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UCPS
UNION COUNTY PUBLIC SCHOOLS

Growing Possibilities...

Safe and Drug Free Schools December 2009

Union County Youth Substance Use

Safe and Drug Free Schools conducts a Youth Drug Use and School Safety Survey biannually among UCPS students in 6th, 8th, 9th and 11th grades. The most recent survey was conducted in December 2008, with a sample size of 2,335 students. Following are highlights from the survey's core measures:

Tobacco - 15% of all students (6.3% in middle school; 22.2% in high school) indicated that they used *some type of tobacco* in the past 30 days, compared to 16.1% in 2006. In the past 30 days 11.6% of all students (4.3% in middle school; 17.4% in high school) *smoked cigarettes*, 8.8% (3.6% in middle school; 13.2% in high school) *smoked cigars*, and 4.0% (2.4% in middle school; 5.3% in high school) used *smokeless tobacco*. An increase in smoking between 8th and 9th grades was observed (7.8% smoked cigarettes in 8th grade compared to 12.0% in 9th grade), and the average age of first use for any tobacco product was 12.7 years old.

The good news – in 1998, 33% of high school youth smoked cigarettes in the past 30 days, while in 2008 17.4% smoked in the last 30 days (this is a 47.3% decline). Additionally, there was a 52% drop in middle school

smoking from 2004 to 2006. Currently, of teens who have used any tobacco product, 72.8% say they would like to quit.

Alcohol - 15.3% of all students admitted having at least one drink of alcohol in the past 30 days (10.7% under age 15; 20% in 9th grade; 24.8% in 11th grade; 38.7% in 12th grade), up from 14.2% in 2006 and 14.5% in 2004. Forty-one percent of those who drank in the last 30 days say they binge drank (had five or more drinks in a sitting).

Of students who reported alcohol use in the past 30 days, 30.8% got it from a friend, 26.6% had someone buy it for them, 15.7% were given alcohol by their parents, and 3.2% were given alcohol by their friend's parents. Overall, two-thirds got their alcohol from their own or a friend's home.

Both drinking and binge drinking in the last 30 days are significantly related to whether or not parents have clear rules against alcohol, and also to the number of friends one has who drink alcohol. Eighty-one point four percent of students surveyed indicated that their parents have clear rules against alcohol use. However, youth who are permitted more than a few sips of alcohol at home are

proportionately more likely to have drunk alcohol (43.8%) and to have engaged in binge drinking (20.2%) in the past 30 days, compared to students without permission to have more than a few sips of alcohol at home (4.4%).

Marijuana - 7.6% of all students (1.6% in middle school; 12.7% in high school) reported marijuana use in the past 30 days. Use by middle school students is half the rate it was in 2004, but high school rates have increased slightly. Systemwide, the average age of first use is 13.4 years old. It is important to note that there is a statistically significant relationship between having a low perception of risk of harm from using a substance and in using it in the past 30 days.

Prescription Drugs - 5.9% of students (3.7% in middle school; 7.7% in high school) reported nonmedical use of prescription pain pills in the past 30 days. Other prescription drug use ranged from 1.1% to 2.9%, including recreational use of drugs such as benzodiazepines (Xanax, Valium), uppers (Ritalin, Concerta, Adderall), downers (depressants) or any other drug prescribed to someone else. Prescription drug abuse is on the rise, surpassed only by alcohol and marijuana.

Did You Know?

- If you provide alcohol to those under 21 or allow them to drink alcohol, you are subject to criminal prosecution.
- You could be civilly liable and could be sued if you knowingly allow a guest under 21 to drink in your home or any other property you control if he or she becomes very ill or dies from alcohol poisoning or other injuries.
- If you are sued, it may be up to a jury to decide whether you are liable and how much you will have to pay for injuries caused by, or to, your guests.
- The law does not allow you to give permission for your underage child to drink in someone else's home or any other property they control.



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Underage Drinking in North Carolina - The Facts

Tragic health, social and economic problems result from the use of alcohol by youth. Underage drinking is a causal factor in a host of serious problems, including homicide, suicide, traumatic injury, drowning, violent and property crime, high risk sex, alcohol poisoning and more.

Underage drinking cost the citizens of North Carolina \$1.4 billion in 2007. These costs include medical care, work loss, and pain and suffering. This translates to a cost of \$1,588 per year for each youth in the state, ranking NC 48th highest in the nation for the cost per youth of underage drinking.

Young people who begin drinking before age 15 are five times more likely to develop alcohol dependence and are 2.5 times more

Problem	Total Costs (in millions)
Youth violence	\$834.3
Youth traffic crashes	258.3
High risk sex, ages 14-20	97.5
Youth property crime	107.6
Youth injury	33.9
Poisonings and psychoses	6.7
FAS among mothers age 15-20	26.9
Youth alcohol treatment	8.0
Total	\$1,373.2

likely to become abusers of alcohol than those who begin drinking at age 21. In 2007, 216 NC youth 12-20 years old were admitted for alcohol treatment, accounting for 2 percent of all treatment admissions for alcohol abuse in the state .

Statewide, underage drinking is widespread with approximately 351,000 youth drinking each year. In 2007, according to self-reports by NC students in grades 9-12, 20 percent had their first drink before age 13. In addition, in the past 30 days:

- 38 percent had at least one drink
- 21 percent had five or more drinks in a row (binge drinking)
- 5 percent had at least one drink on school property

In 2007, underage drinkers consumed 10.4 percent of all alcohol sold in the state, totaling \$382 million in sales. These sales provided profits of \$187 million to the alcohol industry.

Source: The International Institute for Alcohol Awareness - www.beawarenow.org

Underage Drinking Myths



Myth: Kids are going to drink anyway. It's better if I let them drink at home under my supervision.

Response: Actually, youth who start drinking before age 15 are **five times** more likely to develop alcohol abuse problems later in life than those who begin drinking at or after age 21.

Myth: I know that my kids aren't drinking. They would never use the alcohol I bring home.

Response: Research shows that the home is a common place that youth access alcohol, even without parents knowing. Liquors can be watered down so that changes in volume aren't detected and parents often lose count of beers in the fridge.

Myth: Drinking doesn't hurt youth that bad.

Response: The bodies of minors are still developing. Alcohol stunts brain

development and hurts their physical health. Not to mention, the bodies of adolescents are in a much more addictive state making it easier to get hooked on alcohol.

Myth: I can't stop the problem of underage drinking.

Response: As an adult, you have a critical role in shaping the habits of the children in your care. One home at a time, we can reduce youth access to alcohol.

Safety of Alcoholic Energy Drinks to Be Reviewed by FDA

Alcoholic energy drinks, prepackaged beverages that contain alcohol, caffeine and other stimulants, will be reviewed for their safety according to an announcement issued November 13 by the Food and Drug Administration (FDA). The FDA action comes after an effort by the National Association of Attorneys General (AGs) working with researchers to determine whether the caffeinated alcoholic beverages (AEDs) are safe for consumption.



mask the negative effects of alcohol intoxication, producing skewed self impressions of impairment levels, and the drinks may produce a "wide awake and drunk" phenomenon that increases the likelihood of injury and/or violence to oneself and others.

With some estimates of consumption of AEDs at 28% of college-age students, the three co-chairs of the AGs Youth Access to Alcohol Committee petitioned the FDA in

Thirty-one percent of 12- to 17-year-olds and 34 percent of 18- to 24-year-olds report regular consumption of energy drinks. Alcoholic energy drink producers promote youth consumption using "grassroots" level marketing strategies (extreme sports sponsorships, Internet, text messages) and containers that have sizes, shapes and graphics similar to their nonalcoholic cousins. The similarities in containers create the potential for confusion among consumers, retailers, parents, law enforcement and others regarding which products contain alcohol and which do not.

writing to use its authority under the Food, Drug and Cosmetics Act to cause "the immediate removal of AEDs from the marketplace." Because the law places the burden of proof on the drinks' manufacturers, the FDA's action gives them 30 days to empirically demonstrate the safety of the caffeine additive. Failure to do so could cause the FDA to ban the additive in alcoholic beverages.

Serving Smoke Free Air in North Carolina Restaurants and Bars

On January 2, 2010, a new state law will go into effect that will prohibit smoking in enclosed areas of almost all bars and restaurants in North Carolina. State Law 2009-27 (G.S. 130-A-496), otherwise known as the smoke free restaurants and bars law, or House Bill 2, was signed into law by Governor Beverly Perdue on May 19, 2009.

When the General Assembly passed the law, it explained that secondhand smoke "has been proven to cause cancer, heart disease and asthma attacks in both smokers and nonsmokers." A 2006 report issued by the US Surgeon General stated that scientific evidence indicates there is no risk-free level of exposure to secondhand smoke. This means that breathing the smoke from someone else's cigarette, cigar or pipe could be harmful to you. The new law protects people from the harm caused by secondhand smoke in restaurants, bars and many lodging establishments.

hotels, motels and inns, if the establishment serves food or drink. In addition, a lodging establishment may designate no more than 20 percent of its guest rooms as smoking rooms.

Basically, any establishment that serves food, is currently inspected by a local health department and displays a sanitation grade certificate must now be smoke free. In addition, any bar that does not sell food but is licensed by the North Carolina ABC Commission to sell alcohol must also be smoke free. Convenience stores, bowling alleys and other places that sell food must comply with the new smoke free law as well.

The new state law does not require unenclosed areas of restaurants or bars to be smoke free. These establishments can, however, voluntarily put into place a policy that prohibits smoking in unenclosed areas such as decks and patios that are open to the outside. Any area that is enclosed by three walls and a roof must be smoke free. No smoking is allowed anywhere inside, including staff break areas or private offices, at any hour. Scientific

evidence shows that harmful smoke particulates stay in enclosed areas where smoking has occurred.

Enforcement of the new law will fall under the jurisdiction of local health departments. As of 12 am on January 2, 2010, restaurants and bars must remove all ashtrays and other smoking receptacles, post required "no smoking" signs in conspicuous places, and direct anyone who

Show your support for smoke free air by going out to eat on Saturday, January 2, 2010, the first day of this historic North Carolina law.

lights up to extinguish their tobacco product. It is the responsibly of restaurant or bar managers/owners to comply with these rules. If the establishment shows a pattern of noncompliance after several warnings, it can be fined up to \$200 per day by the local health department. If an individual within the restaurant or bar refuses to comply with a manager's request to stop smoking, the individual can be charged with an infraction by local law enforcement and fined up to \$50.

The new law is complaint driven. If you notice someone smoking in an establishment that is covered under the law, the first thing to do is to alert staff or the manager. The staff person is responsible for handling the situation. If the staff person/manager appears to allow the smoking to continue, you can file a complaint. To report the violation, call the Care Line at 1-800-662-7030, visit www.smokefree.nc.gov or call your local health department. The website is a great resource that includes a detailed description of the law, no-smoking sign graphics, a consumer brochure, quit resources and more.



Union County high school TRU Club members will be promoting the new smoke free law and will help deliver NC Quitline coasters to local establishments.



Cigar bars and some private clubs will be exempt from the new law provided they meet a long list of requirements, including having selective memberships, non-profit status and restricted food and lodging services. Examples of select private, non-profit clubs include VFW halls or some country clubs.

Smoking is also not allowed in enclosed areas of lodging establishments, such as

Calendar

Winter Break - Dec. 21, 2009-
Jan. 1, 2010
New NC Smoke Free Law
Effective - Jan. 2, 2010
TRU Youth Retreat - Feb. 6-7,
2010
Through with Chew Week -
Feb. 14-20, 2010
UCPS Staff Drug Awareness
Training - Feb. 19, 2010
Kick Butts Day - March 24,
2010

Alcohol Facts

- Persons who first drank alcohol before age 15 were more than five times as likely to report alcohol dependence or abuse in the past year than were persons who first drank at age 21 or older.
- A study of 5th through 11th grade students found that those who are exposed to and enjoy alcohol advertisements have more favorable beliefs about drinking and say they are more likely to drink in the future and consume more alcohol.
- Adolescents drink less and have fewer alcohol-related problems when their parents discipline them consistently and set clear expectations.
- An overwhelming number of Americans (96%) are concerned about underage drinking, and a majority support measures that would help reduce drinking such as stricter controls on alcohol sales, advertising and promotion.
- Research indicates that adolescents who abuse alcohol may remember 10% less of what they have learned than those who don't drink.
- The National Highway Traffic Safety Administration estimates that the laws specifying 21 as the minimum drinking age have saved 22,798 lives (as of 2003) since the mid-1970s.

Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Developmental Asset #35 Resistance Skills

Young person can resist negative peer pressure and dangerous situations.

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

<http://sdfs.ucps.k12.nc.us>

Tobacco Awareness Day at Porter Ridge High School

On November 19 - National Great American Smokeout day - Porter Ridge High School's SADD But TRU Club (Students Against Destructive Decisions/Tobacco Reality Unfiltered) and the Health/PE department hosted a tobacco awareness fair during lunch. Students explored several tobacco-related stations, learning about tobacco's effects on the body, smokeless tobacco, secondhand smoke, new tobacco products, and quitting tobacco. Students could also contribute to a memorial wall (remembering loved ones lost to tobacco), sign tobacco free pledge banners, and sign up to join the SADD But TRU Club.



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