

GRADE A PLUS



Great River Alcohol and Drug Education Alliance, Parents Linking in United Support

November 2009

Do You Know a “History Maker”?

The African American Museum of Iowa and the NAACP Burlington Branch is recording and collecting the stories of those who have made a difference in our area in the following areas:

- Segregation and integration in Iowa
- African American Professionals in Iowa
- Civil Rights Organizations in Iowa
- Black Church History in Iowa

Students from West Burlington High School and the Burlington alternative high school will be interviewing and videotaping individuals in the next several months in order to make sure these contributions and experiences do not become forgotten.

If you know of someone they should interview, please contact Michelle Randall at GRADE A PLUS at 752-6027.

Ever Wanted to Change Something About Your Community?

On February 19 and 20, GRADE A PLUS will sponsor a training to help you learn the skills to do just that. Join us for Community Mobilization Training at the West Burlington Christian Church from 8:15 am to 4:00 pm both days. Lunch will be provided.

We'll highlight:

- Group Communication Skills
- Family Interactions
- Prevention
- Conflict Resolution

Call the GRADE A PLUS office at 752-6027 for more information or to register (pre-registration is required).

Rock the Night Out at Rockin' Safe Eve!



GRADE A PLUS is once again hosting this safe New Year's Eve event for families and youth in the Des Moines County area. This event allows families to enjoy and celebrate the New Year together in a safe drug, alcohol and tobacco free environment.

Join us anytime between 6:30 pm and 8:30 pm on 12/31/09 at Burlington Memorial Auditorium. There will be arts, crafts, carnival games, inflatables, carriage rides and bingo. Fireworks to follow over the riverbank at 8:45. Admission is \$2 per adult, \$1 per child, or maximum of \$5 per family.

Warning Signs of Violence

The following warning signs may predict a violent situation. Act right away if you see:

- Serious physical fighting.
- Severe destruction of property.
- Severe rage for unnecessary reasons.
- A person carrying/using guns or other weapons.
- A person threatens suicide or to hurt himself.
- A person has mapped out a detailed plan to hurt or kill others.

-Source: *Csnfusions (A Comprehensive Guide to Crime & Drugs)*.

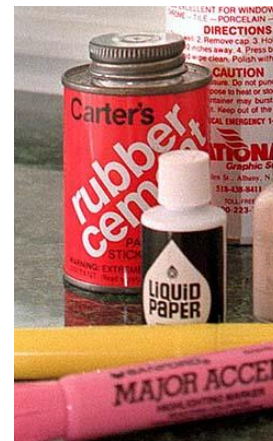
Parents: The Top 10 Ways to Prevent Underage Drinking

Statistics show that students whose parents never allowed them to drink were significantly less likely to drink heavily in college, regardless of gender.

- 1. TALK WITH YOUR TEEN.** Studies show that parents have a big impact as to whether their teens will engage in risky behaviors. Talk openly with your teen about alcohol use and establish consequences for use and rewards for following your house rules.
- 2. PROVIDE STRUCTURE.** Make clear family rules. Support "no alcohol" rules that have zero tolerance consequences and provide extended privileges as a reward for following house rules.
- 3. HOST A PARTY.** Plan a party at your house with clear rules of no drugs or alcohol, and enforce the rules.
- 4. FOSTER SELF-CONFIDENCE.** Talk to your teen about peer pressure, and help them come up with ways to say "no". Praise them for good decision making.
- 5. LAY DOWN THE LAW.** Remind your teen that it is illegal for them to drink, and make sure they know you will be enforcing the law with them.
- 6. ENSURE SAFETY.** Remind your teen not to ride with someone who has been drinking.
- 7. BE AWARE OF YOUR CIVIL LIABILITY.** You as a parent are responsible if your teen or your teen's friends are drinking in your home.
- 8. BE A ROLE MODEL.** Use alcohol in moderation and never drink and drive.
- 9. BE AVAILABLE, AND KNOW YOUR STUFF.** Be ready to talk to your teen about the dangers of alcohol use. Do some research about teens and drinking.
- 10. DON'T WAIT UNTIL SOMETHING HAPPENS.** If you even think your teen is drinking, intervene.

-Source: SAFEnet, Montgomery County Department of Liquor Control Outreach Office.

Inhalants: Toxic Danger



You've talked to your teen about drug use and other risky behaviors, but you might not have discussed "huffing," "sniffing," "dusting," or "bagging."

More than a million teens used inhalants – including household products like nail polish remover, correction fluids and bleach – to get high last year. Most teens do not realize how dangerous inhalants can be, but statistics show that repeated exposure can lead to suffocation, brain damage and even death. Parents should closely monitor these types of household substances to prevent abuse and irreversible health consequences.

- 1. INITIATE CONVERSATIONS with your teen.** Talk about the dangers associated with inhalant use.
- 2. CONDUCT A ROOM CHECK.** Take inventory on household products in your teen's room to ensure there are no superfluous items.
- 3. SPREAD THE WORD.** Ask friends and family to safeguard their common household products as well.
- 4. KNOW THE SIGNS.** Common signs and symptoms of abuse include unusual breath odor or chemical odor on clothing; spots and/or sores around the mouth; nausea and/or loss of appetite; slurred or disoriented speech; or red or runny eyes or nose.

-Source: ParentingTips@TheAntiDrug.com

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A participating United Way agency.

