



November 2017

Tobacco, Drinking, Driving and Holiday Safety

	Words of the Day	Leadership Tip of the Day	Table Talk
Mon			
Tues			
Wed 1	Authenticity the quality or condition of being trustworthy, or genuine	Face up to the realities of a situation.	<p>AND NOW! Back to the Classroom: Sometimes it can be difficult finding the balance between your own happiness and pleasing the right people. None of us can do whatever we want...not even adults. For instance, smoking adults are no longer allowed to smoke anywhere they want because their smoke hurts everyone. So, don't try to always have your way. Try to think of things you can do that are pleasing to yourself and others. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Discuss your family's system of checks and balances. Highlight the ways you all compromise and cooperate to get task done safely. Discuss the dangers of second hand smoke. Review this month's Stats, Facts and Links pages. "Exposure to secondhand smoke in children" Ask your child's opinion on the material.</p>
Thur 2	Truth a proven or verified principle or statement; fact	Understand the basics of Finance.	<p>AND NOW! Back to the Classroom: Truth is not only about what you say. It's also about the way you behave and treat people. Dishonest people say one thing and do another. One way we can be sure that our actions are in alignment with our words is to make it a practice to talk about things that we have experienced. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Encourage your child to become planners and executors of their goal. Remind them of the importance of follow through. Let's not just talk about it. Let's be about it!</p>
Fri 3	Simplify to reduce in complexity in order to make easier to understand	Know how to influence.	<p>AND NOW! Back to the Classroom: Simplify your life. Sometimes when life becomes difficult, it's because we have allowed it to be so. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Have your child make a list of 20 things they would need to survive on an island. Then have them cross off 12 items. Let this be a lesson in prioritizing and simplifying life. Highlight the fact that smoking and alcohol are not on the list to show how unimportant these substances are when we think about our survival.</p>



November 2017

Tobacco, Drinking, Driving and Holiday Safety

	Words of the Day	Leadership Tip of the Day	Table Talk
Mon 6	Intuitive the ability to understand something immediately, without the need for conscious reasoning.	Keep raising the bar.	<p>AND NOW! Back to the Classroom: Have you ever had a gut feeling about something? Gut feelings are our intuitive feelings. If something doesn't feel right, it's more than likely not. Listen to that positive inner voice, it could save you from the effects of negative influences. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Teach your child to be empowered by their own good decision-making abilities. Let them know that their good decision-making builds trust and eliminates your need to tell them what to do.</p>
Tue 7	Logical capable of correct and valid reasoning; based on known statements or events or conditions	Keep asking yourself what you could do better.	<p>AND NOW! Back to the Classroom: Do you know how to think outside the box? If so, you may be a critical thinker. Critical thinking is a skill we all could benefit from. It has to do with solving problems in the most logical way.... Not just anyway...the logical way. When making decisions, think things through thoroughly. Don't make a quick, hasty decision that could yield negative consequences. Critical thinkers don't just act. We consider the reactions and the outcomes as well. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Talk to your child about third degree thinking. Discuss the way some short-term decisions can have long term effects. Include examples about decisions to smoke, drink or driving carelessly.</p> <p>Review this month's Stats, Facts and Links pages. Ask your child for their opinion on the material.</p>
Wed 8	Alcohol intoxicating drinks, produced by the fermentation	Simplify things.	<p>AND NOW! Back to the Classroom: Some of us are misled to believe that alcohol is safe because it is not illegal. There are safe use levels for alcohol for adults. However, there is no safe alcohol use for youth because the young mind is still developing and alcohol inhibits growth. Give your brain a chance to finish growing before experimenting with alcohol. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Some of our youth do not realize that alcohol stops brain development when used prematurely and in excess. Share any real-life examples of this condition. Do you know someone who began drinking early and never seemed to mature beyond initial use?</p>
Thur 9	Freedom the power to determine action without restraint	Never underestimate the importance of your team.	<p>AND NOW! Back to the Classroom: You must first develop a type of freedom within yourself. Freedom does not always mean physically either. Freedom from yourself is the hardest to achieve. This is what makes a lot of addicts return to active addiction. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Discuss the freedoms we lose when we begin to serve a habit. Poor habits handicap our spending power and our thinking, especially when we choose habits like drinking and smoking which are less easy to satisfy. A person without a smoking habit does not need to spend money on those vices to feel satisfied. Explain this paradox.</p>
Fri 10	Experience is something personally lived through or encountered	Support others to gain new experience.	<p>AND NOW! Back to the Classroom: The experiences that you gain in life affect every aspect of it. As you go through life, pay attention. Save what you learn from each experience into your memory because you will never know where you can put them to work for you. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Every experience is either a lesson of what to do or what not to do. There is a lesson in it all. Share an experience you've had with vices like tobacco or alcohol. Was your experience a lesson of what to do or what not to do?</p>



November 2017

Tobacco, Drinking, Driving and Holiday Safety

	Words of the Day	Leadership Tip of the Day	Table Talks
<p>Mon 13</p>	<p>Emphysema condition of the lung characterized by increase size of air spaces distal to the bronchiole</p>	<p>Take decisions, don't procrastinate.</p>	<p>AND NOW! Back to the Classroom: Have you ever lost your breath while swimming? Imagine that desperate feeling you got while searching for air. Can you imagine what it would be like to go through that and not be able to get air? That's what it's like to have COPD. COPD is caused by smoking. Smoking is harmful to your health STAY IN YOUR LANE. PARENT NOTE: Talk to your child about the ways smoking and drinking alcohol can make us unhealthy and then we become trapped in an unhealthy body. We only get one set of kidneys, one liver and one heart. When substances damage these organs, we become trapped in a body of consequences. Give your child some examples of how substances affect us and the consequences (ie. Dialysis, transplants, etc.) Review this month's Stats, Facts and Links pages. Ask your child for their opinion on the material.</p>
<p>Tue 14</p>	<p>Pride a feeling of gratification arising from association with something good</p>	<p>Don't fill your calendar so full that there is no room for the unexpected.</p>	<p>AND NOW! Back to the Classroom: We should all take pride in the positive things we do. Pride is not about who you are as much as it is about the wonderful ways we can contribute to the society we live in. Take the time to think about the proud moments of your life. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about the times they felt most proud in life. What did they do and in what way did their work positively affect others? Talk about ways they can use those experiences as a foundation to build more effective helpers to your family and our society.</p>
<p>Wed 15</p>	<p>Humility a modest or low view of one's own importance</p>	<p>Know the 20% of your activities that deliver 80% of your results.</p>	<p>AND NOW! Back to the Classroom: Humility is the opposite of pride. It sets the tone for of a life of gratefulness. Greatness begins with a grateful heart. STAY IN YOUR LANE. PARENT NOTE: Compile a list of things for which your family is grateful. Try to think of a small way your family can help others become as fortunate as you.</p>
<p>Thur 16</p>	<p>Self-Government self-control, self-command</p>	<p>Keep calm when everyone else is losing the plot.</p>	<p>AND NOW! Back to the Classroom: Most of us don't like to be constantly told what to do. When we learn right and wrong for ourselves we can correct ourselves before others need to. No one would have to tell us not to smoke or drink if we are smart enough to decide for ourselves that neither are worth the risk. Become your own disciplinary. STAY IN YOUR LANE. PARENT NOTE: Sometimes children don't realize how much they have grown. Make a list of things you used to have to do for your child that they can do for themselves now. Let them know how proud you are of their progress. Talk about the ways smoking and drinking alcohol can hinder their progression.</p>
<p>Fri 17</p>	<p>Dignity the quality or state of being worthy of respect; inherent nobility and worth</p>	<p>Always try to understand other perspectives.</p>	<p>AND NOW! Back to the Classroom: What kinds of things have you done that have earned your friends respect. Earning respect is not always easy, but we gain strength through the process. If you want people to respect your life, do respectable things. STAY IN YOUR LANE. PARENT NOTE: Every family has something or someone they are proud of. Discuss these things and the different ways your child might be able to build on these family legacies. It's always a plus if there is someone in the family has partially paved the way for our future.</p>



November 2017

Tobacco, Drinking, Driving and Holiday Safety

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 20	Consequence is something that logically or naturally follows from an action or condition	Don't try to do it all by yourself.	<p>AND NOW! Back to the Classroom: There are consequences from every action taken and from every reaction to someone else's actions. Sometimes good and sometimes bad. Think before you act. STAY IN YOUR LANE.</p> <p>PARENT NOTE: It's never too soon to talk to your child about the dangers of tobacco use. Over 7% of middle school students use some type of tobacco product. That number more than triples by high school.</p>
Tue 21	Defeat To dishearten or dispirit	Accept people might approach things differently to you.	<p>AND NOW! Back to the Classroom: We can't win them all. So, on the occasions that we fail, we should learn to accept the failure and come up with an alternate plan. Be encouraged because sometimes the alternate plan is better than the original. Overcome defeat by plowing forward. STAY IN YOUR LANE.</p> <p>PARENT NOTE: We can't protect our children from failure. Failure is a human certainty. However, we can teach them good coping skills so they become less likely to use tobacco and alcohol as a coping tool. Help your child make a list of ways to cope with the stress that comes after a failed attempt.</p>
Wed 22	Mistake fault resulting from defective judgment, deficient knowledge, or carelessness	When things go wrong don't look for others to blame.	<p>AND NOW! Back to the Classroom: No one in the world is perfect. We all make mistakes. Do not let the fact of you making a mistake take over your world. Learn from your mistakes, forgive yourself, move on and try not to repeat the same mistake twice. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Is it a mistake to drink in front of your child? Per studies, parents who drink responsibly incidentally teach their children to become adults who drink responsibly as well. However, it is important to tell the importance of waiting until the appropriate age before drinking alcohol can be considered safe for consumption.</p>
Thur 23	Awareness having knowledge or discernment of something; attentive and well informed	Accept that you will make mistakes	<p>AND NOW! Back to the Classroom: One way to stay safe over the holiday break is to stay away from tobacco and alcohol. 5.6 million of today's Americans, younger than 18, will die early from a smoking-related illness. 5.6 million of today's Americans, under 18 will have less Thanksgiving dinners with their family because of tobacco. STAY IN YOUR LANE.</p> <p>PARENT NOTE: We often say how thankful we are for our health. Talk about the importance of maintaining good mental health and how alcoholism affects the mind. Review this month's Stats, Facts and Links pages. Ask your child for their opinion on the material.</p>
Fri 24	Adolescence the period of physical and psychological development from the onset of puberty to adulthood	Provide constructive feedback.	<p>AND NOW! Back to the Classroom: Going through adolescence is difficult for most. Changes happen to every part of your body. Many can get through without problems. Others struggle through this transition. If you feel that it is interrupting your life to an extent that it becomes overwhelming, Talk to someone. STAY IN YOUR LANE.</p> <p>PARENT NOTE: It's important to keep your child's mind preoccupied so smoking and drinking become the less likely option for fun.</p>



November 2017

Tobacco, Drinking, Driving and Holiday Safety

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 27	Delinquency an offence or misdeed, usually of a minor nature	Acknowledge that money is rarely a long term motivator.	<p>AND NOW! Back to the Classroom: Being delinquent in your actions increases your risks of acquiring an addiction. Follow the rules. By doing this it teaches you responsibility and structure. These things give you a solid foundation for the rest of your life. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Talk to your child about the dangers of drinking and driving. Driving is a privilege for the mature minded. Over 40% of 10th graders drink alcohol. Discuss the way advertisements have contributed to the rise of tobacco and alcohol use in youth.</p>
Tue 28	Alcohol Poisoning poisoning caused by the excessive ingestion of any of several alcohols	Encourage others to suggest solutions.	<p>AND NOW! Back to the Classroom: Did you know that drinking as a teenager could cause you to develop dementia? Well it can. Do you really want to forget who you are, who you parents are or who your friends are? Drinking as a teenager has long term effects on us. Is it worth the risk involved? STAY IN YOUR LANE.</p> <p>PARENT NOTE: There is science that shows the way alcohol deteriorates the brain. Refer to the Article "Knowing the Facts about Alcohol" in this month's Stats, Facts and Links pages. Discuss the effects of alcohol and how the effects are permanent brain damage that could lead to mental illness.</p>
Wed 29	Abuse to use improperly or excessively; misuse	Treat your team well.	<p>AND NOW! Back to the Classroom: Use and abuse are very different things. Sadly, when it comes to smoking and alcohol, casual use can easily become abuse for adults and it is always wrong for students. It's wrong for students because substance abuse causes us to lose sight of our dreams. Dreams Drinking and Drugs don't go together. STAY IN YOUR LANE.</p> <p>PARENT NOTE: This month is the Great American Smoke Out. It began as an idea, that smokers stop smoking for a day hoping many would quit. There are many good reasons not to smoke. Smokers clothing usually smells funny and smokers age faster. Discuss the fact that in spite these negative side effect, many smokers resume smoking because of their addiction to nicotine.</p>
Thur 30	Smoking the inhalation of the gases and vapors generated by slowly burning substances	Get everyone aiming in the same direction.	<p>AND NOW! Back to the Classroom: Did you know that alcohol affects everyone differently? Just because a friend decides to drink, doesn't mean that you should do the same. Teenage drinking is like a game of Russian Roulette because drinking increases mortality rates. Is that a chance you're willing to take? STAY IN YOUR LANE</p> <p>PARENT NOTE: Discuss the way Blood Alcohol Content varies based on our weight, gender, sleep etc. Refer to the Blood Alcohol Content insert in this month's Stats, Facts and Links pages.</p>
Fri			

Parent's Guide

S

T

FACTS &

T

LINKS

Teens and Smoking

If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans, younger than 18, will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 years or younger alive today (Youth and Tobacco Use).

- Discuss with your teen about the many harms of tobacco.
- Discuss with your teen about the how addictive tobacco se* Among High School Students in 2015 can be.

**EXPOSURE TO
SECONDHAND SMOKE
IN CHILDREN**

increases risk for more ear infections^{1,2}

can cause respiratory symptoms like coughing, sneezing and shortness of breath¹

can cause more frequent and severe asthma attacks²

increases risk of bronchitis and pneumonia^{1,2}

**Breathing even small amounts
can be dangerous.²**

#SHSExposed

¹ U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.
² U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health

Tobacco Use* Among High School Students in 2015			
Tobacco Product	Overall	Females	Males
Any tobacco product†	25.3%	20.3%	30.0%
Electronic cigarettes	16.0%	12.8%	19.0%
Cigarettes	9.3%	7.7%	10.7%
Cigars	8.6%	5.6%	11.5%
Hookahs	7.2%	6.9%	7.4%
Smokeless tobacco	6.0%	1.8%	10.0%
Pipes	1.0%	0.7%	1.4%
Bidis	0.6%	0.4%	0.9%

Tobacco Use* Among Middle School Students in 2015			
Tobacco Product	Overall	Females	Males
Any tobacco product†	7.4%	6.4%	8.3%
Electronic cigarettes	5.3%	4.8%	5.9%
Cigarettes	2.3%	2.2%	2.3%
Hookahs	2.0%	2.0%	1.9%
Smokeless tobacco	1.8%	1.1%	—
Cigars	1.6%	1.4%	1.8%
Pipes	0.4%	—	—
Bidis	0.2%	—	—

For more information: <http://www.cdc.gov>

Dangers of Vaping

Experts are warning parents of a new, dangerous way for teenagers to get drunk and fast. It's a dangerous new high that's getting teens drunker, faster and the consequences could be deadly. The new underage drinking trend putting teens at risk is called "vaping" which is not to be confused with a smokeless cigarette (The Dangers Of Teens 'Vaping' Alcohol, 2014).

Because e-cigarettes are such a new trend, health experts have been scrambling to prove that e-cigarettes are a gateway to nicotine addiction. Results of a new study released in March confirmed our worst fears: Adolescents who smoke e-cigarettes were more likely to smoke regular cigarettes and less likely to quit smoking. In a few short years, these unregulated products have opened up a brand new path to nicotine addiction (Licciardi, 2014).

- Talk to your teen about the dangers of vaping.
- Talk to your teen about the risks of vaping alcohol and drugs.

For more information: <http://miami.cbslocal.com>

Know the Dangers Associated with Drinking and Driving

Over 40% of all 10th Graders drink alcohol.

Miech, R. A., Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2015). Monitoring the Future national survey results on drug use, 1975-2014: Volume I, Secondary school students. Ann Arbor: Institute for Social Research, The University of Michigan, 599 pp.

Kids who start drinking young are seven more times more likely to be in an alcohol-related crash.

Hingson, Ralph, et al. "Age of Drinking Onset, Driving After Drinking, and Involvement in Alcohol Related Motor Vehicle Crashes." DOT HS 809 188. Washington, DC: National Highway Traffic Safety Administration, January 2001.

High school students who use alcohol or other substances are ve times more likely to drop out of school.

National Institute on Drug Abuse. "Volume 1: Secondary School Students", National Survey Results on Drug Use from The Monitoring the Future Study, 1975-1997. Rockville, MD: Department of Health and Human Services, 1998.

- Discuss the dangers of drinking and driving, also the dangers of riding in the car with someone who is drinking.
- Discuss how drinking and driving could potentially destroy their goals in life.

Keeping Your Kids Away From Alcohol

68 percent of all 12th graders have tried alcohol at some point according to the latest statistics, so it is clear that most teens still see drinking as a legitimate source of entertainment and a meaningful rite of passage into adulthood (How To Keep Your Kids Away From Alcohol On Labor Day – Teen Drug Rehabs).

- Talk to your teen about how to stay safe during Labor Day.
- Discuss safer options to celebrate the holidays.
- Know where your child is and who they are with.
- Explain to your teen your reasons for wanting to know their whereabouts.

For more information: <http://www.teendrugrehabs.com/blog/keep-kids-away-alcohol-labor-day>

Knowing the Facts About Alcohol

Just about everyone knows that the legal drinking age throughout the United States is 21. But according to the National Center on Addiction and Substance Abuse, almost 80% of high school students have tried alcohol (For Teens).

- Ask your teen if they know the dangers of alcohol on their developing brain.
- After you explain the real dangers, ask them if they are willing to take that chance.

Alcohol affects an adolescent's brain development in many ways. The effects of underage drinking on specific brain activities are explained below. Alcohol is a central nervous system depressant. Alcohol can appear to be a stimulant because, initially, it depresses the part of the brain that controls inhibitions.

CEREBRAL CORTEX—Alcohol slows down the cerebral cortex as it works with information from a person's senses.

CENTRAL NERVOUS SYSTEM—When a person thinks of something he wants his body to do, the central nervous system—the brain and the spinal cord—sends a signal to that part of the body. Alcohol slows down the central nervous system, making the person think, speak, and move slower.

FRONTAL LOBES—The brain's frontal lobes are important for planning, forming ideas, making decisions, and using self-control. When alcohol affects the frontal lobes of the brain, a person may find it hard to control his or her emotions and urges. The person may act without thinking or may even become violent. Drinking alcohol over a long period of time can damage the frontal lobes forever.

HIPPOCAMPUS—The hippocampus is the part of the brain where memories are made.

When alcohol reaches the hippocampus, a person may have trouble remembering something he or she just learned and can happen after just one or two drinks. Drinking a lot of alcohol quickly can cause a blackout—not being able to remember entire events. If alcohol damages the hippocampus, a person may find it hard to learn and to hold on to knowledge.

CEREBELLUM—The cerebellum is important for coordination, thoughts, and awareness. A person may have trouble with these skills when alcohol enters the cerebellum. After drinking alcohol, a person's hands may be so shaky that they can't touch or grab things normally, and they may lose their balance and fall.

HYPOTHALAMUS—The hypothalamus is a small part of the brain that does an amazing number of the body's housekeeping chores. Alcohol upsets the work of the hypothalamus. After a person drinks alcohol, blood pressure, hunger, thirst, and the urge to urinate increase while body temperature and heart rate decrease.

MEDULLA—The medulla controls the body’s automatic actions, such as a person’s heartbeat. It also keeps the body at the right temperature. Alcohol actually chills the body. Drinking a lot of alcohol outdoors in cold weather can cause a person’s body temperature to fall below normal. This dangerous condition is called hypothermia.

For more information: <http://kidshealth.org>
<http://www.toosmartostart.samhsa.gov/>

The Great American Smokeout

5.6 million of today’s Americans younger than 18 will die early from a smoking-related illness.

The Great American Smokeout is an event created by the American Cancer Society that took place for the first time in California on November 18, 1976. In 1977, the American Cancer Society took the event nationwide and since then it has helped millions of smokers to quit for good, and has helped save many lives. It takes place on the third Thursday in November each year (Savastio, 2014).

- Discuss with your teen the purpose of Great American Smoke out Day.
- Ask your teen if he/she thinks this is a good idea, and why.

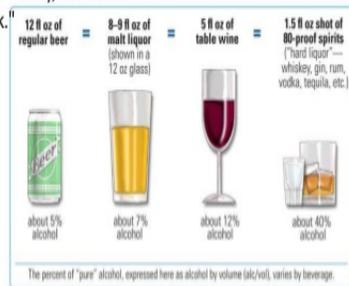
For more information: <http://guardianlv.com/2014/11/great-american-smokeout-history-and-purpose/>

Blood Alcohol Content or BAC

Blood Alcohol Content (BAC) refers to the milligrams of alcohol per 100 milligrams of blood, usually expressed as a percentage.

there are many factors that affect your Blood Alcohol concentration (BAC) when you drink. Some of these include: a person's size, gender and physical condition; what they have had to eat; how much sleep they have had; what medications they are taking and, importantly, the actual alcohol content of their chosen "drink."

1kg=0.45359237lbs



Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Possibly
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .015 for each hour after drinking.

One drink equals 1.5 oz. of 80 proof liquor (40%), 12 oz. beer (4.5%), or 5 oz. wine (12%).

Note: The figures are averages and may vary based on the amount of food in your stomach.