



May

What is Drug Addiction?

Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli, despite adverse consequences. The behavior is both rewarding and reinforcing. Addiction causes changes in the brain and the structure of how it works. The changes can be long lasting and harmful.

Ask your teen if they understand what addiction is.

- Explain to your teen why people use drugs:
- To feel good
- To feel better
- To do better
- Curiosity and “because others are doing it”

What are the risk factors for addiction?

- Environmental Home and Family
 - Peer and School
 - Biological
- Scientists estimate that genetic factors account for between 40 and 60 percent of a person’s vulnerability to addiction; this includes the effects of environmental factors on the function and expression of a person’s genes. A person’s stage of development and other medical conditions they may have are also factors. Adolescents and people with mental disorders are at greater risk of drug abuse and addiction than the general population.

For more information:

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>

www.drugfreeworld.org

The Dangers of Drug Abuse and Addiction

Teens are far more likely to believe many drugs are safe because: they aren't old enough to have seen the damage drugs can do; they haven't perceived any dangers on seeing others use them; they don't equate drug abuse with risky behavior, such as driving under the influence, or having unprotected sex (which can lead to pregnancy or the contraction of STDs like HIV); they are led by people they know and trust into a false sense of security around drugs despite the dangerous culture that surrounds many of them (Teen Addiction Dangers).



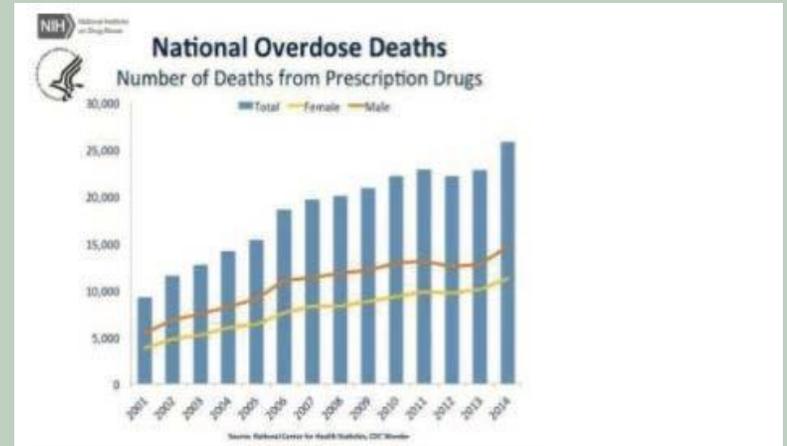
- Talk to your teen about the real dangers of drug abuse.
- Show your teen photos of people who abuse drugs

For more information: <http://www.myaddiction.com/categories/teen-addiction-dangers.html>

<http://www.amusingplanet.com/2011/03/shocking-pictures-show-consequences->

Dangers of Prescription Drugs

Almost 1 in every 4 teens in America, say they have misused or abused a prescription drug. Two-thirds of people 12 and older (68%) who have abused prescription pain relievers within the past year say they got them from a friend or relative (Facts and Figures).



National Overdose Deaths—Number of Deaths from Prescription Drugs. The figure above is a bar chart showing the total number of U.S. overdose deaths involving prescription drugs from 2001 to 2014. The chart is overlaid by a line graph showing the number of deaths by females and males. From 2001 to 2014 there was a 2.8-fold increase in the total number of deaths.

- Discuss the risk involved with prescription drugs.
- Ask your teen if they have ever taken anything that wasn't prescribed to them.

For more information: <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

Alcohol Risks and Teenage Deaths...Did you know?

On an average summer day, about 11,000 youth will take their first drink of alcohol.

- Discuss with your teen how many people's lives are taken every day to alcohol.
- Ask your teen's opinion about underage drinking

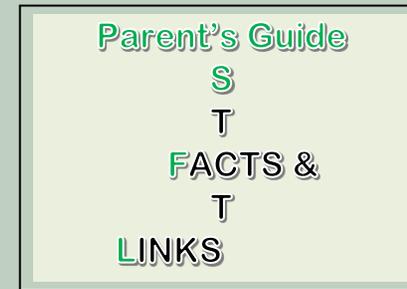
Causes many deaths Based on data from 2006–2010, the Centers for Disease Control and Prevention (CDC) estimates that, on average, alcohol is a factor in the deaths of 4,358 young people under age 21 each year. This includes:

- 1,580 deaths from motor vehicle crashes
- 1,269 from homicides
- 245 from alcohol poisoning, falls, burns, and drowning
- 492 from suicides

Causes many injuries Drinking alcohol can cause kids to have accidents and get hurt. In 2011 alone, about 188,000 people under age 21 visited an emergency room for alcohol-related injuries.

For more information:

https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage_Fact.pdf



June

Safe and Healthy Options Emotional Health

Low Emotional Intelligence		High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational		Assertive Ambitious Driving Strong-Willed Decisive
Easily Distracted Glib Selfish Poor Listener Impulsive		Warm Enthusiastic Sociable Charming Persuasive
Resistant to Change Passive Un-Responsive Slow Stubborn		Patient Stable Predictable Consistent Good Listener
Critical Picky Fussy Hard to Please Perfectionistic		Detailed Careful Meticulous Systematic Neat

Emotional Intelligence Domains and Competencies

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT
Emotional self-awareness	Emotional self-control	Empathy	Influence
	Adaptability		Coach and mentor
	Achievement orientation	Organizational awareness	Conflict management
	Positive outlook		Teamwork
			Inspirational leadership