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For more information on youth and alcohol, check out the following websites:

<http://bethechange.ellington-ct.gov>  
[www.settherulesct.org](http://www.settherulesct.org)  
[www.theantidrug.com](http://www.theantidrug.com)  
[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)  
[www.preventionworksct.org](http://www.preventionworksct.org)  
[www.housepartybill.org](http://www.housepartybill.org)  
[www.madd.org/under21](http://www.madd.org/under21)  
[www.mourningparentsact.org](http://www.mourningparentsact.org)  
[www.dontserveteens.gov](http://www.dontserveteens.gov)  
[www.alcoholfreechildren.org](http://www.alcoholfreechildren.org)  
[www.Alot2Lose.com](http://www.Alot2Lose.com)  
[www.thecoolspot.gov](http://www.thecoolspot.gov)  
[www.sadd.org](http://www.sadd.org)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.notmykid.org](http://www.notmykid.org)  
[www.drugfree.org](http://www.drugfree.org)

**Parent Forum on Student Survey**

Did you know....



**43% of Ellington's high school students (grades 9-12) reported in the recent survey that they rode in a vehicle when the driver was intoxicated by alcohol**

On Thursday, February 4th The Ellington Drug Abuse Prevention Council will host an informational evening to present these and other results of the Drug and Alcohol survey that Ellington students in grades 6 through 12 took in June of last year. Bonnie Smith and Sarah Sanborn of ERASE (East of the River Action for Substance Abuse Elimination, Inc.) will be on hand to explain the survey results. The community is invited to attend. The forum will be in the Ellington High School library at 7 pm. Parking is available in the front AND rear of the school.

**Parent Survey**

**Your Help is Needed!**



**PLEASE** take a moment and

take our parent survey located on our website.

<http://bethechange.ellington-ct.gov>

Your results will remain completely anonymous. Follow instructions at the end of the survey to enter your name in a drawing for a \$100 Big Y gift card. The drawing will take place at the end of February.



Thank you!



**Be sure to check out our websites!**

<http://youth.ellington-ct.gov> and <http://bethechange.ellington-ct.gov>

## Rise Above



Ellington Student Leadership Group

### Remember...

there's always a little kid out there who wants to be just like you.



Rise Above, Ellington's Student Leadership Group, is in its third year and is growing in leaps and bounds. With close to 100 members from Ellington High School, the group continues to emphasize the importance of making positive choices. So far this year the group has hosted two dodge ball tournaments; one for high school students and one for middle school students and hopes to do one more. Several events just for members have been held and plans are in progress for community service and a poster campaign directed toward middle school students. They also plan to host a leadership symposium for student leaders in other high schools in Connecticut.

Any student at Ellington High School who does not use alcohol, drugs or any other type of substance and is interested in being role models for their peers and younger students is welcome to join Rise Above. They meet once or twice a month right after school. For more information, please contact Debbie Stauffer at [dstauffer@ellington-ct.gov](mailto:dstauffer@ellington-ct.gov) or call 870-3130.



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~ Email: [dstauffer@ellington-ct.gov](mailto:dstauffer@ellington-ct.gov)

Website-<http://bethechange.ellington-ct.gov>

## The Dangers of Inhalants



Inhalants are common products found right in the home and are among the most popular and deadly substances kids abuse. Inhalants include chemicals found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, nail polish remover, liquid white-out, markers and lighter fuel. They are sniffed or “huffed” (act of inhaling vapors). Inhalant abuse can result in death from the very first use. According to the annual Monitoring the Future national poll, approximately one in six children will use inhalants by 8th grade. The same report notes that inhalants are most popular with younger teens because of how easily they can be obtained. Teens use inhalants by sniffing or “snorting” fumes from containers; spraying aerosols directly into the mouth or nose; bagging, by inhaling a substance inside a paper or plastic bag; huffing from an inhalant-soaked rag; or inhaling from balloons filled with nitrous oxide (whipped cream). Nitrous oxide is the most common inhalant. Below are some inhalants most commonly used by teens. Parents should see that these substances are monitored closely so that children do not abuse them:

### Solvents

- Industrial or household solvents or solvent-containing products, including paint thinners or solvents, degreasers (dry-cleaning fluids), gasoline, and glues.

### Gases

- Gases used in household or commercial products, including butane lighters and propane tanks, whipped cream aerosols or dispensers (whippets), and refrigerant gases.
- Household aerosol propellants and associated solvents in items such as spray paints, hair or deodorant sprays, and fabric protector sprays.
- Medical anesthetic gases, such as ether, chloroform, halothane, and nitrous oxide (laughing gas)

Nearly all abused inhalants produce effects similar to anesthetics, which act to slow down the body’s functions. When inhaled in sufficient concentrations, inhalants can cause intoxicating effects that can last only a few minutes or several hours if taken repeatedly. Inhalants affect the brain. When substances or fumes are inhaled through the nose or mouth, they can cause permanent physical and mental damage. They starve the body of oxygen and force the heart to beat irregularly and more rapidly. People who use inhalants can lose their sense of smell, suffer nausea and nosebleeds and may develop liver, lung and kidney problems. Continued use can lead to reduced muscle mass, tone and strength. Inhalants can make people unable to walk, talk and think normally.

**Short-term Effects:** In addition to the above, inhalants can kill a person by heart attack or suffocation as the inhaled fumes take the place of oxygen in the lungs and central nervous system. Someone on inhalants may also suddenly react with extreme violence.

**Long-term Effects:** Can lead to muscle wasting and reduced muscle tone and strength. Can permanently damage the body and brain.

**What to look for:** Chemical odors on breath or clothing; paint or other stains on face, hands, or clothes; Hidden empty spray paint or solvent containers; drunk or disoriented appearance; slurred speech; nausea or loss of appetite; inattentiveness, lack of coordination, irritability and depression; missing household items.

Source: [www.theantidrug.com](http://www.theantidrug.com) and Foundation for a Drug-Free World

**Have you ever heard...** your teenager reference the time “4:20?” Many parents don’t realize that 420 (pronounced “four-twenty”) is a “secret code” for a time to get high. The reference to 420 presumably dates back to the ‘70s. Some people have even designated April 20th as “National Pot Smokers’ Day.”