

Educate, Communicate,
Spread the Word

Safe and Drug Free Schools

May 2010

Safe and Drug Free Schools Loses Funding

After June 30, 2010, the Safe and Drug Free Schools Program will no longer receive federal funding. This funding allows the program to provide information on youth alcohol and drug use to parents, teachers and the county's nearly 40,000 students through literature, classroom instruction and community awareness. The program also provides resources and information on other issues such as bullying, character education and life skills.

The office of Safe and Drug Free Schools has been funded by a federal grant since the early 1990s. The program's absence will

create a large void to fill in the school system, according to one local law enforcement officer. "They do a great job of bringing kids together and letting them know what the choices are," she said. Without a coordinated drug prevention program in schools, parents and other concerned adults will have to do more to inform youth about the dangers of drugs and alcohol.

Even though federal funding only provided about \$2 per student for these programs, Safe and Drug Free Schools has been able to provide numerous resources to the schools and community to

impact our youth.

Tobacco Free Schools, which operates under a separate grant, will continue its initiative to reduce teen tobacco use. Beginning July 1, Tobacco Free Schools and the Drug Education (Insight) Class (for students who choose to use or possess alcohol or other drugs on school grounds) will be placed within the Safety and Security Department. This newsletter will also continue, with a slightly different format, and the web sites will be reorganized and accessed through the Safety and Security Department.

North Carolina Tobacco Use Quitline

The North Carolina Quitline (QuitlineNC) is a program that is available at no charge to youth and adults who want to quit using tobacco. QuitlineNC is staffed by trained quit coaches, and can help you if you are trying to quit smoking, chewing, dipping or using any kind of tobacco product. QuitlineNC is open from 8 am to 3 am, seven days a week, and English or Spanish

speaking quit coaches are available.

QuitlineNC now offers free nicotine replacement therapy, such as the nicotine patch, to eligible callers who enroll in the four-call plan. To be eligible you must be a member of the North Carolina State Health Plan or a full-time North Carolina college student. Research shows that the

four-call plan plus medications works, and it's free! You can receive up to two shipments of patches directly to your door, for up to eight weeks of treatment. You do not need a prescription to receive the patches.

If you need help quitting tobacco use, call 1-800-Quit-Now or 1-800-784-8669 today.

Did You Know?

- More than 6,000 teens in the U.S. die every year in car crashes (that's the equivalent of one airplane full of teens crashing per week).
- Motor vehicle crashes are the leading cause of death for teens in the U.S.
- 64% of youth aged 15-20 who died in passenger vehicles were not wearing seatbelts.
- 54% of motor vehicle crash deaths among teens occurred on a Friday, Saturday or Sunday.
- 58% of teenage motor vehicle crash deaths occurred between 6 pm and 6 am.
- One out of every five 16 year olds will be involved in a car crash.
- 31% of 15-20 year olds killed in motor vehicle crashes had been drinking (whether driver or passenger).
- Two out of three teens who die as passengers are in vehicles driven by other teens.
- Cell phone distractions contribute to 2,600 fatalities and 330,000 injuries yearly for all age groups.

May Is National Teen Safe Driving Month

Talk to your teen about distracted driving.
<http://t-driver.com>
www.impactteendrivers.org

Beware of New Tobacco Products

The good news is that cigarette smoking rates have drastically declined in the United States. In fact, North Carolina high school teen smoking rates have decreased from 32% in 1999 to 17% in 2009. The bad news is that there is an emergence of new smokeless and novelty tobacco products, and dual use (use of more than one tobacco product) is on the rise. It's much harder to be a smoker in our society

today due to the increasing prevalence of smoke free policies and society's



concern about secondhand smoke. It makes sense that an industry brilliant at profit-making would respond by creating new products. Emerging product trends include tobacco that is discrete, easy to hide and easy to use, with new packaging, colors and gimmicks, and the allure of being safer. The bottom line is there is no safe tobacco product. There is no safe way to maintain a nicotine addiction.

It's important as these new products hit the market that adults know what they are and convey a consistent message to youth about the dangers of all tobacco. In 2009, the U.S. Food and Drug Administration was granted authority by Congress to regulate tobacco. This public health step is expected to change the face of the industry. Some changes have already taken place, such as removing candy- and fruit-flavored cigarettes from the market. Additional measures will be phased in over the next several years. Following is a description of some of the latest products:



Dissolvable Tobacco

- Appeals to youth with candy-like or mint or gum appearance
- Delivers up to 3.1 mg of nicotine, compared to 1 mg in a typical cigarette
- Sticks, pellets and strips - doesn't look like tobacco, but it is!



Snus

- Smokeless and spitless
- "Sold cold" or "pasteurized" does **not** make it safer
- Placed between the upper gum and lip where the mouth produces less saliva
- Toxins absorbed through the gums
- Unproven claims of a lower risk of cancer

Snuff

- Snorted through the nose
- New products packaged to look like candy

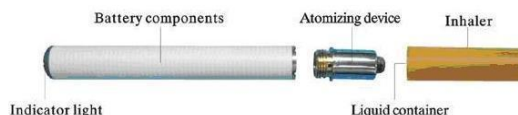


New Cigarettes

- New size, same tobacco - wides, slims, short (snack)
- Unproven claims of "reduced carcinogen cigarettes"
- New colors - to replace labels such as light, ultra light or low tar
- New "crush" cigarettes with breakable capsule that releases menthol
- Some unfounded claims of safer cigarettes because the tobacco "heats" instead of "burns"

E-Cigarette and Hookah

- Electronic Cigarette (E-Cigarette) is a battery-operated device that generally contains a cartridge filled



with nicotine, flavors and other chemicals. These chemicals are vaporized and then inhaled.

- The vapors are a mix of water, nicotine, artificial smoke, flavor and propylene glycol - the chemical used in fog-making machines and to de-ice airplanes.
- The E-Cigarette is not a quit device or form of nicotine replacement therapy (NRT). It is not yet regulated by the FDA, as NRTs are.
- Hookahs are water pipes used for smoking a flavored and sweetened blend of tobacco called Shisha.
- There is a false belief that the water filters toxins from the tobacco smoke. However, the toxins are not removed by this process.



Little Cigars, Cigarillos and Cigars

- A cigar is defined as any roll of tobacco wrapped in leaf tobacco or in any substance containing tobacco
- Cigars come in several sizes - large cigars, cigarillos and little cigars.



- Cigars are the second most popular tobacco product among youth.
- Being exempt from current federal tobacco regulation, cigar products come in candy and fruit flavors, are sold for single use and are cheaper than other tobacco products, which appeals to youth.
- A single large cigar potentially can provide as much nicotine as a pack of cigarettes.
- People who smoke cigars are more than twice as likely to have decreased lung function than those who have never smoked.

"There is no safe way to maintain a nicotine addiction."

Zero Tolerance Remains Best Choice

Across Europe, doctors are reporting rising numbers of patients in their late teens and early 20s with severe alcohol-related diseases. Sure we've heard about those European countries where 16 year olds can legally purchase alcohol and young children are allowed to drink wine during family dinners. We've also heard the common belief that, here in the U.S., we've created the "forbidden fruit" by prohibiting alcohol to those under 21. But in reality, parents who follow this European approach to alcohol consumption may be setting the stage

What's a parent to do?

- *Clearly define family rules about no underage drinking.*
- *Talk early and often with your child.*
- *Ask and listen, do not lecture.*
- *Provide facts about drinking.*
- *Show your support of good choices.*
- *Be a positive role model.*

for binge drinking and abuse both now and later in life for their kids.

Additionally, a recent U.S. study shows that sixth grade students who were permitted to drink alcohol in their home were up to three times more likely to get drunk and almost twice as likely to consume five or more drinks in one sitting, compared to sixth graders who were given a zero tolerance policy from their parents.

Keep in mind - kids are 50% less likely to drink if they believe their parents disapprove. For more information, visit: www.drugfreeactionalliance.org/mla.php.

Make the Time to Talk Promise

Many parents tend to pull back during their kids' teenage years, but in fact it's critical for parents to talk even more frequently with their children during adolescence.

Your teens are looking to you for support and guidance as they begin to make difficult choices – for instance, whether or not to use drugs or alcohol. Make a commitment to yourself and your children to have

regular, authentic, two-way conversations.

Read and agree to the following five promises:

- ✓ I promise to find as many opportunities as possible to communicate with my kids.
- ✓ I promise to listen and be there for my children when they need to talk.
- ✓ I promise to have ongoing conversations with my kids about

the risks of drugs and alcohol.

- ✓ I promise to have open, honest and loving talks with my kids.
- ✓ I promise to treasure the conversations I have with my children.

Sign the promise today at TimeToTalk.org.



Be Aware of Technological Advancements



With the advent of new technology comes many challenges and many opportunities for trouble. Smartphones that are able to connect to the Internet, send text messages and receive e-mails have proven very beneficial to the business world. What happens when these phones are enabled with applications that are, let's say, ethically questionable?

The Apple iPhone, a popular device that many people are using, has an application that you can add to your phone that enables you to download the pinpoint location where you can purchase marijuana. The application is called "Cannabis."

Mainly for use in the state of California, the application is for the purchase of prescribed marijuana. The iPhone app will direct you to a doctor who can write legal "prescriptions" and where those "prescriptions" can be filled. California has more than 800

dispensaries of marijuana in Los Angeles alone. The iPhone application, which was recently accepted by Apple, costs \$2.99 to download from their online store.

These trends are important for parents and concerned adults to know about as they are spreading in their popularity. Parents should closely monitor what applications are being put onto their child's phone and computers while discussing their expectations that their child remains free of alcohol, tobacco and other drugs.

2009 North Carolina Youth Tobacco Survey Results

Current tobacco use among high school teens:

- 25.8% use any tobacco product
- 16.7% smoke cigarettes
- 13.2% smoke cigars
- 8.5% use smokeless tobacco

For detailed data, visit www.tobaccopreventionandcontrol.ncdhhs.gov/data/yts.



It takes hard work to stop smoking, chewing or dipping tobacco. But there are lots of great reasons to quit:

- You may live longer and feel better.
 - You will reduce your chance of a heart attack, cancer or stroke.
 - You will have more energy and breathe easier.
 - If you are pregnant, your baby will get more oxygen and be healthier.
 - The people you live with, especially your children, will be healthier.
 - You will have extra money to spend on things other than tobacco products!
 - You will serve as a positive role model to your children and other youth who are watching what you do.
- Remember that employees of Union County Public Schools who are enrolled in the state health plan can get free nicotine replacement therapy (nicotine patch/gum). If you'd like help quitting tobacco use, call 1-800-Quit-Now (1-800-784-8669) today!



Developmental Asset #2 Positive Family Communication

Young person and his or her parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.

Search Institute's 40 Developmental Assets® are common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible adults.

www.search-institute.org/assets

We're on Facebook! Check out what our TRU Clubs are doing and learn the latest in tobacco prevention news. Go to www.facebook.com/UnionCountyTRUClubs.

Mock Crash Teaches Teens Life-Saving Lesson

Porter Ridge High School's SADD But TRU Club (Students Against Destructive Decisions/Tobacco Reality Unfiltered), with the assistance of numerous local law enforcement, emergency medical services and firefighters, simulated an underage drunk driving crash with deadly consequences Wednesday, April 28, only days before the school's actual prom night.

