leyes que penalizan con multas, servicios comunitarios o pérdidas de los derechos de conducir a los jóvenes por comprar, poseer o usar productos con tabaco.

Penalidades Delictivas – Uso de Sustancias Peligrosas Controladas

En muchos estados la "Posesión o Venta de Sustancias Controladas" es considerada un delito grave. Las penalidades varían entre el encarcelamiento y multas altas. Las penalidades por la "Venta dentro de la Propiedad Escolar o dentro de 1,000 pies de cualquier Escuela" y la "Distribución a Personas Menores de 18 años" son severas.

Penalidades Delictivas – Alcohol y Marihuana

Estado	FCI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
AK	Multa hasta \$5000 Cárcel hasta 1 año LC anulada	Compra/multa hasta \$5000 Cárcel hasta 1 año Posesión/multa \$100	Multa hasta \$5000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-90 días
AL	Multa \$50-500 Cárcel hasta 3 meses SL 3-6 meses	Multa \$50-500 Cárcel hasta 3 meses SL 3-6 meses	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$1000 Cárcel 0-90 días
AR	Multa hasta \$500 Cárcel hasta 90 días Posible libertad condicional	Multa \$100-500 y/o libertad condicional o a prueba	Multa hasta \$1000 Cárcel hasta 5 años	Multa hasta \$ 1000 Cárcel 0-1 año
AZ	Multa hasta \$2500 Cárcel hasta 6 meses SL	Multa hasta \$500 Cárcel hasta 30 días	Multa hasta \$2500	Multa \$750-150.000 Cárcel o liberad condicional
CA	Multa hasta \$1000 Cárcel hasta 6 meses SL hasta 1 año SC 24-32 horas	Multa \$250 y SC hasta 32 horas SL hasta 1 año	Multa \$1000 SC hasta 24 horas	Multa \$1000 Cárcel – ir a la corte

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
CO	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$1000, EA, PAS, SL, Cárcel, SC	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$1000 Cárcel hasta 15 días
CT	Multa \$50-500 Cárcel hasta 30 días SL	Multa \$200-500 Cárcel hasta 30 días SL	Multa hasta \$1500 y/o cárcel hasta 18 meses	Multa hasta \$1000 Cárcel hasta 1 año
DE	Multa \$100-500 Cárcel hasta 30 días	Multa hasta \$1000 o SL 30 días	Multa hasta \$500 Cárcel hasta 30 días SC 40 horas	Multa \$1150 Cárcel 0-6 meses
DC	Multa hasta \$300 Cárcel hasta 30 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 30 días SL	Multa hasta \$1000 Cárcel hasta 180 días	Multa hasta \$1000 Cárcel 0-180 días
FL	Multa hasta \$500 Cárcel hasta 60 días SC 40 horas SL 6 meses	Multa hasta \$500 Cárcel hasta 60 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 60 días SC 40 horas, SL	Multa hasta \$1000 Cárcel 0-1 año
GA	Multa hasta \$1000 Cárcel hasta 12 meses	Multa hasta \$500 y/o cárcel hasta 6 meses, SL	Multa hasta \$1000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-1 año
HI	Multa hasta \$1000 Cárcel hasta 5 años	Menores 18 años: Corte para familia. 18-21 años faltas menores: penalidad variable según condado	Multa hasta \$2000 Cárcel hasta 6 meses	Multa hasta \$1000 Cárcel 0-1 año
ID	Multa hasta \$3000 Cárcel hasta 60 días	Multa hasta \$1000 SL hasta 1 año, EA, PAS	Multa \$1000 Cárcel hasta 60 días	Multa hasta \$1000 Cárcel 0-1 año
IL	Multa hasta \$500 SC hasta 25 horas, SL	Multa hasta \$2500 Cárcel hasta 12 meses SL, PAS	Multa hasta \$2500 Cárcel hasta 12 meses	Multa \$500 Cárcel 0-30 días
IN	Multa hasta \$500 Cárcel hasta 60 días SL hasta 1 año	Multa hasta \$500 Cárcel hasta 60 días	Multa hasta \$1000 Cárcel hasta 60 días	Multa \$5000 Cárcel 0-1 año
IA	Multa hasta \$2000 SL hasta 1 año	Multa hasta \$200 SL hasta 1 año, SC	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
KS	Multa hasta \$500 SC hasta 100 horas	Multa \$200-500 SC 40 horas, PAS	Multa mínima \$200 Cárcel	Multa \$2500 Cárcel 0-1 año
KY	Multa hasta \$500 Cárcel hasta 1 año SL hasta 6 meses, PAS	Multa hasta \$500 Cárcel hasta 1 año	Multa hasta \$500 Cárcel hasta 1 año a 1 año	Multa \$500 Cárcel 90 días
LA	Multa hasta \$2000 SC 30 horas	Multa hasta \$250 Cárcel 6 meses, SL, PAS	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
ME	Multa \$100-500	Multa \$100-500 SC, LS	Multa hasta \$1000 Cárcel	Multa \$400 Cárcel 0-1 año
MD	Multa \$500 Cárcel hasta 2 meses Licencia conductor falsa: hasta -12 puntos	Multa \$500 EA, PAS, SC 20 horas	Multa hasta \$1000 Cárcel hasta 2 años	Multa \$1000 Cárcel 0-1 año

Muchas Gracias
Consecuencias Legales

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
MA	Multa \$300 SL 180 días	Multa hasta \$300 SL hasta 180 días	Multa hasta \$2000 Cárcel hasta 6 meses	Multa \$500 Cárcel 0-6 meses
MI	Multa hasta \$100 Cárcel hasta 90 días SL hasta 90 días	Multa hasta \$500 PAS, SC	Multa hasta \$2500 Cárcel hasta 90 días SC	Multa \$1000 Cárcel 0-1 año o a prueba
MN	Multa hasta \$100, SL	Multa hasta \$100	Multa hasta \$100, SC	Multa \$200, PAS
MS	Multa hasta \$200 Cárcel 5-30 días SC hasta 30 días	Multa hasta \$100	Multa hasta \$2000 Cárcel hasta 1 año	Multa hasta \$1000 Cárcel 0-1 año
MO	Multa \$500	Multa \$500-1000 Cárcel 6-12 meses SL, PAS	Multa hasta \$1000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-1 año
MT	Multa hasta \$500 y/o cárcel 6 meses SL 6 meses	Multa hasta \$100 SL hasta 90 días SC, PAS	Multa hasta \$500 Cárcel hasta 6 meses	Multa \$100-500 Cárcel 0-6 meses
NE	Multa hasta \$500 Cárcel hasta 3 meses	Multa hasta \$500 Cárcel hasta 30 días SC hasta 10 días, SL	Multa hasta \$1000 Cárcel hasta 1 año	Multa hasta \$500 Cárcel hasta 7 días, PAS
NV	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa hasta \$1000 Cárcel hasta 6 meses SC	Multa \$5000 Cárcel 1-4 años
NH	Multa hasta \$500 SL hasta 60 días	Multa hasta \$250 SL 90 días - 1 año	Multa hasta \$2000 Cárcel hasta 12 meses	Multa \$1000 Cárcel 0-1 año
NJ	Multa hasta \$500 SL 6 meses, PAS	Multa mínimo \$500 SL 6 meses, PAS	Multa \$500 SL 6 meses	Multa \$1000 Cárcel 0-6 meses
NM	Multa hasta \$1000 Cárcel 2-5 días SC 60 horas	Multa hasta \$1000 Cárcel hasta 60 días SC hasta 50 horas, PAS, SL hasta 3 meses, EA	Multa hasta \$1000 Cárcel hasta 5 días SC, SL hasta 1 año	Multa hasta \$1000 Cárcel hasta 1 año. Elegible para libertad condicional
NY	Multa hasta \$100 SC hasta 30 horas SL hasta 3 meses, PAS	Multa hasta \$100 SC hasta 30 horas PAS	Multa hasta \$500 Cárcel hasta 5 días	Multa \$500 Cárcel 0-3 meses
NC	Multa a discreción de la Corte Cárcel hasta 45 días SL 1 año	Multa mínimo \$250 Cárcel y/o prueba SC hasta 25 horas, SL SC hasta 150 horas	Multa \$2000 (mayores 21) Cárcel 0-2 años	Cárcel 1-6 meses SC
ND	Multa \$1000 Cárcel 30 días	Multa \$1000 Cárcel 30 días, EA	Multa hasta \$2000 Cárcel hasta 1 año	Multa \$1000 Cárcel 0-30 días
OH	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$1000 Cárcel hasta 6 meses	Multa \$500-1000 Cárcel hasta 6 meses	Multa \$250 Cárcel 0-30 días
OK	Multa hasta \$50 SL 1 año o hasta 21 años edad	Multa hasta \$100 y/o cárcel 30 días PAS, EA, SC 20 horas	Multa hasta \$5000 Cárcel hasta 5 años Licencia conductor revocada	Multa \$500 Cárcel 0-1 año

Consecuencias Legales

Penalidades Delictivas

Estado	CI falsa	Compra/posesión de alcohol por menor	Compra/provisión de alcohol a menor	Posesión de marihuana
OR	Multa \$300, SC, SL 1 año, PAS 18-21 años	Multa hasta \$300, PAS	Multa mínimo \$350 Cárcel mínimo 30 días	Multa \$500-1000
PA	Multa hasta \$300 Cárcel hasta 90 días EA, SL, PAS	Multa \$500 SL 90 días PAS	Multa \$1000-2500 Cárcel hasta 1 año	Multa \$500 y/o cárcel hasta 30 días
RI	Multa \$150-1000 SL 3-12 meses	Multa \$100-500 SL 3 meses	Multa hasta \$1000 Cárcel hasta 6 meses	Multa \$200-500 Cárcel hasta 1 año
SC	Multa \$100-200 Cárcel hasta 30 días SL	Multa hasta \$200 Cárcel hasta 30 días SL	Multa hasta \$200 Cárcel hasta 30 días SL	Multa \$100-200 Cárcel 0-30 días
SD	Multa \$200 Cárcel hasta 30 días SL 30 días-1 año	Multa \$200 y/o cárcel 30 días SL 30 días-1 año, PAS	Multa \$1000 y/o cárcel 0-1 año SL 30 días-1 año	Multa \$100 Cárcel 0-30 días
TN	Multa \$50-500 Cárcel 5-30 días SL, SC 20 horas	Multa \$50-500 Cárcel 5-30 días SC 20 horas	Multa \$50-2500 Cárcel 11 meses 29 días SC hasta 30 días	Multa mínimo \$250 Cárcel 0-1 año
TX	Multa \$250-2000 Cárcel hasta 180 días SC 8-40 horas SL, PAS	Multa \$250-2000 y/o cárcel hasta 180 días SC 8-40 horas SL, PAS	Multa \$250-2000 y/o cárcel hasta 180 días SC 8-40 horas, SL	Multa \$2000 Cárcel 0-180 días
UT	Multa hasta \$1000 Cárcel hasta 6 meses, SL	Multa hasta \$1000 Cárcel hasta 6 meses, SL	Multa hasta \$2500 Cárcel hasta 1 año meses	Multa \$1000 Cárcel hasta 6
VT	Multa hasta \$50	Multa hasta \$500 Cárcel hasta 30 días	Multa \$200-1000 Cárcel hasta 2 años	Multa \$500 y/o cárcel hasta 6 meses
VA	Multa \$100-500	Multa \$500 SC 50 horas SL hasta 1 año	Multa \$2500 Cárcel hasta 1 año	Multa \$500 Cárcel hasta 30 días
WA	Multa hasta \$1000 Cárcel hasta 90 días	Multa hasta \$1000 Cárcel hasta 90 días	Multa hasta \$2500 Cárcel hasta 90 días	Multa \$1000 Cárcel 1-90 días
WV	Multa hasta \$50 y/o cárcel 72 horas o 1 año de libertad condicional	Multa hasta \$50 y/o cárcel 72 horas o 1 año de libertad condicional	Multa hasta \$100 Cárcel hasta 10 días	Multa \$1000 Cárcel 3-6 meses
WI	Multa mínimo \$300 SC, SL	Multa \$250-500 SL, SC	Multa hasta \$500 Cárcel hasta 90 días SL 5-30 días	Multa hasta \$1000 Cárcel hasta 6 meses
WY	Multa hasta \$750 y/o cárcel hasta 6 meses	Multa hasta \$750 Cárcel 6 meses, SL	Multa hasta \$750 Cárcel hasta 6 meses	Multa hasta \$1000 Cárcel hasta 1 año

EA=Evaluación Alcohólica; LC= Licencia de Conductor; PAS=Programa de Abuso de Sustancias; SC=Servicios Comunitarios; SL=Suspensión de Licencia de Conductor.

Las leyes y las penalidades cambian y son interpretadas y cumplidas en formas diferentes aún dentro de la misma jurisdicción legal. Las penalidades citadas aumentan con las ofensas subsiguientes. Esta tabla es solamente con propósitos informativos. Se agradece especialmente a Sunanda K. Holmes, Esq.

Muchas Gracias

Nuestro Agradecimiento

Nosotros, los padres de la Georgetown Preparatory School que escribimos este folleto, expresamos nuestro profundo aprecio y agradecimiento a las siguientes escuelas que compartieron su tiempo y sus experiencias y que además nos ofrecieron copias de sus Manuales de Abuso de Sustancias. Además nos dieron la libertad de tomar sus ideas y a aplicarlas en nuestro trabajo, tal como lo hicimos.

Las escuelas Jesuitas incluyen: Georgetown Preparatory School (MD), St. Ignatius College Preparatory (CA), Bellarmine College Preparatory School (CA), Regis Jesuit High School (CO), Brophy College Preparatory (AZ), Gonzaga College High School (DC), St. Louis University High School (MO), St. Joseph's Preparatory School (PA), Fordham Preparatory School (NY) y Fairfield Preparatory School (CT). Otras escuelas que colaboraron incluyen: Georgetown Visitation Preparatory School (DC), Stone Ridge School of the Sacred Heart (MD), the Holton-Arms School (MD), New Trier High School (IL) y Episcopal High School (VA).

La organizaciones que colaboraron incluyen: Best Friends Foundation, Empower America y Safe & Drug-Free Schools, Montgomery County Public Schools (MD). Este opúsculo fue revisado por Wilkie A. Wilson, Ph. D.*, profesor de farmacología y biología del cáncer en Duke University Medical Center, Suburban Hospital's (MD), Addiction Treatment Center's Director, Beth Kane Davidson, M. Ed., CAC, y Jeffrey M. Georgi, M. Div., CCAS, Clinical Director of the Duke Addictions Program, Duke University Medical Center.

Agradecemos a todos los padres que han venido a nuestro encuentro, que compartieron sus problemas, su sabiduría y su entusiasmo. Gracias también a nuestros hijos e hijas que nos dieron sugerencias por medio del cuestionario sobre Abuso de Sustancias.

La primera "Comunidad de Interés" fue formada en el otoño de 1999 en las escuelas del área metropolitana de Washington DC y fue fundada por James P. Power, Ph. D., director y Mimi Fleury, un padre de la Georgetown Preparatory School.

La misión de la Comunidad de Interés es la de educar a los padres acerca de los efectos del uso de alcohol, tabaco y otras drogas en cuanto a sus hijos y estimular la colaboración entre los padres, las escuelas y los alumnos para la prevención del abuso de sustancias.

Community of Concern, Inc.
Georgetown Preparatory School, 10900 Rockville Pike,
North Bethesda, MD 20852
www.thecommunityofconcern.org, info@thecommunityofconcern.org

"Guía de Padres Para la Prevención del Alcohol, del Tabaco, y Otro Uso de la Droga"
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*Para más información consulte los siguientes libros escritos con la coautoría de Wilkie Wilson, Ph. D.:

"Buzzed" (W.W.Norton, 1998) –información básica acerca de las drogas
"Pumped" (W.W.Norton, 2000) – información acerca de deportes y drogas
"Just Say 'Know'" (W.W.Norton 2002) – información sobre cómo conversar con sus hijos sobre el alcohol, el tabaco y otras drogas.

Los autores de los tres libros son: Cynthia Kuhn, Ph. D., Scott Swartzwelder, Ph. D. y Wilkie Wilson, Ph. D.

Esta guía no intenta reflejar todas las estrategias conocidas para enfrentar los desafíos de la prevención del uso de alcohol, ni tabaco ni otras drogas entre los jóvenes; esta guía está diseñada para servir como un recurso a los padres, a los alumnos y a las escuelas. La información contenida en la misma no intenta reemplazar al consejo profesional ya sea como servicio médico u otro y no debería ser interpretada como tal. La situación de cada individuo es diferente. La Comunidad de Interés desconoce toda responsabilidad sobre los hechos que resulten del uso de estas ideas o servicios.

Nuestros agradecimientos especiales a Mary Flynt, Educador de Prevención, y las Escuelas Públicas de la ciudad de Alexandria, VA y Theresa Watts y al Departamento de Lenguaje de St. Ignatius College Preparatory en San Francisco, CA, por su ayuda con la traducción de este folleto.

La Primera “Community of Concern”

Washington D.C.

Nos gustaría agradecer a estas escuelas y otras organizaciones que se han reunido para formar el primer folleto "Comunidad de Interés", bajo la dirección de los padres de Georgetown Preparatory School. Su liderazgo y visión nos han inspirado – padres, estudiantes y escuelas – a trabajar juntos para evitar el uso de alcohol, tabaco y otras drogas a través de la educación y la cooperación.

The Academy of the Holy Cross
Archbishop Carroll High School
Best Friends Foundation
Bishop McNamara High School
The Bullis School
Connelly School of the Holy Child
DeMatha Catholic High School
Elizabeth Seton High School
Episcopal High School
Flint Hill School
Georgetown Preparatory School
Georgetown Visitation Preparatory School
Gonzaga College High School
The Heights School
The Holton-Arms School
Landon School
Langley High School
The Langley School
The Madeira School
Maret School
Mater Dei School

Montgomery County Public Schools
National Cathedral School
The Nora School
Norwood School
Our Lady of Good Counsel High School
Parents Council of Washington
Parkmont School
The Potomac School
St. Albans School
St. Andrew's Episcopal School
St. Anselm's Abbey School
St. John's College High School
St. John's Episcopal School
St. Mary's Ryken High School
St. Stephen's and St. Agnes School
St. Vincent Pallotti High School
Sidwell Friends School
Stone Ridge School of the Sacred Heart
Suburban Hospital
Thornton Friends School
Washington Episcopal School
Washington International School

Miles de padres de escuelas públicas y privadas comparten este recurso en nuestra nación. La "Comunidad de Interés" continúa creciendo.



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THE WHITE HOUSE DOCUMENT MANAGEMENT AND TRACKING WORKSHEET

DATE RECEIVED: 2/2/2004

CASE ID: 606070

NAME OF CORRESPONDENT: TIM JOHNSON

ED

SUBJECT: EXPRESSES CONCERN ABOUT PRESS ACCOUNTS THAT THE PRESIDENT FY05 BUDGET WILL SHORTCHANGE THE NO CHILD LEFT BEHIND ACT

ROUTE TO: AGENCY/OFFICE	(STAFF NAME)	ACTION		DISPOSITION	
		CODE	DATE	TYPE RESPONSE	CODE
LEGISLATIVE AFFAIRS	DAVID HOBBS	ORG	2/3/2004		<i>C</i> <i>CJ</i>
ACTION COMMENTS:					
✓ OFFICE OF MANAGEMENT AND BUDGET		R	2/3/2004		<i>C</i> <i>CJ</i>
ACTION COMMENTS:					
DEPARTMENT OF EDUCATION		I	2/3/2004		<i>C</i>
ACTION COMMENTS:					
ACTION COMMENTS:					
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COMMENTS:

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ACTION CODES:	DISPOSITION		
A - APPROPRIATE ACTION B - RESEARCH AND REPORT BACK D - DRAFT RESPONSE I - INFO COPY/NO ACT NECESSARY R - DIRECT REPLY W/ COPY	TYPE RESPONSE: TYPE RESPONSE = INITIALS OF SIGNER NRN = NO RESPONSE NEEDED	DISPOSITION CODES: A - ANSWERED/ACKNOWLEDGED C - CLOSED X - INTERIM REPLY	COMPLETED DATE: COMPLETED = DATE OF ACKNOWLEDGEMENT OR CLOSE-OUT DATE (MM/DD/YY)

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February 03, 2004

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DESCRIPTION OF INCOMING:

ID: 606070

MEDIA: FAX

**DOCUMENT
DATE:** JANUARY 14, 2004

TO: PRESIDENT BUSH

FROM: TIM JOHNSON
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WASHINGTON, DC 20510

SUBJECT: EXPRESSES CONCERN ABOUT PRESS ACCOUNTS THAT THE
PRESIDENT FY05 BUDGET WILL SHORTCHANGE THE NO CHILD LEFT
BEHIND ACT

COMMENTS:

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PO BOX 1554, ABERDEEN, SD 57402

SIOUX FALLS OFFICE: (605) 332-8886
PO BOX 1424, SIOUX FALLS, SD 57101

United States Senate

WASHINGTON, DC 20510-4104

January 14, 2004

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President George W. Bush
The White House
Washington, DC 20500

Dear Mr. President:

I am writing to express my strong concern that, according to press accounts, your Fiscal Year (FY) 2005 budget will again shortchange promises you made to our nation's children when you signed the No Child Left Behind (NCLB) Act just over two years ago.

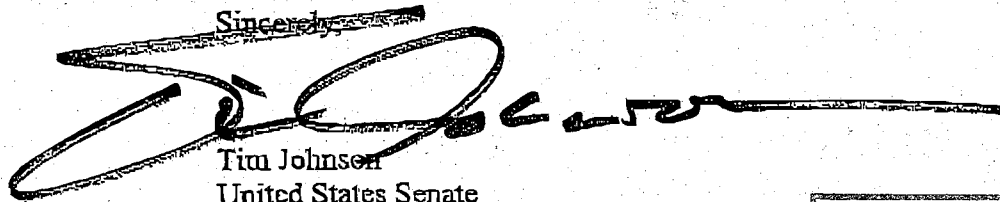
I have long believed that the education of our nation's children should be the result of a strong federal-state-local partnership. When Congress passed and you signed NCLB, we set standards of achievement to improve education for all. However, what your administration has seemed to have forgotten is that those standards came with a promise that the federal government would provide state and local school districts with the resources they need to implement those reforms. I have been woefully disappointed with your refusal to make good on that promise.

South Dakota education officials and educators are working very hard to meet the requirements of this law. It is irresponsible for this administration to say that states and school districts must meet the requirements in this law, while the federal government does not meet the promises made in this law to provide funding to do so.

Your budget request for FY 2004 fell over \$9 billion short of fully funding NCLB. I am disappointed that your FY 2005 budget request will be \$7 billion short of the funding levels called for in NCLB for Title I. As you know, Title I is the largest and one of the most important programs under NCLB and provides important resources to improve educational opportunities for the most economically disadvantaged students in America. If Title I is not fully funded under promised made in NCLB, 4.6 million U.S. students who are eligible for Title I services will be left behind. Under your reported budget request, my home state of South Dakota would receive \$37.655 million, \$24.667 million below the level called for when you signed the No Child Left Behind Act. This would leave 8,222 Title I eligible South Dakota children behind. I find this completely unacceptable.

Mr. President, I hope these press accounts are inaccurate; however, if they are not, I urge you to reconsider your FY 2005 budget priorities and request the full level of funding called for in NCLB to implement its requirements.

Sincerely,



Tim Johnson
United States Senate

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COMMITTEES: APPROPRIATIONS; BANKING, HOUSING, AND URBAN AFFAIRS; BUDGET; ENERGY AND NATURAL RESOURCES; INDIAN AFFAIRS

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January 14, 2004

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ED

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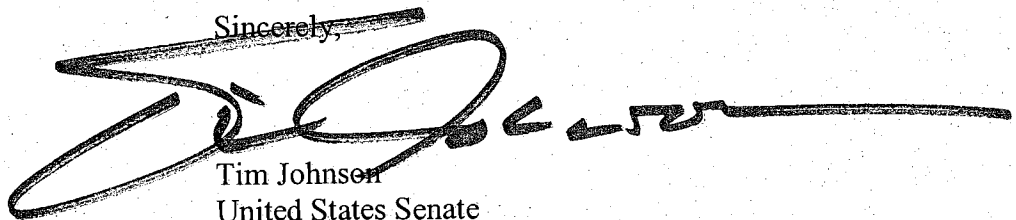
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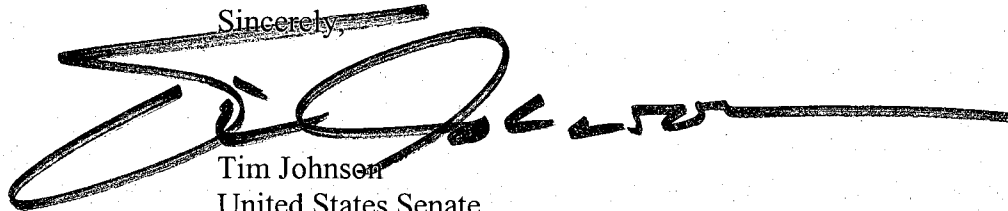
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