



THE SOCIAL P·A·C·T



**PARENTS AND COMMUNITY TOGETHER
To Prevent Teen Drug and Alcohol Use**



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RAVENSCROFT DRUG AND ALCOHOL PREVENTION EDUCATION PROGRAM: *Building a Partnership with Parents in Our Community*

Ravenscroft School understands the importance of partnering with the parents in our community to address the issue of drug and alcohol prevention. With that in mind, the school bases its approach to student drug and alcohol prevention on a number of core beliefs. We believe that all use among our young people is dangerous. And we believe that children and teens are most likely to make responsible choices about alcohol, tobacco, and other drug use when they are:

- **Presented with accurate information that also encourages delaying or refusing first use and subsequent use**
- **Given clear and consistent expectations for behavior**
- **Respected and listened to**
- **Exposed to positive role models**
- **Rewarded for choosing to live drug and alcohol-free**

Adopted from Freedom from Chemical Dependency www.fcd.org

The Drug and Alcohol Prevention Education Program at Ravenscroft complements the meaningful, consistent, and present relationships we hope our faculty and parents have with children and includes:

- **Curriculum Offerings:** Led in health class by the Physical Education department.
- **Advisory Program:** This program's foundational cornerstone of "Leading Self, Leading With Others, and Changing Your World" emphasizes healthy relationship building skills.
- **Discipline Policy:** Articulated in the Student Handbook, this policy outlines the consequences of use or distribution by a student if caught.
- **Community Health Team:** A non-disciplinary complement to the discipline policy, this group is where concerns about use by a community member can be brought.
- **Counseling:** Ravenscroft employs a full time counselor in each school division where students can talk about alcohol and drug issues within the law of confidentiality.
- **Project Purple: The Herron Project:** Led by students who choose to become members, they support each other in their commitment not to use drugs or alcohol.
- **Guest Speakers:** Designed to present current and compelling information to students and parents about the realities of substance abuse, and encouraging a culture of non-use.

PARENT CONNECTION: *The Power of You*



As parents, we understand the importance of social activities and parties in our teens' lives. We also know that the teen years are a pivotal time requiring guidance to help them make appropriate, responsible and safe choices about the use of drugs and alcohol. Although it may not always feel like it, research shows that parents DO have a very unique and powerful voice in helping their teens make healthy decisions. They are much more open to your guidance than they will ever let on and that's great news. The Social PACT is designed with this influence in mind. It is meant to be a catalyst for discussion between parents and their teens, and among Ravenscroft School parents. It is hoped that this information will become a resource to help equip families with the information needed to encourage healthy choices.

Under Construction! What's Really Going On In Your Teen's Brain?

Scientists now know that the human brain gets reorganized in a dynamic way throughout the teen years. This stage of major brain development, generally between the ages of 13 to 25, can be one of great opportunities, but also one of great risks. Ironically, it is during this period when the brain is rapidly changing and most vulnerable to outside influences that teens are most likely to experiment with drugs and alcohol. Why? Simply put, the teen brain develops unevenly. First to develop are the parts that control their physical coordination, emotion, and motivation. But the part of the brain that controls reasoning and impulses - known as the Pre-frontal Cortex - develops last, not fully maturing until the ripe old age of 25. It is this characteristic of teen brain development scientists say, that explains why young people sometimes lack good



impulse control and exercise poor judgment. While endearingly passionate and motivated on one hand, they are also prone to greater risk-taking without considering the consequences. Because they have an over-active impulse to seek pleasure and less ability to consider the consequences, teens are especially vulnerable when it comes to the temptations of drugs and alcohol.

IMPLICATIONS OF EARLY DRUG AND ALCOHOL USE ON THE BRAIN

“A teen that begins drinking by the age of 15 is 4 times more likely to develop dependence as someone who waits until they’re 21.”

Source: Community Anti-Drug Coalitions of America

“90% of addictions begin in the teen years.”

Source: Partnership for Drug-Free America 2012 Partnership Attitude

As you help your teen navigate the tricky waters of this critical brain developmental period, being armed with accurate information about the effects of alcohol and drug use is your best line of defense. Developing brains can be more prone to damage. This means that experimentation with drugs and alcohol can have lasting, harmful, and sometimes devastating effects on your teen's health. Addiction is a developmental disease. And at no other time in human development (the adolescent and teen years) is the risk for developing a substance abuse disorder so high!

- Alcohol and drug use during the teenage years negatively impacts the hippocampus, impairing critical thinking and memory skills during use.
- Use of marijuana can continue to impair cognitive functioning for days after use including attention, memory & working memory, judgement & evaluation, reasoning & “computation”, problem solving & decision making, comprehension and production of language, increasing the likelihood that teens could be functioning “below their natural ability” for periods of time.
- Early drug and alcohol use can disrupt crucial social and developmental milestones and can impair cognitive development, making it harder for teens to cope with social situations and the normal everyday pressures of life.

THE DUNEDIN STUDY: EARLY MARIJUANA USE LINKED TO IQ DECLINE

Researchers led by Dr. Madeline Meier of Duke University, studied the association between persistent marijuana use and neuropsychological decline and whether declines were concentrated among adolescent-onset users. Participants were members of University of Otago's long-running Dunedin Multidisciplinary Study in New Zealand. This ground-breaking study followed participants who were born in 1972 and 1973 from birth to age 38. Marijuana use was ascertained in interviews at ages 18, 21, 26, 32, and 38 years. Neuropsychological testing was conducted at age 13 years, before initiation of marijuana use, and again at age 38, after a pattern of persistent marijuana use had developed.

Using data from the study, researchers published their findings in 2012. They determined that regular use of marijuana (once a week) in the early teen years led to neuropsychological decline broadly across domains of functioning, even after controlling for alcohol or drug dependence, socioeconomic status, and years of education. Between the ages of 8 and 38 years, individuals who began using in adolescence and continued to use it for years thereafter lost an average of 8 IQ points, and experienced other signs of impaired mental functioning. In contrast, IQ among individuals who never used marijuana actually rose slightly. Impairment was concentrated among adolescent-onset marijuana users, with more persistent use associated with greater decline. Further, giving up marijuana use did not fully restore neuropsychological functioning among adolescent-onset marijuana users.

Source: Meier, MH, A. Caspi, A. Ambler, H. Harrington, R. Houts, RS Keefe, K. McDonald, A. Ward, R. Poulton, and TE Moffitt. "Result Filters." National Center for Biotechnology Information. U.S. National Library of Medicine, n.d. Web. 15 Dec. 2014.

SUBSTANCE ABUSE AND THE BRAIN'S REWARD SYSTEM: WHY IT'S HARD FOR A TEEN TO STOP ONCE THEY START

Finding ways to satisfy our needs and desires is part of life. It's also one of the many skills being fine-tuned during the teen years. When a teen uses alcohol or takes drugs, it can interfere with his natural ability to feel good. Yet many parents today, and their teens, don't understand how drugs change the brain to foster compulsive drug use.

The brain is made up of billions of nerve cells. Nerves control everything from when our heart beats to what we feel, think and do. They do this by sending electrical signals throughout the body. The signals get passed from nerve to nerve by chemical messengers called "neurotransmitters." Some of the signals that neurotransmitters send cause a feeling of satisfaction or pleasure. These natural rewards are the body's way of making sure we look for more of what makes us feel good. For instance, when we eat something tasty, neurotransmitters tell us we feel good. Seeking more of this pleasure helps to ensure we don't starve. The main neurotransmitter of the "feel-good" message

is called dopamine. All drugs of abuse overload the body with dopamine — in other words, they cause the reward system to send too many "feel-good" signals. In response, the body's brain systems try to right the balance by letting fewer of the "feel-good" signals through. As time goes on, the body needs more of the drug to feel the same high as before. This effect is known as "tolerance."

And the effects of drugs and alcohol on the brain don't just end when the high wears off. The brain will eventually restore the dopamine balance by itself, but it takes time — anywhere from hours, to days, or even months depending on the drug, the length and amount of abuse, and the person. In teens, the internal reward systems are still being developed, so their ability to bounce back can be compromised teaching them to "need" the unnatural rewards over natural rewards such as listening to music, playing sports, even survival needs such as eating.

THE BOTTOM LINE

Drugs and alcohol change the adolescent brain. They change its structure and how it works and these changes can have profound and life-changing consequences. Just sharing these facts with your teen may help them to stop and think before they take any chances, and even inspire them to make more healthy choices. The good news is that this period in your teen's life is filled with energy, optimism and promise. Don't fight it - guide it! This is the time to urge your teen to take healthy risks. Preventing early use of drugs or alcohol may go a long way in reducing these risks. If we can prevent young people from experimenting with drugs, we can prevent drug addiction. By steering them toward healthy challenges, particularly those they have a passion about, you'll help them develop a stronger forebrain along with some valuable life skills in the process.

Rx FOR DISASTER: *The Growing Threat Of Prescription Drug Abuse*



A national study released in April 2013 indicates that abuse of prescription medication, such as those used to treat pain, attention deficit disorders, and anxiety, is up 33% since 2008. Misuse of prescription and over-the-counter drugs rate second only to marijuana among those 14 and older.

WHAT IS PRESCRIPTION DRUG ABUSE?

1. Inappropriate use of prescription medicine. **2.** Taking prescription medicine without a prescription. **3.** Taking prescription medicine for a reason or in a way and amounts other than intended by the prescribing doctor. **4.** Taking prescription medicine for non-medical reasons such as “to feel good”: *Taking a friend’s or relative’s prescription to treat pain or to help with studying is prescription drug abuse.*

“Nearly 1 in 4 teens has misused or abused a prescription drug at least once. 1 in 8 has taken stimulants Ritalin or Adderall when not prescribed for them. More startling is the fact that nearly 1/3 of parents believe that stimulants (like Ritalin or Adderall) can improve their teen’s academic performance, even if they don’t have ADHD.”

Parents need to be aware that their family medicine cabinet and the Internet have become today’s back alley drug dealers. Teens should understand that abusing prescription drugs and over-the-counter medications is every bit as dangerous as abusing “street” drugs. Taken as intended, prescription and over-the-counter drugs safely treat specific mental or physical symptoms. But when taken in different quantities or when these symptoms aren’t present, these drugs may affect the brain in ways very similar to illicit drugs. For example, stimulants such as Ritalin achieve their effects by acting on the same neurotransmitter systems as cocaine. Opioid pain

relievers such as OxyContin attach to the same cell receptors targeted by illegal opioids like heroin. Prescription depressants produce sedating or calming effects in the same manner as the club drugs GHB and Rohypnol. And when taken in very high doses, dextromethorphan (cough medicine) acts on the same cell receptors as PCP or ketamine, producing similar out-of-body experiences. When abused, all of these classes of drugs directly or indirectly cause a pleasurable increase in the amount of dopamine in the brain’s reward pathway. Repeated use, particularly by teens whose brains are still developing and vulnerable to damage, can lead to addiction.

- 20% of teens that have abused Rx drugs have done so before age 14
- 56% of teens say that it’s easy to get prescription drugs from their parent’s medicine cabinet
- 42% of teens who have misused an Rx drug obtained it from their parent’s medicine cabinet
- 49% of teens obtained them from a friend

WHAT PARENTS CAN DO

- **Talk About It.** Include prescription and over-the-counter medicines in your discussions about the abuse of drugs with your teens. Let them know that misuse of these medications can be just as dangerous as use of illegal drugs.
- **Safeguard Your Medicine.** Keep prescription medicine in a secure place, count and monitor the number of pills you have, and lock up your medicine.
- **Dispose Properly of Your Unused Medicine.** Learn how to safely dispose of medicine at home — or find a medicine take-back site near you at www.deadiversion.usdoj.gov/drug_disposal/takeback.

Synthetic Drugs: Spice, Molly, Bath Salts? The Dangerous Truth Behind These Innocent Sounding Names

In recent years, an alarming number of new unregulated substances are being abused for their psychoactive properties. With hundreds of harmless sounding names like “Spice”, “Bath Salts”, “K2”, “Molly”, “Mr. Smiley” and others, and the fact that most can be purchased legally in convenience stores or over the internet, kids are lured into thinking they are low-risk fun. But these substances are anything but low-risk. The reported harmful effects of synthetic substances range from nausea to drug-induced psychosis, and tragically too often can lead to death, even after just one use. According to Dr. Bertha Madras of Harvard Medical School, “synthetic drugs are basically human experiments without informed consent.” Parents and their kids need to understand that experimenting with these innocent sounding products is like playing Russian roulette.

Synthetic drugs, synonymous with terms like “designer drugs”, “club drugs” and “party drugs”, are substances chemically similar to and/or that mimic the drug-like effects of controlled substances. But these man-made chemicals were never intended for human consumption. They affect the central nervous system and can display stimulant, depressant and/or hallucinogenic properties, often resulting in violent and unpredictable behavior. The speed with which rogue chemists can modify existing drugs and market them before the authorities catch on allows them to circumvent existing drug laws making this growing phenomenon particularly challenging. Brand new chemicals are constantly being synthesized and entered into the market. And because the Internet allows for easy sharing of information about these products, and how to purchase them, their popularity among teens has exploded since 2009.



TALKING TO TEENS ABOUT SYNTHETIC DRUGS

Education, communication and being vigilant are key. Parents need to reinforce with kids the importance of making healthy decisions about what they put into their bodies. Just like natural illegal drugs, they should avoid putting anything in their bodies that would change their feelings or emotions – whether it is something they would smoke, eat, drink, take in pill form or shoot with a needle. Because synthetic drugs are so readily available and constantly evolving, it’s important for parents to consistently communicate the message about the dangers of these man-made substances with their teens. Points to get across include:

- **You Don’t Know What You Don’t Know.** It is impossible to know what synthetic drugs contain, who made them, and what you are actually getting.
- **Getting High is Unsafe.** No matter how you might do it, getting high alters the way your brain works and carries the risk of both short-term and permanent cognitive damage, not to mention the negative consequences of bad choices you might make while under the influence.
- **Legal Doesn’t Mean Safe.** Just because a drug or substance is legal or labeled as legal, doesn’t mean that it is safe for you to put it into your body.
- **Long-term Effects are Unknown.** Scientists and medical experts don’t yet know the long-term effects of synthetic drugs because they are so new.

PREVENTION STRATEGIES: *Talk With Your Teen...They ARE Listening*



“Teens who say they learn a lot about the risks of drugs and alcohol at home are much less likely to use these substances. Yet 34% of parents believe there is little they can do to prevent their kids from trying them.”

Source: Partnership for Drug-Free America Partnership Attitude Tracking Study 2013

STRATEGY: GET THE CONVERSATION STARTED

Starting a conversation with your teen about the dangers of drug and alcohol use doesn't have to be intimidating. But it's not hard to find references to drugs and alcohol that appear in headlines, sitcoms, movies and advertisements. Take advantage of these opportunities to start a conversation with your child. Talking honestly with your teen about the consequences of alcohol and drug use will send a clear message that *all* use is dangerous. And since parents are the most influential voice in their children's lives when it comes to drugs and alcohol, you are uniquely positioned to positively impact the choices they make. Check out these tips to get the conversation started:

- **Get prepared.** Take time to think about what you want to say. Know the key points to go over. Anticipate how your teen might respond to your questions, keeping in mind that they don't want a lecture. The subject of alcohol and drug use should be an ongoing conversation throughout adolescence. You don't have to cover everything at once. Brief conversations with a consistent message can keep them tuned in to the issue.
- **Keep the lines of communication open and listen!** When you listen, you create a safe environment where your teen will feel comfortable talking with you about his or her concerns. Take a walk or go for a drive with them. When there's not much eye contact, they won't feel like they're under a microscope.
- **Have your teen practice saying “no” to illegal activities.** Discuss ways to get out of uncomfortable situations. Help them think of ways to respond when offered drugs or alcohol and ask them to role play with you. For example, “No, I don't want a beer, I have to stay in shape for football.” or, “That's okay, I'd rather have a soda” or even a simple but firm, “No thanks”. If your teen is prepared ahead of time on how to say no, they are more likely to do just that.
- **Communicate a clear message by setting firm rules.** Make it clear that drinking under the age of 21 and drug use at any age is illegal and unacceptable under any circumstance. Discuss what the consequences will be if they make the choice to drink or use drugs, (i.e., loss of car privileges, phone and computer, sports or other extra-curricular activities and of course civil or criminal charges if caught). Since teens are more likely to accept guidelines they help create, consider a “Healthy Choices” contract outlining the rules and consequences that you both agree on and sign it.

STRATEGY: CREATE HEALTHY BELIEFS AND STANDARDS

- **Encourage healthy choices and smart decision-making.** Help your teen find something they're interested in such as sports, music or art, volunteer work, or faith-based activities and encourage them to participate.
- **Help your teen develop strong values.** Doing the “right thing” gives teens a sense of responsibility and accomplishment that will make it easier to say “no” to bad choices.



- **Listen to and value your teen's opinions and feelings.** Create a comfortable and supportive atmosphere in your home that encourages sharing.
- **Encourage additional strong role models.** Positive role models help reinforce healthy decision-making by your teen.
- **Praise and encourage teens for the things they do well and the positive choices they make.** Knowing you are proud of them can motivate your teen to maintain a drug and alcohol-free lifestyle. This will also help to serve as a positive role model for younger siblings.
- **Be a good role model in your own use of alcohol and prescription drugs.** Be sure to secure and monitor your home supply of alcohol as well as your prescription medications.

“Maintaining open lines of communication, especially listening, is the single most important thing you can do to prevent your teen from using alcohol and other drugs. But it’s not enough! In fact, kids who don’t have an adult checking in are four times more likely to use drugs than those who do.”

Source: Metzler, Rusby, and Biglan, Community Builders for Success: Monitoring After-School Activities

STRATEGY: STAY ACTIVE AND INVOLVED IN YOUR TEEN'S LIFE

Finding a balance between keeping teens safe, while also respecting their growing independence is challenging. But staying in touch with what's going on in their lives is the best way to keep the lines of communication open and improve their chances of staying drug and alcohol free.

- **Make checking in part of your daily routine.** Know where your teen is, who their friends are, and their plans.
- **Share face time every day.** Try to do this without the TV, cell phone, or other electronic devices, whenever you can: at meals, during a snack, or just when your teen is hanging around. Ex. “Tons of homework tonight?” “What’s up for tomorrow?” “Who’s going to the movies this weekend?”
- **Ask about your teen’s day.** Ex. “Who’d you have lunch with today?” “How did practice go this afternoon?” Be patient. Sometimes it takes them a while to open up!
- **Don’t allow unchaperoned gatherings in your home.** When friends are over, pop in the room to meet them and check in. Ex. “So who’s here?”, “How’s it going?”, or “Can I get anyone a snack or something to drink?”

- **Facilitate family time.** Make time other than just at meals to foster the parent-teen bond. Schedule a game night or family outing for a fun activity; a sporting event or concert, a weekend of fishing or supporting a local charity together.
- **Ask teachers, coaches and bosses.** Ask how your teen is doing in school, at practice or at work.
- **Talk with other parents.** Talk to your teen’s friends parents about your teen and theirs. If you don’t know the parents, make it a point to meet them. Introduce yourself the next time you drop your teen off at their house, or they drop their teen at yours. Or just call them to say hello. Whatever works for you.
- **Be part of your teen’s scene.** Volunteer at school, drive the team to their away games, or organize an activity group that meets every week or so. Get to know your teen in their world.
- **Listen and be observant.** And then listen some more!



STRATEGY: CURFEWS

- **Set a blanket curfew and enforce it.** Time can be added or restricted if your teen has something special to do or you need them home earlier. Don’t allow them to walk out the door and say, “I’ll be back at such and such a time.” And don’t give in to what “everyone else is allowed to do.”
- **Know where they’re going.** Your teen should always tell you where they’re going and call if their plans change.
- **Avoid late-night curfew changes.** Getting a call from your teen shortly before curfew asking to sleep over at a friend’s is generally a red flag indicating “something is up”. When discussing your expectations with your teen about their curfew, consider telling them that if this situation comes up, you will consider their request if they come home first (before curfew, not after) to ask your permission and collect what they’ll need for an overnight visit. Call the other parent to be sure they have agreed to the sleepover and that a parent will be there while your teen is in their home. Ask the parent to call you when your teen arrives at their home.
- **Stay up to greet your teen.** But if your teen arrives home after you’ve gone to sleep, ask them to wake you (or set your alarm at their curfew time).

GREAT TIME, GREAT ENDING: *Parent Involvement Is The Best Prevention to a Social Event Gone Wrong*



Dances, special events and parties are a vital part of teenagers' lives for socializing, relaxing and entertainment. Yet too often a poorly planned party or social outing, and expectations that are not communicated clearly, can have unwanted, even tragic, consequences. Before sending your teen out to celebrate, be prepared for what they may encounter before returning to the safety and comfort of your home.

KNOW THE FACTS: BEFORE YOU SEND YOUR TEEN TO A PARTY OR SOCIAL EVENT

- **Let your teen know that you will be checking with the parents of any other teen who is hosting a party.** Don't assume that other parents will have the same "no-use" expectations that you have.
- **Call the adult host to confirm party location and time.** Confirm that no alcohol will be served and adult supervision will be on-site. Obtain a land line number for the party location.
- **Take the time to introduce yourself** if you don't know the host parent and make sure they share your expectations of drug and alcohol-free parties.
- **Discuss drop-off and pickup expectations.** Make sure your teen has money or a cell phone for an emergency phone call. Be sure your teen knows who to call.
- **Make it easy for your teen to leave a party if there are drugs or alcohol.** Practice refusal techniques with them. Make arrangements for them to call you or another trusted adult if they need to be picked up. Emphasize they should never ride home with any driver who has been drinking or using drugs.
- **Discuss with your teen the dangers of driving under the influence of drugs or alcohol** or riding in a car with an impaired person. Even though alcohol is not supposed to be served at the party, there is no guarantee that a party guest will not try to sneak alcohol or other illegal substances in.
- **Stay up and greet your teen when they return home.** This lets your teen know you care and are paying attention to what they are doing.
- **Be clear about consequences (in advance)** if your teen chooses to drink alcohol or take drugs. Follow through with the consequences in the unfortunate circumstance that they make the wrong choice.

HOSTING A TEEN PARTY? MAKE IT GREAT BY PLANNING FOR EVERYTHING

- **Decide on a guest list** and a maximum number to invite. Set an age limit for guests. Keep a copy of guest list.
- **Send invitations!** While this may seem unrealistic, have your teen tell his/her guests that the party is by invitation only. Don't send e-mail, Facebook, Twitter or other social media invitations to avoid the "open party" situation.
- **Set a firm party time** with a start and end time.
- **Include your phone number** on the invitation and welcome calls from parents.
- **Communicate your expectations of partygoers** to parents/guardians about the party. No Alcohol or Drugs!
- **Have parents or responsible adults drop-off and pickup teens.** If teens drive to the party, plan to hold all keys to eliminate the temptation of leaving and returning to the party. (Watch for extra sets of keys!)
- **Hold the party in an area you can monitor guests from inside and outside.** Establish one entry/exit location into and out of the party. Make some rooms off limits to partygoers.
- **Stay at the party.** Your presence is important. Walk through the party area frequently. Have additional adult supervision during the party.
- **Have guests remain in the party location;** do not allow teens to go back and forth to a parking lot or their cars. Once a guest leaves, do not allow re-entry to the party.
- **Ask all uninvited guests to leave immediately.** If necessary, call the police to escort unwanted guests out.
- **If you suspect a teen guest is intoxicated,** contact his or her parents/guardians immediately.
- **Watch for strange behavior.** Pay attention if a guest frequents the bathroom after getting a drink. This could indicate the use of illegal substances or alcohol.
- **Serve a wide variety of foods** that appeal to teens, including healthy options. Serve a variety of drinks in cans or bottles. Avoid serving punch or soft drinks in cups. Do not allow teens to bring outside drinks, cups or open bottles into the party.
- **Avoid combining adult and youth parties.** Remember adults are role models, teens will get the message that alcohol is not the "life of a party" when no alcohol is present at the party.



ILLEGAL DRUG USE. UNDERAGE DRINKING. *Adult Consequences*



Underage drinking, illegal drug use and misuse of prescription drugs have serious legal consequences. Make sure that you and your teen understand all that's at stake.

MISUSE AND ABUSE OF PRESCRIPTION DRUG LAWS AND PENALTIES

Even drugs that are lawfully prescribed by a physician can result in criminal charges if sold or given to someone else, or possessed by someone other than the person to whom prescribed. For example, having pills that were lawfully prescribed to your parent in your car, book bag, or on your person can result in a felony charge. Giving a pill to a friend can constitute delivery of a controlled substance which is a felony.

It is also a felony in North Carolina to obtain a controlled substance by fraud or deception. This usually occurs when someone attempts to forge or alter a prescription. Further, having a large number of prescription pills in your possession can be considered trafficking under NC law which is a higher level of felony and carries mandatory time in prison.

ILLEGAL DRUG USE LAWS AND PENALTIES

In North Carolina, drugs are categorized into 6 different classes or schedules. The types of criminal charges that may result and the penalties imposed are determined by the type of drug involved and how the particular drug is scheduled. For example, marijuana is a Schedule VI drug while Oxycodone is a Schedule II.

- **Possession.** To unlawfully possess any scheduled controlled substance will result in criminal charges. The severity of the charge depends upon the type and amount of the drug. Possession of cocaine, heroin, ecstasy, etc. is a felony. Very small amounts of certain drugs will result in a misdemeanor charge.
- **Possession with Intent to Sell or Deliver.** Many times the mere quantity of a drug possessed or the way it is packaged (even a small amount) can trigger a presumption that it is not for personal use and that the person in possession intended to sell or distribute the drug to others. This will result in a felony charge.
- **Sale or Delivery.** To sell or transfer possession of a controlled substance is a felony. Felonies vary in the severity of punishment but typically involve at least a suspended prison sentence, supervised probation, fines, court costs, warrantless searches, random drug testing, drug treatment and many other conditions. The lowest level felony carries up to 24 months in prison.
- **Sale or Delivery to a Minor.** When someone 18 years old or older sells or gives drugs to someone under age 16 it carries a more severe penalty including mandatory prison time.
- **Growing or Manufacturing.** To make or grow a controlled substance such as a marijuana plant is a felony.
- **Drug Paraphernalia.** Drug paraphernalia is generally anything used to assist in manufacturing, growing, packaging, or ingesting drugs into the body. Typical examples are pipes, bongs, scales, spoons, needles, etc. An otherwise normal household item such as plastic baggies may be considered paraphernalia depending upon the circumstances under which it is found (ex., close proximity to drugs). Possession of paraphernalia is a Class 1 misdemeanor carrying up to 120 days in jail or fines, court costs and more.

UNDERAGE DRINKING LAWS AND PENALTIES

- In North Carolina, it is illegal for anyone under the age of 21 to purchase, possess, or consume alcohol. Penalties include a misdemeanor conviction on your permanent criminal record, community service, fines at the discretion of the court, alcohol education classes, fees, court costs and up to 120 days in jail. An attempt to purchase alcohol while underage will also result in a revocation of the underage driver's license for one year.
- Using a fake, altered or borrowed I.D., or allowing someone else to use your license or I.D. to purchase alcohol is illegal. Penalties are the same as stated above, plus a mandatory loss of driver's license for one year.

DRIVING UNDER 21? KNOW NORTH CAROLINA'S ZERO TOLERANCE LAW



The Zero Tolerance Law makes it illegal for persons under age 21 to:

- Drive while consuming alcohol (any amount).
- Drive while any amount of alcohol you previously drank is still in your system.
- Drive while drugs you previously consumed remain in your system, unless the drugs were lawfully obtained (prescribed to you) and taken as prescribed.

PENALTIES FOR VIOLATING NORTH CAROLINA'S ZERO TOLERANCE LAW INCLUDE:

- One-year driver license revocation
- Punishment as a Class 2 misdemeanor
- No Limited Driving Privilege for 16 & 17 year olds
- Court costs of \$190
- Maximum of 60 days in jail
- Fines of up to \$1,000
- Insurance premiums likely to increase by 80%
- Possible Community service & \$250 fee.
- Possible substance abuse assessment & treatment required

DRIVING WHILE IMPAIRED AT ANY AGE: A ROAD YOU DON'T WANT TO TAKE

North Carolina's DWI laws are some of the toughest in the nation. Regardless of your age, you will be arrested and charged with DWI if you:

- Drive with a blood alcohol concentration (BAC) of .08 or higher, or
- Drive while your mental or physical faculties are appreciably impaired

DWI PENALTIES INCLUDE:

- Minimum one-year driver's license revocation
- Punished as a general misdemeanor
- Mandatory \$100 DWI fee
- Court costs of \$190
- Up to 3 years in jail
- Fines of up to \$10,000
- Insurance premiums likely to increase by 400%
- Community service & \$250 fee
- Mandatory substance abuse assessment & treatment
- Attorney's fees of \$1,500 or more
- Mandatory ignition interlock if .15 BAC or higher
- No Limited Driving Privilege if under age 21
- Permanent criminal & motor vehicle record

MANDATORY JAIL TIME IN CERTAIN CIRCUMSTANCES:

Anyone convicted of DWI will be required to serve **MANDATORY** jail time if at the time of the arrest you:

- were previously convicted of DWI in the 7 years prior, or
- were driving while your license was revoked as the result of an impaired driving revocation, or
- were involved in an accident that resulted in serious injury to a person, or
- had a passenger in the car who was under the age of 18.

Really? . . . 30 Days In Jail Because My Passenger Was Under 18? That's absolutely correct!

Typical Example: John and his girlfriend are coming home after drinking beer at a party. John is 16 and his girlfriend is 17 but their birthdays are only a few months apart. John is stopped for having a tail light out. The officer smells alcohol and arrests John for DWI. In addition to the penalties above, John is required to serve a mandatory minimum jail sentence of 30 days. The college that John has been accepted to revokes John's offer of admission as a result of the conviction.

BEING A COOL PARENT CAN COST MORE THAN YOU THINK:

Debunking The Myths

MYTH: Some parents think that providing alcohol to teens at home decreases the risk for continued drinking as teens get older, and subsequent drinking problems later in life. **TRUTH:** The opposite is true – parents should be aware that supplying alcohol to minors actually increases, rather than decreases the risk for continued drinking in the teenage years and leads to subsequent problem drinking later in life.

MYTH: Some parents believe that being ‘too strict’ about adolescent drinking during high school will cause teens to drink more when they first leave the home and do not have as much parental oversight.

TRUTH: New research from The Partnership Attitude Tracking Study (PATS) reveals that teens who perceive their parents to be more permissive about alcohol use are MORE likely to abuse alcohol and to use other drugs.

MYTH: Teen drinking is OK as long as they’re not driving.

TRUTH: Well, it’s still illegal, so that counts as “not OK.” Plus, drinking impairs judgment whether or not they’re getting behind the wheel. Only 32% of teen drinking deaths are related to driving; 68% are related solely to other causes, from homicide to suicide to alcohol poisoning. Non-driving accidents are also quite common, and four out of ten teens who drown have been drinking alcohol.

MYTH: Parents who serve alcohol to teenagers at home are under no legal jeopardy. **TRUTH:** A majority of states have civil and or criminal penalties for adults who serve alcohol to underage kids at home.



“In NC, it is illegal to furnish or buy alcohol for anyone under the age of 21, including parents to their own children. Violation is a Class 1 misdemeanor.”

North Carolina General Statute 18B-302

KNOW THE LAW AND WHAT YOU COULD LOSE!

In North Carolina it is illegal for persons over 21 to provide or sell alcohol to anyone under the age of 21, including parents to their own children. Penalties include mandatory minimum fine of \$250, possible imprisonment up to 120 days, mandatory minimum 25 hours of community service and \$250 in fees, and loss of driver’s license for one year.

SOCIAL HOST LIABILITY - In North Carolina, in addition to criminal prosecution and the penalties noted above, social hosts may also be held civilly liable for damages, injuries or death that result from providing alcohol to their children or anyone who is impaired and later drives.

FAMILY PURPOSE DOCTRINE - North Carolina law also recognizes the Family Purpose Doctrine, a legal concept that provides that a parent who maintains a vehicle for use by other members of the family can be held civilly liable for the negligent act of the other family member while driving the vehicle, including children.

SIGNS OF A PROBLEM: *Parents Are In The Best Position To Recognize Warning Signs of Substance Abuse*



Was it just a bad day at school, a disagreement with a friend, or is there something else going on? Is your teen using his computer to complete his homework or a drug transaction? How can you tell? When you notice behavioral changes in your child, you want to be able to identify if these changes are due to adolescent stress and typical ‘growing up’, or due to something darker, like drug or alcohol use. Could there be a potentially rational explanation for many of the scenarios below? Certainly! But by paying attention and trusting your gut instinct, you’ll be able to better determine if a certain behavior is typical or could be indicative of substance abuse. No one knows their kids better than you. If you suspect that something is going on, take the steps necessary to find out for certain.

PERSONAL APPEARANCE:

- Messy, shows lack of caring for appearance
- Poor hygiene
- Red, flushed cheeks or face
- Red, blurry eyes
- Track marks on arms or legs (or long sleeves in warm weather to hide marks)
- Burns or soot on fingers or lips (from “joints” or “roaches” burning down)

PERSONAL HABITS OR ACTIONS:

- Clenching teeth
- Smell of smoke or other unusual smells on breath or on clothes
- Cash flow problems
- Chewing gum or mints to cover up breath
- Frequently breaks curfew
- Wearing sunglasses indoors
- “Munchies” or sudden appetite
- Heavy use of over-the-counter medicines to reduce eye reddening, nasal irritation, or bad breath
- Reckless driving, car accidents, or unexplained dents in the car
- Avoiding eye contact
- Locked doors
- Going out every night
- Secretive phone calls

BEHAVIORAL ISSUES:

- Change in relationships with family members or friends
- Loss of inhibitions
- Loud, obnoxious behavior
- Mood changes or emotional instability
- Laughing at nothing
- Sullen, withdrawn, depressed
- Unusually clumsy, stumbling, lack of coordination, poor balance
- Unusually tired
- Silent, uncommunicative
- Hostility, anger, uncooperative behavior
- Deceitful or secretive
- Makes endless excuses
- Decreased motivation
- Lethargic movement
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Inability to focus
- Hyperactivity
- Unusually elated
- Periods of sleeplessness or high energy, followed by long periods of “catch up” sleep
- Disappearances for long periods of time

SCHOOL OR WORK-RELATED ISSUES:

- Truancy or loss of interest in schoolwork
- Loss of interest in extracurricular activities, hobbies, or sports
- Failure to fulfill responsibilities at school or work
- Complaints from teachers or co-workers
- Reports of intoxication at school or work

HEALTH ISSUES:

- Nosebleeds
- Runny nose, not caused by allergies or a cold
- Frequent illness
- Seizures
- Sores, spots around mouth
- Queasy, nauseous or vomiting
- Wetting lips or excessive thirst
- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Accidents or injuries
- Depression
- Headaches
- Unusual sweating

HOME OR CAR-RELATED ISSUES:

- Disappearance of prescription or over-the-counter medications
- Missing alcohol or cigarettes
- Disappearance of money or valuables
- Appearance of unusual containers/wrappers, or seeds left on surfaces used to clean marijuana, like Frisbees
- Hidden stashes of alcohol
- Smell in the car or bottles, pipes, or bongs on floor or in glove box
- Appearance of unusual drug apparatuses, including pipes, rolling papers, small medicine bottles, eye drops, butane lighters, or makeshift smoking devices, like bongs made out of toilet paper rolls and aluminum foil

PREVENTION RESOURCES : *Stay Informed To Keep The Conversation Going*

The best thing you can do to prevent your kids from using drugs or alcohol is to talk with them about it. And the more you know, the more you'll be able to influence them to make healthy decisions. We invite you to explore the following resources to help you get the information and tips you need to talk with your kids about drugs and alcohol, whatever their age. There are also some great resources designed especially for kids and teens so they can explore this topic on their own. Remember, kids whose parents consistently talk with them about the danger of drug and alcohol use, and clearly communicate their expectations about non-use, are up to 50% less likely to use. Don't underestimate your influence. **You** are the number one tool in your prevention toolkit!



www.fcd.org - A global non-profit substance abuse prevention organization committed to educating young people about the risks and realities of alcohol, tobacco and other drug use.



www.drugfree.org - Partnership for Drug-Free Kids translates the science of teen drug use and addiction for families, providing parents with direct support to prevent and cope with teen drug and alcohol abuse.



www.drugabuse.gov - Dedicated to supporting the world's research on the health aspects of drug abuse and addiction, the NIDA provides the latest science behind the effects of drugs.



www.niaaa.nih.gov - Supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world and leads the national effort to reduce alcohol-related problems.



www.teens.drugabuse.gov - Created for middle school and high school students, this site offers teens a range of educational experiences as they learn the facts about drugs and how they affect the brain and body, from the latest science, not rumors or gossip.



www.thecoolspot.gov - Created for young teens to give a clearer picture about alcohol use among their peers. Fun online activities help kids gain skills to recognize and resist pressure to drink, learn healthy ways to solve problems, and to give them reasons not to drink.



www.abovetheinfluence.com - Inspired by what teens have to say about their lives, and how they deal with the influences that shape their decisions, above the influence helps prepare teens to handle pressure to use drugs and alcohol.



www.getsmartaboutdrugs.gov - A DEA resource for parents, educators and caregivers that provides information about emerging drug trends and use, including the latest facts, drug and drug paraphernalia identification, and the impact of abuse on society.



www.justthinktwice.gov - A DEA resource for kids and teens designed to shatter the myths about drug use and its effects, including true stories about peers their own age, drug facts, and impact use has on them, their families and their future.



www.collegedrinkingprevention.gov - A one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students.

ADDITIONAL RESOURCES:

Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy *by Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson (2014)*

What Are They Thinking?!: The Straight Facts about the Risk-Taking, Social-Networking, Still-Developing Teen Brain *by Aaron White and Scott Swartzwelder (2013)*

NEED HELP? ASKING FOR HELP IS ALWAYS OKAY.

Our Guidance Counselors are available to students, parents, faculty and staff.

US Guidance Counselor:
Susan R. Perry, PhD, MSW, LCSW
919-847-0900 x2715
sperry@ravenscroft.org

MS Guidance Counselor:
Lorelei Lindow
919-847-0900 x2680
llindow@ravenscroft.org

LS Guidance Counselor:
Chris Harper, PhD
919-847-0900 x 2286
charper@ravenscroft.org

RAVENSCROFT POLICY: *On Drugs, Alcohol, School Sponsored Activities And Athletics*

Alcohol, addictive substances, and drug paraphernalia are strictly forbidden on the Ravenscroft School campus. Illegal use of such substances at any School-related function off campus is also prohibited. Persons under the influence of alcohol or addictive substances are not permitted on campus. This policy applies both to students and to employees of the School. Violations of these rules may result in expulsion or termination. The School reserves the right to administer a breathalyzer to students who may be suspected of drinking during the school day. Buying, selling, or otherwise transferring addictive substances or alcohol on the Ravenscroft campus or any school-related functions, will result in expulsion or termination. Use of tobacco, including cigarettes and chewing tobacco, is forbidden on the Ravenscroft School campus and, by students, at any School-related function, on or off campus.

Students attending school-sponsored dances must abide by the “45 Minute Rule”. No one may arrive more than 45 minutes after the scheduled beginning or leave more than 45 minutes before the scheduled ending of the dance. In addition, given the School’s concerns and responsibilities about safety, the School reserves the right to administer a breathalyzer test to students attending a dance.

The test will be administered by an Upper School administrator or faculty member and the results recorded. If the test results in a positive reading, a second test will be administered in the presence of at least one other administrator, faculty member, or off-duty police officer and the results recorded. If the results are positive, a second test will be administered under the same guidelines. If these tests indicate a Blood Alcohol level above 0.00, the student’s parents will be contacted immediately and requested to come pick up the student. Refusal by a student to submit to a breathalyzer test will be treated as a positive test. In all cases, discussions and decisions about the appropriate disciplinary action will be undertaken on the next academic school day or within a reasonable time period given the severity of the incident. It should be noted that this policy may also be applied to other school sponsored evening activities. Refer to the Ravenscroft School Handbook for more information.

Also, in accordance with the terms and conditions for athletic participation outlined in the Ravenscroft School Parent-Athlete Handbook as well as the Ravenscroft School Handbook, each student athlete is expected to adhere to high training standards. Students and their parents must agree to and sign the Parental Permission and Student Athlete Standards Form, which states that the use of tobacco products, alcohol, or any other illegal substances will not be permitted at any time either on or off campus. Appropriate disciplinary action will be taken if such offenses occur and will likely result in removal from the team.

Source: 2014-2015 Ravenscroft School Handbook





RAVENSCROFT

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www.ravenscroft.org

The SOCIAL P•A•C•T was compiled by Community of Concern, a collaboration of Ravenscroft's Counseling Department and Parents' Association Volunteers. Special thanks to Robert B. Rader, Chief District Court Judge for North Carolina's Tenth Judicial District (Wake County), for his generous contribution of time and expertise. December 2014.