

imagine

PARENTING
HEALTHY
CHILDREN



Parenting Healthy Children

The Snoqualmie Valley Family Pledge is...

building stronger connections among parents in our community.

Parents play an important role in the prevention of drug abuse and other risky behaviors among youth.

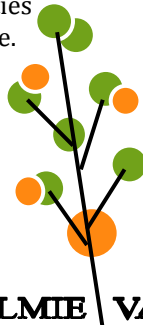
The goals are simple.

- Reduce substance abuse among youth. Increase adult's knowledge and skills to protect young people. Decrease risk factors known to contribute to drug use.

- The Snoqualmie Valley is a well-connected community where many families know one another. We want

parents to have a common language and understanding for how we can all keep our kids safe.

- By signing the Family Pledge, parents will be taking an important step in preventing potential problems before they begin. Parents can also inform other parents that they intend to supervise social gatherings in their homes in order to make sure that youth parties and activities are alcohol and drug-free.



Have you signed the Pledge?

By signing the Family Pledge, parents will make an effort to:

- Actively supervise all gatherings or parties of youth in your home or on your property, keeping all firearms and prescription drugs locked and secured.
- Forbid the possession or use of alcohol, tobacco products, marijuana, prescription & all other mood-altering substances, or violence by youth in your home or on your property.
- Set clear expectations and consequences for behavior and discuss the dangers of drug use along with your child(ren's) commitment to stay drug-free.
- Monitor your child's whereabouts, such as where they are going, whom they are with, what their plans are, and when they are to return home.
- This pledge is NOT a legally binding contract, but rather an agreement between family members and other families in this community.

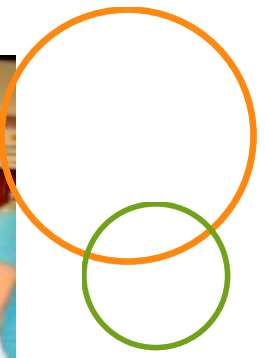


SNOQUALMIE VALLEY COMMUNITY NETWORK

connecting a caring community

“Drinking before the age of 15 increases the likelihood of abuse or addiction by 50%.”

[NIAAA 2006]



Common Questions about the Pledge

Why should I sign a pledge?

Signing the pledge is one way of letting other parents know that you support the ideas and goals and are making efforts to uphold it. The pledge is an agreement between family members and among parents in this community who want to know if others have also made this commitment.

As a parent, you cannot completely control everything related to your children, but you can demonstrate your commitment to the pledge ideas and encourage other parents to do so.

If I sign the pledge and youth drink at my house without my knowledge, what will happen?

The purpose of the pledge is to support parents in their efforts, not to judge or criticize them. We hope that if something like this happens, you will be able to turn to other parents for support in helping to ensure that teen social gatherings are substance-free.

If I sign the pledge, does that mean that I cannot drink at home?

No, this is not the intent of the Family Pledge. It is, however, important for parents to model appropriate behavior (not necessarily abstinence) to their children. This includes showing that adults of legal drinking age may drink moderately, if they choose.

Think carefully about how your behavior will be perceived by your children. Make sure you communicate that the drinking age exists to postpone use of alcohol by young people until they reach a legal age when they are less likely to develop a drinking problem. It is also important to show that excessive drinking is not appropriate at any age.

Health Consequences

- A person who begins drinking before the age of 15 is five times more likely to develop abuse and dependency problems than someone who waits until after the legal age 21. Every year after age 15 that a young person delays use of alcohol reduces risk of dependency by 14%. Teens that abuse substances are at higher risk for school drop out, teen pregnancy, delinquency, violence and gang involvement.
- Youth can suffer an alcohol overdose more easily than adults. Even though a child may have the same blood alcohol content as an adult, the young person is far less likely to feel the effects of intoxication than an adult would. Because they don't feel impaired when intoxicated, they are more likely to keep drinking longer than adults, thereby increasing their risk of overdose.

The Teen Brain

Early substance abuse blocks the normal flow of brain chemicals needed for learning and decision-making and inhibits the development of new memories.

Legal Consequences:

Serving Alcohol to Minors

In Washington State, criminal & civil liabilities exist for:

- Selling or supplying liquor to any person under the age of 21, or allowing any minor to consume liquor on his or her premises or on any premises under his or her control.
- Anyone under the age of 21 years possessing, consuming, or acquiring any liquor.
- Anyone under the age of 21 years to be in a public place, or to be in a motor vehicle in a public place, while exhibiting the effects of having consumed liquor.
- Risk of injury to a child who was provided alcohol.

Possible punishments include up to a year in jail and a \$5,000 fine. Numerous potential crimes are associated with alcohol. For instance, if a minor is found driving and has a blood alcohol content between .02-.08, the crime is punishable by a maximum 90 days jail and a \$1,000 fine. If over .08, it is punishable up to a year in jail and a \$5,000 fine.

Of course, there are also severe licensing consequences, insurance ramifications, and other financial consequences for any DUI offense. Parents or other adults could be held criminally liable for these offenses under a theory of "accomplice liability" even though they were not driving.

Civil Liability

If an adult gives or allows alcohol to be consumed by anyone under 21, including one's own child, and that person causes personal injury or property damages, the adult and minor are both civilly liable for financial damages. Therefore, if there is a party with alcohol in your home, even if you are unaware of it, you are responsible for injuries and damages.

If Your Child is Giving a Party

Plan in advance - Plan a theme and activities.

Limit the number of guests by invitation only.

Know how your guests are getting home.

Set a time limit - Make sure everyone knows clearly when the party is ending so that rides home will be there on time.

Agree to rules ahead of time, for example:

- No drugs, alcohol, or tobacco
- No leaving the party and returning

• Invited guests only allowed

• Lights on and doors open

Invite another parent over.

Other adults are

company for you during a long evening and can help with problems. Invite parents who call regarding party plans to stop and introduce themselves that night.

If parents have driven young people to your house, consider inviting them in to meet you.

When supervising a youth party, set the example that you can enjoy an evening without drugs and alcohol. Circulate through party rooms frequently.

If Your Child is Going to a Party

• Call the host - Make sure the host parents will be home all evening and that no alcohol or other drugs will be allowed.

• Let the host parent know your child's transportation plans.

• Check party plans beforehand. Know where your child is going and with whom. When taking your child to a party, wait to see that she or he is inside the house.

• If you don't know the host parents, introduce yourself.

When alcohol or other drugs find their way into the party:

• Make it easy for your child to leave; pre-arrange for them to call you (or a designated adult) for a ride home.

• Establish a code word with your child in case she or he needs to leave without letting peers know.

• You might have an understanding that there will be no punishment for a call about things getting

out of hand.

• Remind your child that friendship includes dissuading friends from drinking and driving.

• Be up to greet your child when she/he comes home.

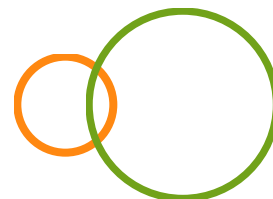
*Stay home for the entire party

*Be visible

*Be aware

Signs of Potential Drug Use Among Youth

- Significant changes in friends
- Loss of respect for self and others
- Loss of self control
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy or lying about possessions or activities
- Use of incense, deodorant or perfume to cover smells. Chemical odors
- More secretive, talking with friends in "coded" language
- Change in clothing styles, especially ones that highlight drug use
- Increased borrowing or stealing of money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of huffing, (aerosols, nail polish remover, computer Dust-off, markers, correction fluid, unexplained rags or paper bags)
- Use of eye drops used to disguise bloodshot eyes or dilated pupils
- Use of mouthwash or breath mints to cover up the smells
- Missing prescription, or over-the-counter drugs
- Missing faucet screens



8 Tips for Raising Healthy Kids

1. Set Clear Rules and Expectations
2. Reward Compliance- Enforce Non-Compliance
3. Monitor: Where, What and with Whom
4. Talk to your teen. Really listen to them.
5. Keep them involved in pro-social activities.
6. Check in on your child.
7. Let kids be part of setting family policies.
8. Spend time together as a family!

Research consistently shows that kids who learn about the risks of drug use from their parents are up to 50% less likely to use.

[PRIDE Student Survey]



**PARENTING
HEALTHY
CHILDREN**



Friends of Youth

Reigniting spirit, passion, and possibility.

Parenting Resources

<http://www.theantidrug.com>

<http://www.starttalkingnow.org>

<http://www.samafoundation.org/>

24-Hour Crisis Line: 1-866-427-4747

Encompass - (425) 888-2777

Friends of Youth - (425) 888-6683 x 204

Drug/Alcohol Treatment

Alcohol/Drug 24-hour Help Line -

(206) 722-3700

Friends of Youth -

(425) 392-6367

Raging River -

(425) 831-5426

Celebrate Recovery (Faith-based) -

(425) 888-7474

(425) 441-8364

Mental Health

Friends of Youth - (425) 392-6367

Sound Mental Health - (425) 653-4900

Youth Resources/Involvement

Teen Line - (206) 722-4222

Suicide Hotline - 1-800-273 TALK

Tobacco Quit Line - 1-800-Quit Now

Youth Councils - Upper and Lower Valley -

(206) 226-5287

Community Coalition/ Snoqualmie Valley

Community Network -

(425) 333-6614

PO Box 910
Carnation, WA 98014
425-333-6614

svcn@msn.com

www.snoqualmievalleycommunitynetwork.org



SNOQUALMIE VALLEY COMMUNITY NETWORK

connecting a caring community

Funding for this publication was made possible in part by the Drug Free Communities Act and by the Washington State Family Policy Council Community Public Health and Safety Network System.