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

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

Is It Worth It Campaign



The DAPC launched a new campaign on May 16th targeting those adults, young and old, who supply alcohol to youth. A billboard with a red cup graphic was on display on Route 83 in Vernon just over the Ellington border and asks the question *Is It Worth It?*.. If you are supplying alcohol to youth. The billboard will appear again for another four weeks at a location to be announced later in the summer. Results from a 2009 student survey of Ellington students showed that most of them who drank got their alcohol from peers and parents with and without permission.

First Selectman Maurice Blanchette feels the message is so important that he devoted almost his entire front page of the most recent town newsletter, The Ellington Connection to the campaign. Lawn signs, posters, newspaper ads and postcards are also being used to convey the message.

The DAPC website highlights some of the laws and other consequences associated with supplying alcohol to youth. The main focus is awareness. There are parents who feel it is ok to put their children and other people's children at risk by allowing drinking in their homes. Is it worth risking lives, homes and financial security? Check out our website to learn more about the *Is It Worth It?* campaign. This campaign is being launched at a popular time of year for celebrations and also directed to the arrival home from college of many young adults age 21 and above who purchase alcohol legally for friends and younger siblings.

If you have college age children, we urge you to direct them to the laws and consequences of supplying alcohol to our youth.

Know the law. Please Keep Ellington Youth Safe!

Be sure to check out our websites!

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



Keeping kids safe from alcohol is like flying a kite.

**Holding tight
and letting go**

STRINGS

A series of lifelines to help keep kids safe from alcohol.

- Curfews work—enforce them
- Lock up your alcohol, count it, track it.
- Love as a parent, not a friend
- Set rules—voice them, follow them
- Don't be swayed by what other parents are doing
- If you think your child is drinking, they probably are—address it now
- Never buy alcohol for kids because you think it is safer
- Limit alcohol at your own parties—kids are watching
- Never look the other way when alcohol is being used by underage youth
- Band together with other like-minded parents
- Face it—as a parent, you will be the bad guy sometimes
- Don't be afraid of losing your child's love, be afraid of losing **them**.
- And no, not everyone is going on spring break with their friends.

The Parent Connection is on facebook



Rise Above Student Leadership Group



Ellington Student Leadership Group

Rise Above had a very successful year. The membership has grown to over 130 students. Activities this year were a movie night, two dodge ball tournaments for high school students and one for middle school students, a pool tournament, flag football, bowling, participation in Channel 3 *Cool Schools*, as well as community service at Snipsic Village, Fall Festival at Brookside Park, Healthy Kids Day at the YMCA and Fair on the Green.

Over 160 EMS students participated in dodge ball in December. The Rise Above EMS Outreach Committee developed the theme *Be Yourself* and hung posters spotlighting 20 Rise Above members. The Rise Above mission was emphasized the entire night (encouraging positive choices regarding drugs and alcohol) and wrist bands with the theme BE YOURSELF on it were handed out. A table was also set up with information for parents.

With the influx of members, the group has felt some growing pains this year and a policy committee made up of advisors and members was formed and a new application has been created. All members will need to reapply for membership each year and parents will be required to sign the application. Visit our website for more info on the group. Rise Above is also on facebook.

Teen Dating Application for SmartPhones

The Connecticut Coalition Against Domestic Violence (CCADV) announced recently the release of td411, a teen dating application in both the iTunes App Store and the Android Market. Reportedly the first of its kind in the nation, td411 provides information and tools that teens, their friends and families can use to learn more about dating violence and healthy relationships. The application is free of charge and can be downloaded at www.ctcadv.org or www.td411.org.

Attorney General Blasts "Binge in a Can"



A new fruit-flavored malt drink called Blast that crams 4.7 servings of alcohol into a 23.5 oz can is under fire by attorneys general from Connecticut to California.

A letter went out to Pabst Brewing Company referring to the drink a binge-in-a-can and urging the company to decrease the alcohol content in the drink. The company hired popular rapper Snoop Dogg as its spokesperson. The Pabst company responded with a reminder that the beverage is intended for those individuals over the age of 21, however, the packaging and marketing suggests otherwise.

Parents should be mindful of the drinks such as this on the market. In addition, young people are still mixing alcohol and energy drinks. The energy drink companies regularly encourage it but prepared statements will deny it. Alcohol and energy drink companies are in it to make money, period.

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

Should Adults Allow Supervised Teen Drinking?

Study Shows Teens Who Drink Under Watchful Eye of Adults Aren't Immune From Later Alcohol Problems



A study published in May by the Journal of Studies on Alcohol and Drugs compared the opinions of almost 2,000 seventh grade students and their parents in two different countries—the U.S. and Australia. The study covered a three year period and followed Australian students whose parents introduce alcohol with supervision. This approach they call “harm-minimization” and views alcohol as a normal part of growing up and this method (supposedly) helps teens learn about responsibility with regards to alcohol. The other half of the students—the Americans were followed with the “zero-tolerance” attitude.

Students completed a written survey each year up to 9th grade and parents did a one-time phone survey. What they found was that seventh grade Australian students reported more alcohol use (59%) than their U.S. peers (39%). By eighth grade, two-thirds of the Australian youth had tried alcohol with adult supervision, but little more than a third of the American adolescents had. In ninth grade, 71% Australian teens drank, compared to 45% American. Researchers found that the younger students were more likely to continue drinking by ninth grade and have a negative experience with alcohol. Both countries' youth experienced this, however, the Australian youth who started drinking at an early age under the watchful eye of their parents seemed to lead to higher rates of alcohol related problems. A more permissive parenting approach to alcohol seemed to encourage drinking but didn't really teach safe and responsible drinking.

Study Researcher Barbara J McMorris, PhD says kids need parents to be parents and not drinking buddies. She advises that parents enforce a “no-use” policy for teen drinking and that kids need black and white messages at an early age. Setting and reinforcing them when teens are younger may help reduce harmful effects as they get older.

Marijuana Use

According to the National Survey on Drug Use and Health, in 2009, 16.7 million Americans aged 12 or older used marijuana at least once a month. The 2009 Ellington Student Survey showed 64% of students in grades 9 through 12 perceived marijuana as easily accessible. One in four seniors used marijuana within the past month. The average age of Ellington students first use of marijuana was 14.5 years old.

Steroids for School



The TODAY Show recently aired a hidden-camera investigation showing how easy it is to buy illegal prescription drugs. College students across America and even high schools students are becoming addicted to a popular prescription drug Adderall. The drug is normally prescribed for attention deficit disorder and kids are taking it to help them get smarter. Adderall, also called “study buddies” has properties in it to help them focus and pull all nighters. Students who are diagnosed with ADD are cashing in on their disorder to making some money and some are faking the disorder to get a diagnosis and prescription. While Adderall is considered safe when taken as prescribed by a doctor, experts say it can be very addictive. Some college students admitted they took it one time to help them study for an exam and found them selves addicted in no time. As part of the hidden camera investigation, a TODAY intern visited the library at one of the nation's top colleges and it didn't take long to score some pills. It took just 30 seconds. The pill cost her \$5.00. The student she purchased it from suggested she fake symptoms and get a legitimate and legal prescription from her doctor.