



Family Newsletter

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Sponsored by Weston High School PTO, Weston Middle School PTO and the Alcohol and Drug Awareness Program of Weston, Inc.

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Make a Contract with Your Teen

As parents, we need to find different ways to get our message across. It's important to remind our kids that we want them to be safe and make good decisions. After a while, they no longer hear our words. That's why a contract is a good alternative to those unheard warnings as they run out the door to join their friends at a party or other social event. Ask your teen to help you write the contract - they will feel more involved in the process and respected by you.

Here's a sample contract from MADD that can be altered to fit your needs (www.madd.org):

Because it is illegal, I promise not to drink alcohol, particularly during the dangerous prom and graduation season. I commit myself to celebrating in a safe and healthy way. I pledge not to get in a car with someone who has been drinking alcohol. If I find myself in a situation where I feel unsafe or uncomfortable, I promise to call you, my parent or guardian, for a ride home. I commit to this pledge and recognize there are consequences for every decision I make.

Youth Signature

As your parent/guardian, I promise to make myself available to you during this season of celebration. You can count on me any time day or night. I promise that I will agree to pick you up, no immediate questions asked. When we are safe at home, I pledge to respect you and listen to what has happened and help in any way I can.

Parent/Guardian Signature

Youth Voices



"When you were in 8th grade, what was the one thing you wish you knew about life in high school?"

"Before you jump right into things, because everyone seems to be doing it, look at the people who are doing it and see how it encompasses their lives.

You need to decide if you want to have your life revolve around that; if you want your brain to always connect the word "fun" with drugs or alcohol."
-10th grade

"Drugs and alcohol really do exist in the high school. I thought it was all just hype and parents/ teachers just worrying. I was shocked."
-11th grade

"I constantly see freshmen drinking at parties because they think it is the cool thing to do, but most of the time they are in the bathroom getting sick later in the night. A lot of freshmen think that if they drink the upperclassmen will respect them more, but it is actually the opposite. I found out the hard way! It is those individuals that resist the temptation of drinking at parties that get the most respect from upperclassmen."
-11th grade

ADAP Needs Your Help

We all joined ADAP because we wanted to do SOMETHING to keep our kids safe from drug and alcohol abuse.

ADAP is looking for parents, community members, and anyone who believes we can't bury our heads in the sand and do nothing.

There are several positions open on the board for the 2007/2008 year, especially Fundraising, High School dances and speakers at meetings.

Please contact:

Debbie DiScala at 221-7321 or
JhnDiScala@sc.com.



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Alcohol Abuse and Domestic Violence

Many abusers blame their violence on the effects of drug and alcohol use, but research shows that alcohol and other drug abuse is commonly a symptom of an abusive personality, not the cause. Alcohol abuse is present in about 50% of battering relationships and abusers often blame their intoxication for the abuse or use it as an excuse to use violence. Regardless, it is an excuse, not a cause. Taking away the alcohol does not stop the abuse.

Substance abuse must be treated before or in conjunction with domestic violence treatment programs.

- Alcoholism and battering share some similar characteristics, including: both may be passed from generation to generation, both involve denial or minimization of the problem and both involve isolation of the family
- A battering incident coupled with alcohol abuse may be more severe and result in greater injury.
- A small percent (7% to 14%) of battered women have alcohol abuse problems, which is no more than that found in the general female population. Although a woman's substance abuse problems do not relate to the cause of her abuse, some women may turn to alcohol and other drugs in response to the abuse.
- Men living with women who have alcohol abuse problems often try to justify their violence as a way to control them when they're drunk. A woman's failure to remain substance-free is never an excuse for the abuser's violence.

For more information, contact:

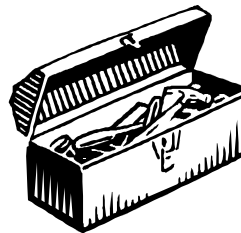
Domestic Violence Crisis Center

5 Eversley Ave. Norwalk CT Tel. 203-853-0418

www.dvcct.org

24 Hour Hotline: 1- 888-774-2900

Toolbox: Party Tips for Parents



We all love year end parties... and we all want to keep our children safe. Here are a few tips from parents to parents:

Be clear: Tell your kids that you feel alcohol and drug use is unacceptable. Many parents never state this simple fact.

Communicate: Discuss dangerous situations that might occur with your child in advance. Don't lecture your child or tell them what to do. Allow them to brainstorm how they would handle situations and help them develop their own plan.

Give them options: Provide your teen with an easy exit. Tell them they can call you if they need a ride – no matter how late, no questions asked. Develop a code word that means "pick me up now" to avoid being embarrassed in front of friends. Talk in the morning when everyone is calm

Tell them the signs of danger: Drinking coffee, taking a shower and sleeping it off has no affect on alcohol poisoning. Coffee only creates a wide-awake drunk. If a friend is going in and out of consciousness, that's a sign of alcohol poisoning and emergency action is required. Don't stand around discussing possibilities or driving to Norwalk Hospital. Act fast and call 911. Even if it's a false alarm, it's better to be embarrassed or to wake a sleeping parent than to lose a friend.

Know the law: It is illegal for the person responsible for the private property (adults if they are home or the person hosting a party if adults are not home) to provide alcohol to minors or to not make a reasonable effort to stop minors from possessing alcohol.

Remind them alcohol and drugs aren't necessary to have a good time.