

Raising Teens Today



Guiding you through the teen years

Produced by



**FAMILY
RESOURCE
CENTER**

BECAUSE KIDS DON'T COME
WITH INSTRUCTIONS

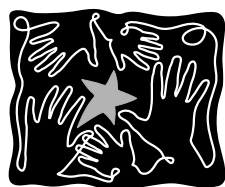
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All sources referenced in this guide are available at frconline.org

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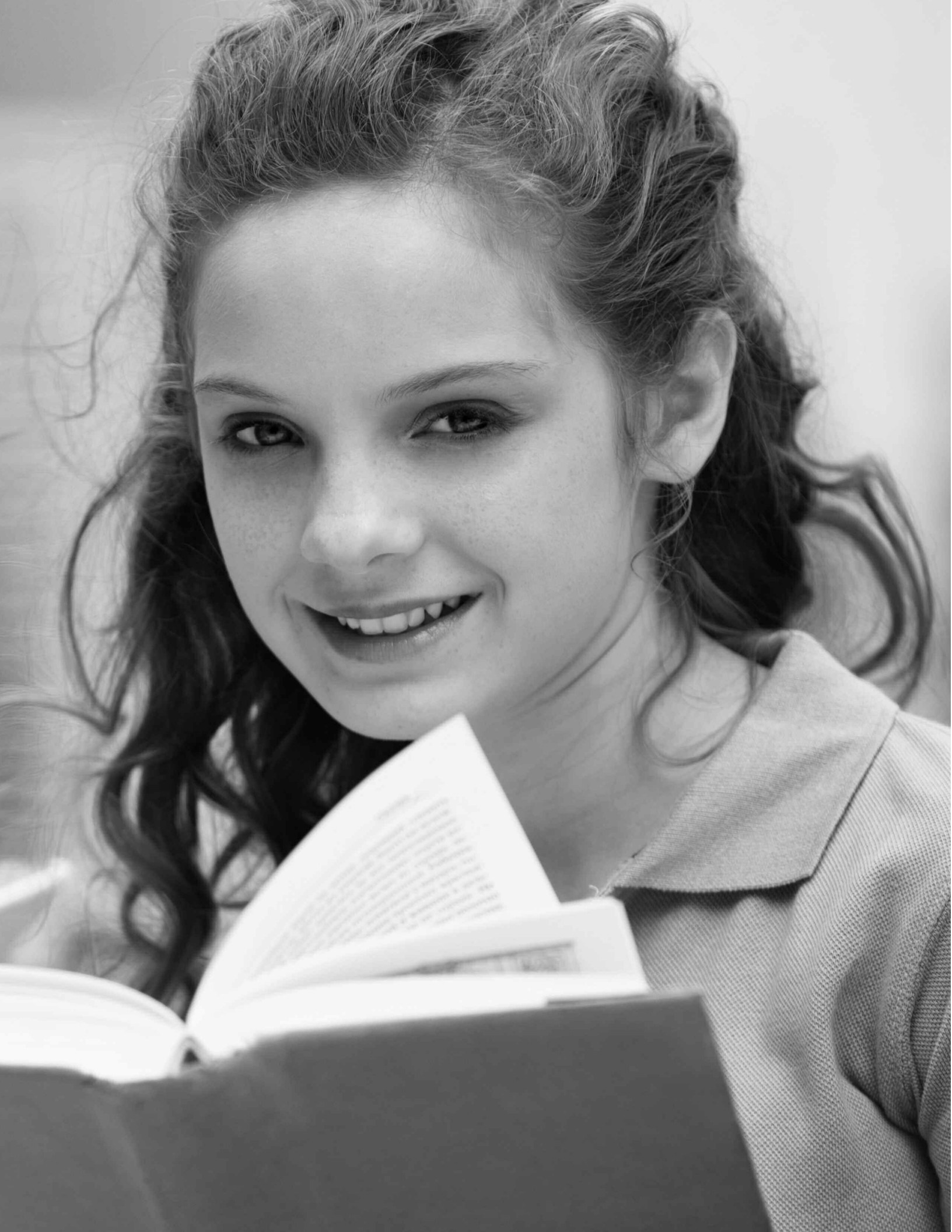
The Family Resource Center of Central Oregon is the local “hub” for parent education and support. FRC is a 20-year old nonprofit organization that offers a wide variety of parenting education and support programs to Central Oregon families, including:

- Parenting Classes
- Discussions and Presentations
- Lending Library
- Parenting Workshops
- Online Learning
- CO 2-1-1

**Serving families of all circumstances with children of all ages
Infants to Teens and Everything In-between**

For more information, call 541.389.5468 or visit frconline.org.
Visit our Facebook page: Family Resource Center of Central Oregon

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A Guide to Today's Teens

Parenting adolescents and teens can often feel like a roller coaster ride. Just when it seems safe to let go and relax, another twist and turn comes at us fast and furious and we find ourselves waiting to exhale. The teen years can go by in a blink or can seem like they might last forever.

There are so many opinions when it comes to parenting. It is often hard to find something that seems right for our families. This guide is designed to give you and your family a basic overview of current youth issues, challenges, and most of all, support and resources. The information is for moms, dads and co-parents, aunts and uncles, grandparents and caregivers. While we use the word “teen” in this guide, the information can be helpful from early adolescence through young adulthood. We hope everyone will use the guide to fit their individual family needs. We also hope the information will help you stay connected to your children, guide them through the middle and high school years, and give you and your family the information and confidence to celebrate the journey together.

While we look at issues and challenges, it is also important to pay attention to all the good things our teens are doing. There is much to celebrate about our teens and their march towards independence. Supported by caring parents and adults in schools and communities, adolescents are demonstrating creativity, caring for others, concern for the environment, and a positive, optimistic view of their future. Youth surveys consistently show that parents greatly influence how kids act. Believe it or not, teens care what you say, how you say it, and how much time you spend with them.

You do a lot to help your teen become successful. They can't do it without you.



The teen years can go by in a blink or can seem like they might last forever.

The Teenage Brain: CAUTION UNDER CONSTRUCTION

Research now confirms what we as parents already suspect: The teenage brain is different. Teens test limits and push buttons because the part of the brain that controls judgment and decision-making is not fully developed until the mid-20s.

The Facts

What's different?

- The adolescent brain does not work in the same way as a young child's or an older adult's brain.
- The parts of the brain responsible for reasoning, planning, and problem solving are still maturing.
- The parts of the brain responsible for emotion are stronger and often control teen actions.

Friends, Emotion, and Excitement

- Because teens are changing so much, they want to be around their friends, who are also going through this stage of life. Feeling like they belong and fit in with a group of peers reassures teens that the changes they experience are normal.
- The emotional part of the teen brain is stronger, so teens often don't hold back their feelings.
- The teen brain causes adolescents to prefer high excitement and low effort activities.

The Teen Brain Makes Adolescents Especially Vulnerable

- Teens need to experiment with new things to develop an identity and are more likely to be attracted to exciting experiences such as driving fast or doing tricks on a skateboard.

- Teens don't always think of the consequences before they act. They may choose to experiment with drugs or risky behaviors, believing they will never get hurt.
- At this stage in development, substance use is more likely to cause damage to the brain and can start dangerous patterns of abuse.

What can I do?

Monitor Your Teen's Behavior

What is normal for teens?

- Becoming more independent and wanting to spend more time with friends.
- Being emotional and occasionally moody.
- Experimenting with new, healthy, activities.

What is not normal for teens?

- Teens saying they don't trust their families, or suddenly hanging out with a different friend group.
- Missing school and a drop in grades.
- Moodier and sadder than normal, for longer periods of time.

Get Help If You Are Worried

- If you feel your teen's behavior is changing quickly and is not normal for their age, talk to a school counselor. They are there to help.

Influence Your Teen

Talk to Your Teen

- You can help by reminding your teen repeatedly, and in small doses, of your expectations for them.
- Parents can't always be with their teen to help them make decisions, but they can talk about potential situations and how to handle them beforehand.



- Remember that teens don't reason very well because the part of the brain that controls complex thought is still developing.

Direct Energy Towards a Positive Outlet

- Satisfy your teen's need for excitement with after school and weekend activities that are interesting to them. Ask teens for ideas on what they would like to do.

Where can I go for more info?

- teenbrain.drugfree.org - With useful video, audio, and text, explains the developing brain and ways to help your teen through adolescence.
- Go to page 18 for healthy teen activities.

Parenting Pointers: Strategies for Promoting Healthy Behaviors and Preventing Harmful Behaviors

We all want our kids to experience smooth sailing through adolescence and the teen years. So much is going on in their bodies, their teenage brains and the way they interact with others. All of this occurs while trying to establish their own unique identities. Understandably, gentle guidance helps.

We offer the following suggestions to help keep family bonds and attachments strong, prevent troublesome behaviors and actions, and help parents and caregivers navigate one of the most challenging jobs out there: Parenting our ever-changing teens.

The following specific strategies are probably not new to you. You've perhaps heard them all by now. But the research on developing and supporting independent and self-reliant young adults touches on the following points.

What can I do?

Rules and Clear Positions

- Contrary to what we may think, kids do pay attention to what parents tell them about drugs, alcohol, and behaviors that could cause them trouble.
- Clear family positions on curfews, school expectations, tobacco, alcohol and other drugs act like protective "bumpers" for kids. Knowing boundaries helps them resist peer pressure.
- Does your family have clear expectations about teen behavior?
 - For example, many families find it helpful to have family policies on smoking, using marijuana, drinking alcoholic beverages, and spending time with friends who have access to weapons.
- Let your kids know exactly how you feel about their behavior.
- Consider talking about potentially unsafe and risky situations. For example:

What if you are out with a group and you want to leave? What if someone is driving under the influence? What is your backup plan? If you can't reach us, who else can you call?

Monitoring and Appropriate Supervision

You've heard these suggestions before, not because they have been around awhile, but because kids say they work!

Take an active part in your teens life

- Carve out special time together.
- What are their likes and dislikes? Do you have activities you can regularly do together?

We all want our kids to experience smooth sailing through adolescence and the teen years.



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Parenting Pointers: Monitoring and Appropriate Supervision

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Know where your kids are

- It's okay to ask these types of questions:

What are you doing and who will be there? Have I met your friends? Do I know their parents? How old are your friends? Do you have specific plans?

Greet your teens when they come home

- Curfews are more effective if you take time to catch up with your teen before saying goodnight.

Have rules and consequences

- Plan these out in advance. Kids consistently report that most families have some sort of rules about curfew, grades, and behavior, but that there are no consistent consequences. Teach your kids that breaking rules has consequences. Setting limits helps show that you care.
- Have your kids help decide on the rules and consequences.

Praise, Encouragement, A Sense of Humor and A Whole Lot of Love

- Take the time to **listen**. Kids know when we really aren't paying attention to them. Sit down, listen, and talk. **Try not to preach** and resist giving advice. Sometimes it's better to ask:
Do you want me to listen or do you want my advice?
- Everyone likes to be **appreciated**. Let your teens know you are paying attention to what they do and that their hard work is noticed.
- **Celebrate** the small things. For example: Being kind to the family pet, showing compassion to grandparents, not interrupting a conversation, and being patient.
- Let them know how **proud** you are of the good choices they make. Resist the urge to be critical.
- **Encouragement** goes a long way. Be your teen's biggest "fan."
- **Smile and laugh** a lot. Let your youth know you value humor and taking care of yourself.

- Teens say they want their parents to **show love and affection**. Hugs, a smile, a nod of the head, a special meal, a walk, and being a good listener all mean a lot to kids this age.
- Be kind, keep your word, don't tell lies, and be the best role model you can be.

Where can I go for more info?

- Family Resource Center of Central Oregon provides low or no cost parenting education classes, information, and resources for the local community.
541-389-5468 or frconline.org
- Your local library also provides resources about parenting and adolescents. Go to page 18 for contact information.

Bullying: Talk About It

Bullying involves physical actions such as hitting or punching, verbal teasing such as name-calling and spreading rumors, and exclusion from a group or an activity. Electronic technology also enables a form of bullying called cyberbullying. Email, instant messaging, texting and blogs have expanded the ways one can harass, insult, and hurt others.

The Facts

Bullying Is Frequent

- Between 15 to 25% of U.S. kids experience bullying with some frequency. The same number also acted as bullies towards others.
- According to the 2009 Oregon Healthy Teens Survey, 40% of Oregon 8th graders and 27% of Oregon 11th graders reported being harassed in some form during the month prior to the survey. Harassment was defined as unwanted comments or interactions.

Bullying Has Many Forms

- **Face to face** - Physically hurting someone, excluding them from a group, teasing, binder checking, or rude gestures.
- **Behind the back** - Spreading rumors, playing “practical jokes,” stealing and blackmailing.
- **Cyberbullying (Online or with a cell phone)** - Almost all bullying activities, except for physical interactions, can happen through technology. Cyberbullying occurs when someone uses social networking sites, text messages, online video, and other media to hurt another person. Sometimes the bullies impersonate someone online or use a cell phone to harass their targets.

Bullying Usually Hurts

- Adolescents may not easily “get over” bullying.
 - They may feel lonely, anxious, fearful, sad or depressed.
 - They may not feel good about themselves.
- Bullying can happen because adolescents may need support in another area of their lives. For example, adolescents may need help with social skills, learning challenges, or feeling “different.”

What can I do?

Know that bullying does not have to be part of growing up. Here are some ways to prevent and deal with bullying:

How can I identify someone who may be a bully?

- Might be easily frustrated and have difficulty following directions.
- May show jealousy or lack of trust.
- Might be impulsive and quick tempered.

How can I help someone who is being bullied?

- Notice changes in the teen, such as spending more time alone, withdrawing from friends, and having stomachaches or headaches without a physical cause.
- If your child tells you about an incident, let them know that you are glad they told you. Listen and offer help.
- Encourage adolescents to not fight back or escalate the situation.
- If you feel the situation is serious and harmful, consider speaking with a school counselor. They are there to help.

How can I help my teen avoid or stop bullying?

- Ask what is going on in their life that makes them want to bully.
- Ask if there is something they are needing help with.
- Supervise and monitor what your adolescent spends their time doing, especially online or with their cell phone.
- Agree on predictable consequences for aggression and bullying.
- Ask if they are being bullied.
- Encourage your child to make supportive and respectful friends.
- Make sure your teen has a safe and supportive place to hang out.

Cyberbullying occurs when someone uses social networking sites, text messages, online video, and other media to hurt another person.

Where can I go for more info?

- **Share with your teen!**
stopbullyingnow.hrsa.gov - A website devoted to preventing bullying and dealing with it when it happens. Animated webisodes illustrate bullying situations.
- **Share with your teen!**
pacerteensagainstbullying.org - A tech themed website for teens and parents about dealing with, and preventing, bullying.
- See page 17 for local school contact info.



The Digital World: 24/7 Connections

Cell phones, smart phones, blogs, twitter, and networking sites: These new technologies, along with the internet, have put the whole world at our family's fingertips. They are great for school research and for staying in touch with one another. The downside is that sometimes, cell phones and computers can connect our families with things that can cause harm.

The Facts

Easy (for teens at least) and Everywhere

Today's adolescents have grown up with all things electronic. They use the internet and cell phones to communicate and interact with everyone from their friends to people they have only met online and not in person.

Do you know what your teen is doing online? At least 25% of teens think their parents know "very little" or "nothing" about what they do online.

The Internet

- Social networking sites
 - All family members can create profiles and accounts to keep others updated about their lives on sites such as facebook.com, twitter.com, and myspace.com.
 - Teens and adults share videos, pictures, and messages on their friends' and families' profiles. They can also play games such as "Farmville" and "Bejeweled."
- **Avatar worlds** allow individuals to create an online version of themselves, or an "avatar," and use their avatar to interact with others. One avatar site is secondlife.com.

Cell Phones

- Cell phones have made family life easier. We can stay connected and check in with each other frequently.
- Teens use cell phones to interact with their friends through calls, texts, videos, and pictures.
- Teens text very quickly, using abbreviations that allow them to have whole conversations without actually calling one another.
 - For example: "PRW" means "parents are watching" and "CD9" means "parents around."
- Many phones allow access to the internet and social networking sites 24/7.

Unrated

- There are very few controls on what people can write or post online. Even fewer rules exist about how people should act online or use a cell phone. Teens can read and view almost all of this digital activity.
- The internet and cell phones are open zones for potentially risky, inappropriate and unhealthy content, behavior, and interaction.

Content

- Adolescents can gain access to videos, images, and sound online that may not be allowed on mainstream TV or radio.
 - The material on music sites such as [iTunes \(www.apple.com/itunes\)](http://iTunes.com), pandora.com, or limewire.com may not always be age appropriate.

Behavior

- **Cyberbullying** - A type of bullying that uses cell phones, instant messaging and/or the computer to purposefully hurt another person. Cyberbullying can happen to any adolescent at any time. See page 7 for more information.
- Adolescents and teens need a lot of sleep. Cell phones and computers can **disrupt sleep** when using before bed and through interruptions during the night.

Interaction

- **Sexting** - Teens can use their cell phones and computers to send inappropriate or graphic pictures and messages to others as a form of flirting or harassment. They can also receive these messages without warning.
- **Sexual predators** - Predators have easy and unsupervised access to your teen online and especially with cell phones.

Hard to Control

Almost everything online is public. Anything written or posted can be viewed and shared with others in a click of the mouse. Hit send and a message is gone and out there forever.

- **Privacy settings** do not always work, and almost anyone can gain access to the information that adolescents post online.
- **Accidents can happen.** Messages can be sent to the wrong person or mistakenly forwarded to entire contact lists.
- It is also **nearly impossible to take something back** once it is posted online or sent from a cell phone. For example:
 - **Viral videos** are usually short online movies that seem to explode, in a virus like manner, worldwide through the internet in a matter of hours or days. A funny family video could end up being viewed in another country by thousands of people.
 - The most common site for finding and posting online videos is youtube.com.

What can I do?

Experience it Firsthand

- Ask family members to show each other their **Facebook**, **Twitter**, or **MySpace** accounts. Or consider talking about what you and your teen think is appropriate to post on these sites.

- Ask your kids what they know about cyberbullying. Cyberbullying can occur through tools such as **texting**, **Instant Messaging**, or **Facebook Chat**. If you don't already know, ask your teen to show you how to use these online features.
- Ask your teen to show you their favorite video on **YouTube** and how to share a funny video with a friend.

Family Agreements to Consider:

GUIDELINES for times and places that cell phones and computers are appropriate to use. Consider asking:

- Does our family want our teens to use cell phones during meal times?
- What are the rules at school for using cell phones and computers?
- Does our family want to limit cell phone and computer use before and after we go to sleep?

GUIDELINES for interacting with people online and with cell phones. Consider asking your teens to follow these rules:

- Don't do things that could hurt someone's feelings.
- Please do not participate in cyberbullying.
- Do not respond to messages that make you feel uncomfortable. Please tell someone you trust if you receive a harassing or inappropriate message or picture.

GUIDELINES for what information should be shared online and with cell phones. Consider asking your teens to follow these requests:

- Please don't give out personal information online or with a cell phone.
- Only post and send pictures, videos, and messages that you would like everyone we know, and possibly even strangers, to see. Don't always assume that privacy settings will work. Assume that any message sent is out of your control.

Cyberbullying can occur through tools such as texting, Instant Messaging, or Facebook Chat.

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- Please don't use cell phones or the internet to cheat on schoolwork or a test.

There are safety controls families can use online and with cell phones. See Additional Resources on page 16 for links to safety controls.

Where can I go for more info?

- onguardonline.gov - Tips to help you guard against internet fraud, secure your computers, and protect your privacy.
- **Share with your teen!** netsmartz.org - Online safety resources targeted to teens.
- **Share with your teen!** cyberbully411.org - Info for youth and parents concerned about cyberbullying.

Feeling Down: Sadness and Depression

Sometimes the thoughts teens have are bigger than feeling down in the dumps or being moody for a few days. Teens with depression often feel helpless and hopeless, like there is no way out. Families can help by noticing when something is different, or feels wrong, and by offering support.

The Facts

Depression Is More Common Among Teens Than Most Realize

- On the 2009 *Oregon Healthy Teens Survey*, Oregon teens reported feelings of depression.
 - Nearly 19% of 8th graders and 21% of 11th graders statewide said yes, they had stopped doing a usual activity for two weeks or more because they felt so sad or hopeless.

Depression Can Be Different for Teens

- Teens may not be able to talk about being depressed in the same ways that an adult would.

Here are some things to look for that are more common in teenagers than adults:

- Irritable or angry mood and easily frustrated.
- Unexplained aches and pains; especially when a physical exam can't find a medical cause.
- High sensitivity to criticism, rejection and failure.
- Pulling away from some, but not all people, not talking to parents or starting to hang with a different crowd.
- Lack of interest in things previously enjoyed, frequently says, "I'm bored."
- Sleeping and eating more or less than usual.

Other Signs of Depression

- Problems at school. Low energy and lack of concentration can result in poor attendance, a drop in grades or frustration with schoolwork.
- Increased use of the internet or video games to withdraw and escape problems.
- Cutting and burning can be signs of the inability to express feelings such as anger and distress, as well as signs of depression.
- Engaging in high risk behaviors such as reckless driving, binge drinking, and risky sexual behavior.
- Using alcohol and other drugs to self-medicate.
 - Depressed teens are twice as likely as non-depressed teens to use marijuana and other drugs.

Depression and Suicide

- Depression in youth can have long lasting emotional and physical consequences, including thoughts about, and the act of, suicide.
- According to the 2009 Oregon Healthy Teens Survey, in Deschutes County, 16.6% of 8th graders and 18.3% of 11th graders reported that they have "seriously considered attempting suicide."

Teens may not be able to talk about being depressed in the same ways that adults would.

- Firearms and substances are frequently used in youth suicide.
 - Males are more likely to die in their attempts at suicide because they use firearms more often.
 - Females attempt suicide more often than males but are more likely to use a substance such as prescription or OTC drugs. Therefore, female attempts at suicide are usually less deadly than male attempts.
- Most suicidal people communicate their feelings or plans sometime in the week before an attempt.
- Research shows that suicide is preventable.

What can I do?

- Notice long lasting changes in personality, mood or behavior.
- Know your family history. Depression often runs in the family.
- Watch for signs of depression and listen for thoughts of suicide.
- Know that youth who have attempted suicide did tell their parents or their friends before the attempt.

If you are worried about depression or suicidal thoughts, don't wait to talk. Immediately take the time to talk with your teen.

- Let your teen know you are concerned. Ask if there is anything causing problems for them and tell them you want to help. Resist the tendency to sound critical.
- Offer support to your teen. Let them know that you are on their side.
- This can be a scary process for both parents and teens, so consider asking a third person, such as a trusted friend or a school counselor to help you find assistance and provide support.

When in doubt, ask questions

- Research has shown that asking does NOT increase the risk that someone will commit suicide.
- Consider asking:
 - *Have you been feeling sad or hopeless?*
 - *You don't look too happy lately, is something worrying you?*
 - *Are you thinking about suicide, or having thoughts about hurting yourself?*
- Don't answer the question for them, or say things like:
 - *You're not thinking about hurting yourself, are you?*

Those words actually encourage teens not to tell you their true feelings.
- Act on your instincts. If you are concerned, don't wait to get help from a local health professional. Information you share is always confidential.

Act on your instincts. If you are concerned, don't wait to get help from a local health professional.

All families with depressed teens should pay attention to weapons in the home, as well as any prescription drugs, over-the-counter drugs, illegal drugs, tobacco, and alcohol. Families should also watch for signs that a teen is abusing or using multiple substances at once.

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Where can I go for more info?

IN CASE OF EMERGENCY, CALL 911

NATIONAL SUICIDE HOTLINES:

■ 1-800-273-TALK

■ 1-800-SUICIDE

(Spanish language and veteran services available)

LOCAL SUICIDE HOTLINE:

■ Deschutes County Crisis Team
541-322-7500

Online Resources

■ **Share with your teen!**

Youthline - Teen to teen crisis counseling, and referral line 1-877-553-TEEN

■ **Share with your teen!**

reachout.com - Teen education and help for “getting through the tough times.” Provides information on issues from teen depression to friendships.

■ **Share with your teen!**

www.oregon.gov/dhs/ph/ipe/ysp/index.shtml - The Oregon Youth Suicide Prevention website. Links to resources, education, and outreach.

■ **Share with your teen! yspp.org** -

A Washington state suicide awareness site provided for youth and parents.

Teens & Drugs: Potential for Harm

In every community across the nation, state and county, people are working together to address the issues and challenges of substance use and abuse. **Labels of good and bad kids are disappearing as we recognize that all families and youth are at risk for using and abusing drugs.** While most youth do not use substances, families everywhere can benefit from knowing the risks facing youth today.

State and National surveys tell us kids are experimenting and using at younger ages, trying new drugs, and using old drugs in new ways. Teens who use substances will

almost always find a place to do so. The basic facts below are provided along with suggestions to help you guide your teen in a healthy direction.

Families may define “drugs” differently. In this guide we define drugs or substances as any chemical that changes the body and mind, including all forms of tobacco and all forms of alcohol.

The Facts

All information below is from the 2009 *Oregon Healthy Teens Survey* and the National Institute of Drug Abuse 2009 *Monitoring the Future Survey*.

The Most Commonly Used Substances

In Deschutes County, teens use alcohol, tobacco, and marijuana at rates higher than the state and the nation.

Alcohol

- Alcohol is the number one drug used by teens nationwide. In Deschutes County, 26.8% of 8th graders and 46.4% of 11th graders reported drinking alcohol in the past 30 days.
- Approximately 40% of teens in Deschutes County think that there are “no to slight risks” to drinking alcohol.

Marijuana (Pot, Hash, Ganja, Weed)

- After alcohol, marijuana is the second most abused substance by Deschutes County teens. In Deschutes County, more teens smoke marijuana than cigarettes. It’s important to note, the marijuana grown today is up to 10 times more potent than 40 years ago. In Deschutes County, the average age of first use is between 12 and 15 years old.

Tobacco (Cigarettes, Cigars, Chew)

- While smoking cigarettes has declined among youth, the use of smokeless tobacco has risen. In Oregon, 5.8% of 8th grade students and 12% of 11th grade students reported using smokeless tobacco in the past month.

Approximately 40% of teens in Deschutes County think that there are “no to slight risks” to drinking alcohol.

Drugs of Note

Methamphetamine

(Meth, Speed, Crank, Ice)

- The lifetime use of methamphetamine by Oregon teens has dropped from 8.4% of 11th grade youth in 1999 to 2.3% in 2009. Meth is still dangerous to youth because it is cheap and highly addictive.

Prescription and Over-the-Counter (OTC) Drugs

- In Oregon, more teens abuse prescription drugs than any other illegal drug, except marijuana. Oregon rates for prescription drug abuse go up and down, but in the past year, the numbers reached their highest point since 2001. In 2009 5.3% of 8th graders and 7.9% of 11th graders reported using prescription drugs to get high.
- In all states, the most commonly abused prescription drugs reported by youth are painkillers such as Vicodin and Oxycontin, followed by depressants such as Valium, and stimulants such as Ritalin and Adderall. Cough medicine is the most commonly abused OTC drug.

Inhalants

- Nationwide, younger adolescents are the largest users of inhalants. In Oregon, 8th graders report use of inhalants at nearly 3 times the rate of 11th graders. One in 10 Oregon 8th graders report using inhalants in their lifetime.
- Teens can use any product with chemical vapors, or a strong chemical smell, to achieve a high. Inhalants can include paint thinner, gasoline, hairspray, whipped cream dispensers, spray paint, lighters, and nail glue.

White Drugs or Stimulants, Cocaine, Heroin, Ecstasy, and LSD

- Even though the numbers are lower than other substances, use of drugs such as cocaine and heroin does occur among teens in Deschutes County and Oregon. During 2009, 4.9% of Oregon 8th graders and 5.9% of 11th graders reported using stimulants, cocaine, heroin, ecstasy, and/or LSD in the past month.

Reasons for Concern

All drugs used by teens share similar harms. These include:

Harm to the brain

- The parts of the brain that control planning, problem-solving, impulsivity, and emotions are still developing. Substance use impairs the growth of these areas of the brain.
- Drug use influences teens to make poor, spur-of-the-moment, decisions.
- All substances pose a risk of addiction.
- Because the teen brain is immature, addiction can happen quickly, and is more likely, for those who drink before age 15.

Harm to overall health

- Lungs - The tar and chemicals in smoke lower the ability to fight infection.
- Mouth and Nose - Substance use can cause bad breath, stained and decayed teeth, damage to the nasal passages and related cancers.
- Heart - Stimulants may raise blood pressure and heart rate to harmful levels.
- Brain - Inhalants starve the brain of oxygen.
- Reproductive system - Substance use can lead to behavior that puts teens at risk for STDs and unplanned pregnancies.

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Harmful thoughts and actions

- Substance use affects judgment, and can lead to risky sexual behavior, dangerous driving, involvement with law enforcement, or embarrassing pictures or videos spread online.
- Mixing of substances is common and can have unpredictable results.
- Alcohol and drugs are often implicated in sexual aggression and date rape.
- According to the Office of National Drug Control Policy, teens who smoke marijuana at least once a month are three times more likely to have suicidal thoughts than non-users.
- Regular substance use can affect concentration and motivation at school, during extracurricular activities, and at home.

What can I do?

Prevention

Be aware of sources for drugs and alcohol

- Teens get substances from their homes, peers, parents, at parties, and from adults over 21.
- Medicine cabinets, garages, and kitchens are full of free or cheap substances that teens can use to get high.
- Some parents furnish drugs to minors. Some retailers sell to minors.
- Cell phones and the internet help teens find and get substances without their parent's knowledge.

A Consistent Approach for Parents

- Block and monitor access to drugs and alcohol.
- Decide what specific behaviors you expect concerning the use of substances.
- Tell your teen that you do not want them using substances such as tobacco, alcohol, marijuana, prescription drugs, OTC drugs, and other illegal drugs.
- Decide on consequences your teen can expect if they do use substances.
- Know what your teen is doing with their friends. It's okay to ask:
 - *Where are you going?*
 - *What are you doing?*
 - *When are you going to be home?*
 - *Will you please call me if your plans change?*

Watch for Changes

- In performance and attendance.
 - At school
 - In extracurricular activities
 - At home and family activities
- In behavior.
 - Irritable
 - Angry
 - Reclusive
 - Excessive sleeping
 - Eating more or less than before

Ask for help from a school counselor or a professional if you suspect use is happening. They are there to help. See page 15 for more information.



Where can I go for more info?

- Go to page 18 for substance prevention, support, and treatment information.

Alcohol

- **Share with your teen!**
thecoolspot.gov - Helps teens deal with peer pressure to drink.
- underagedrinking.samhsa.gov - Designed to help caregivers talk to adolescents about underage drinking.

Tobacco

- **Oregon Tobacco Quit Line** - Option available for Spanish speakers:
1-800- QUIT-NOW (1-800-784-8669).
- **Share with your teen!**
thetruth.com - Giveaways, videos, games, and downloads for teens to help them resist messages and advertising for tobacco products.
- smokefree.gov - Resources for people who want to quit smoking.

All Substances

- **Share with your teen!**
drugfree.org - Resources for parents and teens. Toolkits, videos, and audio clips help teens and their parents through adolescence and substance abuse issues.
- **Share with your teen!**
abovetheinfluence.com - Interactive activities, videos, and downloads for teens to help them resist substance use.
- theantidrug.com - Resources and information for parents about substance abuse, as well as parenting tips and advice.

Youth Gambling: The Hidden Problem?

The Oregon Healthy Teens 2009 State Survey defines gambling as: **Betting anything of value (money, a watch, soda, etc.) on a game or event.**

Gambling is common for teens as a social activity. Oregon teens bet most often on free internet gambling-type games, personal wagers, and sports. In fact, Oregon youth indicate that their primary gambling locations are at home, at friends' houses, and at school. Gambling always has the risk of turning into more than a game. Gambling can become as addictive as drugs, alcohol and tobacco.

Gambling always has the risk of turning into more than a game. Gambling can become as addictive as drugs, alcohol, and tobacco.

The Facts

How Much Do Teens Gamble?

The following data is from the 2009 Oregon Healthy Teens Survey:

- Statewide, 40% of 8th and 11th graders reported gambling in the last 30 days.
- More than 70% of 8th and 11th graders don't gamble with money. Ask your teen what they use as an alternative to money when making bets.
- Of those who do gamble with money, most teens bet between \$1 and \$10.

Youth Gambling is Common, But There are Serious Risks

- Gambling among Oregon youth is associated with alcohol, tobacco and marijuana use, as well as fighting and trouble at school.
- Youth develop gambling problems faster than adults. The earlier teens start, the more likely they are to develop a gambling problem.
- One in 25 Oregon youth has, or is developing, a gambling problem - that's one adolescent per classroom.

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Youth Gambling: The Hidden Problem?

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What can I do?

Talk about the risks of gambling and provide alternative activities

- Include gambling in conversations about drugs and alcohol. Gambling can be another form of addiction.
- Talk about the odds of gambling, how it is not a predictable way to make money, and how more people lose than win.
- Promote lower risk leisure activities that do not involve betting for money.

Watch for possible gambling problems.

Here are some signs:

- An increase in risky behavior or decline in performance at school and in sports.
- Spending less time than usual with family or friends.
- Worrying about money lost or wanting to play more to win it back.
- Money or valuables are missing.

Where can I go for more info?

- Oregon Gambling Helpline:
1-877-MYLIMIT or 1877mylimit.org
- Share with your teen!
www.youthbet.net - A fun interactive site for youth about gambling.
- problemgamblingprevention.org - Resources for problem gambling prevention and outreach providers in Oregon.

Additional Resources

Online Resources

- cybersitter.com - Sells internet security software.
- netnanny.com - Sells internet and cell phone filtering and monitoring systems.
- mymobilewatchdog.com - Sells a program to monitor cell phone calls, texts, and activity.
- gamblock.com - Software that blocks access to online gambling.

For Assistance

IN CASE OF EMERGENCY, CALL 911

Hospital Emergency Services

- stcharleshealthcare.org
- St. Charles Bend: 541-382-4321
- St. Charles Redmond: 541-548-8131

Law Enforcement

- Deschutes County Sheriff's Office
 - Non-Emergency 541-693-6911
 - Main Office 541-388-6655
- Deschutes County Juvenile Community Justice 541-388-6671
- Bend Police Department 541-322-2960
- Redmond Police Department 541-504-3400
- Redmond Juvenile Services 541-504-3485
- LaPine Youth Diversion 541-536-5002

Central Oregon Helpline Need Help Finding Help?

- In area, dial 211
- Out of area 1-866-442-0954
- www.co211.info

General Health and Counseling Services

Bend

- Deschutes County Health Department
www.co.deschutes.or.us/go/living-here/health-services
541-322-7400
- Downtown Health Center
541-322-7457
- Deschutes County Behavioral Health
541-322-7500
- School Based Health Center
541-693-2222

LaPine

- LaPine Community Health Center
541-536-3435
- School Based Health Center
541- 536-0400

Redmond

- School Based Health Center
541-504-3589

Sisters

- School Based Health Center
541-549-3183

Family Access Network (FAN)

- Provides support services to families with children in all public schools through FAN Advocates. To contact your local FAN Advocate, call your child's school.
familyaccessnetwork.org

Deschutes County Schools

School Districts

- Bend La-Pine School District
Information Line 541-355-1000
- Redmond School District 541-923-5437
- Sisters School District
 - High School 541-549-4045
 - Middle School 541-549-2099
 - Elementary School 541-549-8981

Family Resource Center of Central Oregon

- Provides low or no cost parenting education classes, information, and resources for the local community.
541-389-5468
- frconline.org

Families And Communities Together (FACT) in La Pine

- 541-876-1011
- Provides support services to families with children 0-18 through parent education and family skill programs, workshops, family fun nights, and the FACT Resource Room that includes a play area for young children, a lending library, access to a computer-based parenting program, and referrals to other agencies.

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Resources

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Healthy Things for Teens to Do

La Pine Parks and Recreation District

- 541-536-2223
- lapineparks.org

Bend Metro Park and Recreation District

- 541-389-7275
- bendparksandrec.org

Redmond Area Park and Recreation District

- 541-548-7275
- raprd.org

Sisters Park and Recreation District

- 541-549-2091
- sistersrecreation.com

Deschutes Public Library

- Provides resources on parenting as well as activities and resources for teens in Bend, Redmond, LaPine and Sisters.
- 541-617-7050
- dpls.lib.or.us

Boys and Girls Clubs of Central Oregon

- 541-548-2840
- bgcco.org

Deschutes County 4-H Programs

- 541-548-6088
- deschutes4h.com

VolunteerConnect

- 541-385-8977
- volunteerconnectnow.org

Becca's Closet

- Provides free formal wear (proms, dances, etc.) for youth.
541-312-2069
- www.bendscommunitycenter.org/beccas-closet.htm

Northwest Youth Corps

- 541-349-5055
- northwestyouthcorps.org

Oregon Youth Challenge Program

- 541-317-9623
- www.oycp.com

For Assistance With Substance Abuse Support

Al-Anon

- Hotline for information about Al-Anon and Alateen meetings 1-800-344-2666
- 24 Hr hotline for meetings in the Central Oregon area 541-548-0440
- centraloregonal-anon.org

Narcotics Anonymous

- Meeting Schedule and live support
541-416-2146
- centraloregonanna.com

ThinkAgainParentS (TAPS)

A network of concerned parents and community members working together to prevent underage drinking and substance abuse. They believe that when parents join together and take a united stand against alcohol and other drug use, they become much more effective.

South County TAPS (La Pine/Sunriver)

- 541-536-5002
- tapssouthcounty.org
(Under construction)

Redmond TAPS

- redmond taps.com

Sisters TAPS

- A Committee of Sisters Park and Recreation District 541-549-2091

Treatment

Pfeifer and Associates - Outpatient and Residential Services

- Bend 541-383-4293
- LaPine 541-536-8879

Rimrock Trails Adolescent Treatment Services: Outpatient and Residential Services

- In Prineville, Bend, LaPine, Redmond, and Sisters: 541-447-0146 or 877-460-3327
- rimrocktrailsats.com

Other Resources

Grandma's House

- Provides safe shelter to homeless and/or abused pregnant, parenting and adopting girls between the ages of 12 and 19. 541-383-3515
- grandmashouseofbend.com

Kids Center

- Provides evaluation, treatment, community awareness and prevention of child abuse. 541-383-5958
- kidscenter.org

Saving Grace

- Provides comprehensive services for victims of family violence and sexual assault. 541-389-7021 or (866) 504-8992
- saving-grace.org

Human Dignity Coalition

- Promotes human rights and equality for LGBTQ community. 541-385-3320
- humandignitycoalition.org

PFLAG - Parents, Families and Friends of Lesbians and Gays

- 541-317-2334
- pflagcentraloregon.org

Central Oregon Partnerships for Youth

- Provides mentors to children of incarcerated parents or caregivers. 541-388-6651

J Bar J Youth Services

- jbarj.org

Big Brothers, Big Sisters of Central Oregon

- Mentoring program for youth ages 6 to 15. 541-312-6047

Cascade Youth and Family Center

- Crisis intervention and support services for youth ages 11 to 21. 541-382-0934 or (800) 660-0934



**FAMILY
RESOURCE
CENTER**

BECAUSE KIDS DON'T COME
WITH INSTRUCTIONS

For more information, call the Family Resource Center at
541.389.5468 or visit **www.frconline.org**