

Ask: Who?, What?, Where?, When?

Sometimes when a family is busy, some of the simplest questions get overlooked...

Who are you going with? What will you be doing?
Where are you going? When will you be back?

These are the essential questions parents should be asking their teens every time they leave the house. But it is difficult as everyone is rushing out the door, or a parent isn't home from work in time to catch the teen before he/she leaves. So KC STAAR is helping out. The grant has purchased these handy sticky notes for teens to better communicate with their parents. Just leave them on the counter and have the teen fill it out. Or better yet, ask the questions and write it down together. Either way, knowing what your teen is doing and where he/she is shows the teen you care and you don't want anything bad to happen to them. Research shows that parents who regularly ask these questions have teens who are much less likely to attend parties where alcohol or drugs are involved.

Mom/Dad...

I'm with _____
at _____
We'll be _____
You can call (_____) _____
I'll be home at _____ am pm

**Yes, I will leave if there is alcohol
and I will call you if I need a ride.**

Keokuk County Schools Tactics for Alcohol Abuse Reduction

Serving Keota, Pekin, Sigourney, and Tri-County School Districts

www.kcstaar.org

Grant funded by the US Dept. of Education Office of Safe and Drug Free Schools

Information Highlight – Prescription Drug Abuse

"*Prescription Drug Abuse*" is the common term for a person using drugs not prescribed to them or by using the prescribed drug in a way not intended. Recent news stories have highlighted the need for parents to be vigilant about monitoring their medicine cabinets and the quantity of your child's prescriptions. Codeine, Percocet, Ritalin and Adderall are common misused drugs.

"*Pharm Parties*" is the term used for people bringing multiple medications to a gathering and mixing them in a bowl with other unmarked drugs. The "appeal" to this type of party for some is to ingest several of the drugs at the same time not knowing what their affects will be. This obviously is extremely dangerous, leading to throwing up, seizures, trips to the emergency room to have one's stomach pumped, or even death. These drugs are not to be used for any other purpose than what they were prescribed for. For more info, go to www.theantidrug.com.



Great Resources for Parents

Find Quality Information about Alcohol and Other Topics
at any one of these resources:



Iowa Substance Abuse Information Center

Toll Free: 866-242-4111

www.drugfreeinfo.org

Parents: The Anti-Drug

Toll Free: 800-662-HELP

www.theantidrug.com

Leadership To Keep Children Alcohol-Free

www.alcoholfreechildren.org

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

NIDA – National Institute on Drug Abuse

www.drugabuse.gov

JEL-Just Eliminate Lies: Iowa's Advocacy Tobacco Group

www.jeliowa.org