

SPRING BREAK

BE PREPARED!

Research supports the fact that teens are more likely to experiment with alcohol or drugs during breaks from school.

- Remember that your kids take notice of how you relax. Honor and **model healthy choices** by showing your teens you don't need alcohol to have fun or unwind.
- If your child is traveling with another family, **discuss behavior expectations**, parental monitoring, and consequences for breaking rules with the adult chaperones and your teen.
- Talk with your teen** about the availability of alcohol and drugs over Spring Break. If your student is traveling, discuss the **dangers of using** in a foreign country. Even if drinking is legal and marijuana is readily available, if they use they will be in violation of **Minnesota State High School League's Code of Conduct**. Be clear about your expectations, regardless of where your teen may be.
- Prevent** access to alcohol, tobacco and e-cigarettes, over-the-counter medications, and prescription drugs at home and while traveling by locking up these harmful substances.

DRINKING: TRUTH OR MYTH



Allowing teens to drink under my supervision will prepare them to be "responsible drinkers" in college.

Studies show that young adults whose parents allowed them to drink as teens (even in small amounts), are **more likely to develop alcohol problems as adults** than those whose parents didn't allow them to drink until age 21. The adolescent **brain isn't fully developed until its mid- 20's**, and teens are especially susceptible to addiction and the damaging effects of substance use.

DRUG DISPOSAL

Lock it up & Dispose it!

As you begin spring cleaning, don't forget your medicine cabinets! Prevent misuse of prescription medicine by purging unused or expired prescriptions.

After marijuana and alcohol, prescription drugs are the most commonly abused substances by Americans age 14 and older. Teens often believe that prescription drugs are less dangerous than illicit drugs.

The easiest way for students to access harmful prescription drugs is in their homes or a friend's home.

Minnetonka offers medication disposal in the lobby of the Ridgedale Library. Carver County also has a disposal in Chanhassen City Hall. It takes 2 minutes, so **drop it off today!**



Did You Know?

4 in 10 teens who have abused prescription drugs got their drugs out of their own home, not from their doctor.

43

 PERCENT

of teens indicate that prescription drugs are easier to get than other illegal drugs.

Tonka CARES is a group of Minnetonka community members and partners who join together around preventing and reducing youth substance use.

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RESOURCES/REFERENCES

<http://medicineabuseproject.org/the-problem>

<https://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml>

2014 Partnership Attitude Tracking Study, Partnership for Drug-free Kids

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892678>

<https://pubs.niaaa.nih.gov/publications/AA67/AA67.htm>

<http://www.drugfree.org/newsroom/national-study-teen-misuse-and-abuse-of-prescription-drugs-up-33-percent-since-2008-stimulants-contributing-to-sustained-rx-epidemic/>

<http://www.hennepin.us/-/media/hennepinus/residents/recycling/documents/meds-disp-flyer.pdf>

<https://www.co.carver.mn.us/departments/public-services/environmental-services/disposal/medicine-prescription-drugs>

<http://www.ci.chanhassen.mn.us/index.aspx?NID=891>

<https://teens.drugabuse.gov/drug-facts/prescription-drugs>

<http://www.drugfree.org/newsroom/myths-debunked-underage-drinking-of-alcohol-at-home-leads-to-real-consequences-for-both-parents-and-teens/>

<https://www.minnetonkaschools.org/uploaded/Documents/Policy/506.pdf>