



The Compass

Volume 1, Issue 4

Summer 2011

SRO Update Meeting

Wednesday, June 22, 2011
6:30-7:30 PM

All are invited to work on re-establishing the SRO position.

MAPS Meeting

Wednesday July 13, 2011
6:30-7:30 PM

Join in planning the Back to School Community meeting and the future of MAPS.



Did You Know?

Alcohol can cause alterations in the structure and function of the developing brain, which continues to mature into a person's mid 20s, and it may have consequences reaching far beyond adolescence.

It's Summer Time

Summer can be a risky time for teens. **More teens try marijuana for the first time in the summer months than any other time of the year.**

Here is a **S-U-M-M-E-R** drug-free checklist from the National Youth Anti-Drug Campaign:

Set rules

Have you set clear rules and let your teen know that marijuana use is unacceptable? Two-thirds of kids say that upsetting their parents or losing the respect of family and friends is one of the main reasons they don't smoke marijuana or use other drugs. Set limits with clear consequences for breaking them; praise and reward good behavior.

Understand and communicate

Have you talked to your teen recently about the harmful physical, mental, and social effects of marijuana and other illicit drugs on young users? **Young people who learn about the risks of drugs at home are up to 50 percent less likely to try drugs than their peers who learn nothing from their parents.** Look for teachable moments in everyday life to keep the conversation ongoing.

Monitor your teen's activities and behaviors

Have you checked to see where your teen is, who he is with, and what he is doing? Teens who are not regularly monitored by their parents are four times more likely to use drugs. Check up on your teen to make sure they are where they say they are.



Make sure you stay involved in your teen's life

Have you talked to your teen's coach, employer, and friends lately? Stay in touch with the adult supervisors of your child (camp counselors, coaches, employers) and have them inform you of any changes in your teen.

Engage your teen in summer activities

Have you helped plan activities to keep your teen busy? Research shows that teens who are involved in constructive and adult-supervised activities are less likely to use drugs.

Reserve time for family

Have you planned a family activity with your teen in the coming weeks, such as going to the movies, taking a walk, or sharing a meal? Teens who spend time, talk and have a close relationship with their parents are much less likely to drink, take drugs or have sex.

Alcohol Advertising and Summer Festivals

Many of our communities host annual ‘family-friendly’ festivals where alcohol sponsorship and beer tents are the norm. This has become so commonplace, we may not even recognize the message it is sending to our kids. As a family, try to notice and discuss alcohol advertising and its intent.



What does this say to our children?

Official Beer of Riverfest

http://www.wichitariverfest.com/food_10.cfm

For example, you saw this sponsorship if you attended Wichita’s Riverfest in early June. Consider sharing any concerns with Festival organizers!

Happy Fourth of July!



Make it an alcohol-free event to remember!

Alcoholic products marketed for weight loss target young women

In an attempt to find yet another way to target the young female demographic, spirits producers have sprung new lines of premixed drinks designed and marketed to associate drinking their products with weight loss. This new trend toward spirits marketed as “low-cal” even has its own industry label: The “Thin-dustry.” <http://bit.ly/mz9Cws>



In the past month,

1 out of 4 of Mulvane 12th grade students have **gambled for money or something of value.**

2011 Kansas Communities That Care survey data, www.ctcdata.org

Be Ready for Problem Gambling

The Regional Prevention Center at Mirror, Inc. currently has materials available on problem gambling addiction and treatment.

A free informational seminar titled “Problem Gambling: The Urgent Challenge” will take place on Wednesday, June 29, 2011 from 2:00 – 4:00 PM at the American Red Cross, 1900 E. Douglas.

Please contact the RPC to register for the seminar or to receive materials for your group, (316) 262-2421 or email estephens@mirrorinc.org



In the past month,

- **67%** of Mulvane 10th grade students have been **FREE** of alcohol.
- **88%** of Mulvane 10th grade students have been **FREE** of cigarettes.
- **89%** of Mulvane 10th grade students have been **FREE** of marijuana.

2011 Kansas Communities That Care survey data, www.ctcdata.org

If you would like to contribute to this newsletter or receive it, please email

mulvane.prevention@gmail.com