

• *Support Your Community*

• *Become a Member*

## End of School Year

As the end of this school year approaches, students are busy studying for exams, preparing for graduation, and looking for summer jobs. It can be a stressful time for teenagers and parents alike. Unfortunately, some students turn to drugs when stresses reach an all-time high. To help students cope with these pressures and to keep kids safe, there are many things parents can do.

Keep in mind that, more than all other drugs combined, alcohol is still the number one killer of youth. As well, each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.<sup>1</sup> Police detachments around the lower mainland are warning the public that dealers may be lacing marijuana with crystal meth (hot pot) to hook users to this highly addictive drug.

*Play it safe! The following tips (adapted with permission from the LCBO's "Prom Tips for STUDENTS and PARENTS") can be used for house parties, grad parties, or any youth activities.*

1992-2000, SAMHSA.

## 10 Grad Tips for Parents

**1. WHAT'S THE PLAN?** Know your kids' plans in advance - where they'll be and with whom. Discuss how they'd deal with difficult situations and how they'll be getting home.

**2. DRY ROADS.** If your kid plans to hire a limo with friends, make sure the company doesn't tolerate drinking in the car. Have a back up plan in case of emergency.

**3. TALK IT UP.** Talk with other parents and school officials about how to ensure grad activities are safe.

**4. GET BUSY.** If you are planning a grad party, help your kids choose a theme and organize alcohol/drug-free activities, such as dancing, games and contests, to keep guests busy.

**5. SNACK ATTACK.** Be sure to provide substantial snacks and non-alcoholic drinks.

**6. MESSAGE IN A BOTTLE.** Behaviour speaks louder than words. The best way to teach your kids is to set a good example. Set rules about alcohol and other drugs and ensure your kids know they are not to be broken. Encourage dialogue about drugs with your teens.

**7. IT'S YOUR PARTY.** Remember, it's illegal to serve alcohol to those under 19 and to allow minors to drink. Make it clear you won't tolerate underage drinking.

**8. A NUMBER GAME.** Keep parties manageable by setting a limit on the number of guests. Adult supervision, or security for larger parties, is a must. Work with other parents, the school or community members to discourage or prevent "bush" parties, which can easily get out of hand.

**9. EMERGENCY MEASURES.** Be sure to keep emergency numbers handy, just in case. If you suspect someone may be suffering from alcohol poisoning, call 911 immediately and turn them onto their side to prevent choking if they vomit.

**10. NEED MORE INFORMATION.** To learn more about the effects of alcohol and other drugs, and for more tips, visit our website at [www.ad.es.bc.ca](http://www.ad.es.bc.ca)

## Now That We Have Your Attention

### "Hooked"



This year ADES is celebrating its 54<sup>th</sup> Annual General Meeting by premiering "Now That We Have Your Attention" with their performance - **HOOKED!**

With the financial assistance of the City of Port Coquitlam and under professional leadership, this troupe of youth ages 12-20 have written a collection of monologues and short scenes that provide an expose of the health perils and personal consequences of alcohol and other drug use. This program is intended to:

- Increase student and community knowledge of alcohol and other drug misuse
- Assist students to develop a greater sense of personal responsibility for maintaining a healthy lifestyle and making critical decisions
- Have students act as positive role models and peer educators
- Provide a supportive environment where students can access information and support.

"Now That We Have Your Attention" will be performing -HOOKED in schools in 2006/07. Contact our office for booking or other information.

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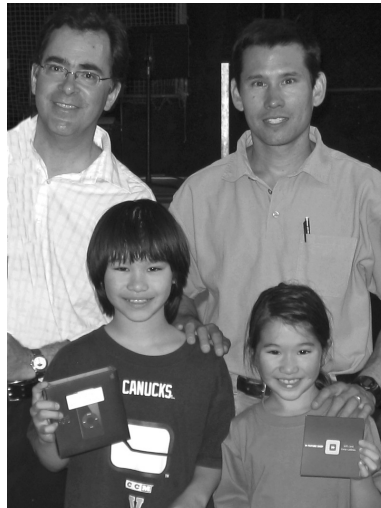
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## Y.A.C. Ready, Set, Go!

The Alcohol-Drug Education Service's new Youth Advisory Committee is now ready for action. Y.A.C. will meet once a month to contribute ideas, opinions and feedback in the development of the agency's Youth Resources, which will include an interactive website and other programs geared to providing valuable information about alcohol and other drug prevention. They will complete surveys and participate in open discussion surrounding the most effective ways to reach youth and in "Helping Keep Kids Drug Free".

**We are looking for more members, so please call or send us an e-mail and we'll put you on the list!**

**Please let us know if there are any drug prevention activities or events being hosted in your school or community and we will share your story with other interested groups across the province.**



### Super Heroes Against Tobacco Poster Contest

Over 1,500 students and 125 classes from private and public schools in British Columbia participated in the **2006 Health Canada Super Heroes Against Tobacco Poster Contest**. This contest, sponsored by the Alcohol-Drug Education Service with funding from Health Canada, received so many fantastic entries in each category that it proved difficult for our judges to narrow the selection down to three winners.

Submissions included a brief paragraph outlining the student's Super Hero's talents and their tactics for fighting tobacco misuse. Most students expressed quite an avid dislike for tobacco and were well aware of the dangers associated with tobacco misuse.

On May 31<sup>st</sup>, World No Tobacco Day, each winner was presented with the Grand prize of an iPod Nano! The teachers of the winning students also received a gift certificate, for their local Chapters, Indigo, Coles bookstores, in the amount of \$100. We would like to congratulate the following students who were selected as winners in their grade level:

Grades K-3 :**Ryan Muriel Mould Primary School**

Grades 4-5: **Elise Hazel Trembath Elementary**

Grades 6-7: **Josh Pacific Christian School**

Winning artwork will be displayed throughout the province and on our website.

Thanks to all who participated. **YOU are truly Super Heroes!**

## 10 Grad Tips for Students

- 1. NO ALCOHOL OR OTHER DRUGS NEEDED.** Let's face it. You know you don't need alcohol or other drugs to have fun. It's not only safer without it; it's also more memorable.
- 2. PLAN OF ACTION.** Decide in advance how you'll make smart choices and deal with anyone who pressures you to drink or do something you don't want to do.
- 3. HEADING HOME.** Don't get started until you have a plan and money for getting home safely. Never ride with anyone who's been drinking, doing drugs or is tired. And, of course, don't even think about drinking and driving yourself.
- 4. LEADER OF THE PACK.** Be a trendsetter – convince your friends that not drinking at parties is the way to go. Put your creativity to the test to come up with original party activities and themes. Consider karaoke, costumes, games, prizes, contests, great music and dancing relating to a theme.
- 5. IT'S YOUR PARTY.** Let guests know what your party ground rules are – ahead of time. Keep your eyes open and don't hesitate to ask an adult for help if there's a problem. Remember that, if someone at your party gets impaired, leaves and gets hurt or hurts someone else, you could be held liable.
- 6. WATCH THE CUP.** Always keep your eye on your drink. Never set it down then drink from it later, especially in a public place. You never know who's slipped what into it.
- 7. SAFETY IN NUMBERS.** The buddy system works wonders when it comes to party going. Travel in packs or at least with one or two reliable friends.
- 8. MISSION IMPOSSIBLE.** Don't even think about asking someone of legal drinking age to buy alcohol for you. If they're caught, they could face huge fines or up to a year in jail.
- 9. A DRINK IS A DRINK IS A DRINK.** Remember that a standard beer (12 oz., 5% alc./vol.), glass of wine (5 oz., 12% alc./vol.) and mixed drink (1.5 oz. of spirits, 40% alc./vol.) all contain equal amounts of alcohol. If you have five or more drinks in one sitting, you're binge-drinking, which can lead to alcohol poisoning and be fatal.
- 10. IN CASE OF EMERGENCY.** Keep emergency numbers and a first-aid kit handy. Never hesitate to call the police if things get out of hand. Remember that if someone passes out, never leave them alone to sleep it off. They could be suffering from alcohol poisoning. Call 911 immediately and turn them onto their side, with their head on its side as well, to prevent choking if they vomit.



#203-2550 Shaughnessy Street  
Port Coquitlam, BC V3C 3G2  
Tel: 604 944-4155  
Fax: 604 944-4149  
E-mail: info@ades.bc.ca

**We're on the Web  
www.ades.bc.ca**