EVERY CHILD SAFE, HEALTHY AND CONNECTED

Growing
Safe
Healthy
Youth

Parents • Guardians • Foster Parents
Grandparents • Caregivers • Educators
You want to do the right thing by your child;

You want to see them thrive despite the inevitable obstacles they will face on a daily basis. The truth is that the ability to be able to overcome some, if not most of these hurdles your child faces, comes from what they learn at home. In this pamphlet you will find some helpful hints on the most important health and safety concerns that youth deal with daily. We, as parents and guardians, must make ourselves aware of these issues and open lines of communication about them with our children.
<table>
<thead>
<tr>
<th>ASSETS</th>
<th>85%</th>
<th>71%</th>
<th>68%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family loves them gives help/support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have at least one adult to talk to if have problem</td>
<td></td>
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<tr>
<td>Feel like they belong at this school</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>ALCOHOL</th>
<th>28%</th>
<th>20%</th>
<th>16%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank alcohol in past 30 days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rode with a driver who had been drinking in past 30 days</td>
<td></td>
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<tr>
<td>Drank 5 or more drinks within a couple hours in past 30 days</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>DRUGS</th>
<th>33%</th>
<th>16%</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used marijuana in their lifetime</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Took a prescription drug not prescribed to them</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Smoked cigarettes or used tobacco in past 30 days</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BULLYING</th>
<th>30%</th>
<th>9%</th>
<th>12%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have been bullied on school property in past 12 months</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Did not go to school on one or more of the past 30 days because they felt unsafe</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Physically hurt on purpose by someone they were dating</td>
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<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MENTAL HEALTH</th>
<th>29%</th>
<th>17%</th>
<th>7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Report being depressed in past 12 months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seriously considered suicide in past 12 months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attempted suicide one or more times in past 12 months</td>
<td></td>
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</tr>
</tbody>
</table>
Family Time Matters!

Family dinners can reduce the risk of adolescents engaging in substance use including illicit or prescription drugs, alcohol and tobacco. Find out more at: www.casacolumbia.org/

Dinner does not need to be sitting around the table at home; be CREATIVE! Giving kids your undivided attention and getting theirs is key.

- Eat in the car, on-the-go
- Stop at a park along the way
- Find a spot to sit down before their after-school activity starts
- Search “healthy lunch to-go” for helpful nutritious tips on meals to go!

Talking Tips

They are more likely to share in the car
- Use statements that motivate conversation—be excited about what they are doing.
- Your child’s wins are your wins; their daily hurdles need encouragement to get over – don’t minimize problems; help brainstorm solutions!
- Use questions like, “Tell me about your day” and “What were two favorite parts of your day?” instead of questions they can answer with a yes or no.

Engage with your children at least one hour per day.

It doesn’t have to be an hour all at once!
You are busy! So put “family night” on the calendar.

**FUN, FREE and in your own back yard**

- Volunteer at the Coulee Region Humane Society, or just check out the animals!
- Play at Kid’s Coulee, Myrick Park - Hide-and-go-seek tag heaven!
- Visit the Public Library – participate in programs, get books, audiobooks, games and family night kits!
- Challenge your kids to pronounce the names of the flowers at the Riverside International Friendship Garden by Riverside Park.
- Create a scrapbook.
- Design a family vision statement.
- Rearrange a room—take everything out including the pictures on the wall.
- Read one chapter of a book together every night until it’s finished.
- Search “low cost family activities” for more ideas.
75% of teen drivers admit to texting while driving.

63% exchange text messages every day.

28% sent inappropriate pictures to someone with their cell phone.

77% of 12-17 year olds own a cell phone.

56% of parents of kids ages 8-12 say their children own mobile phones.

Generation Smartphone: A Guide for Parents of Tweens & Teens
www.lookout.com/resources/reports/smartphone-family-guide/
Be aware of what your kids are doing online.

Remember...
• It doesn’t have to have data or be Internet accessible.
• Check their usage to keep them safe.
• Cell phones come with responsibility. If they want to keep it they have to earn it.
• Not all apps are free or appropriate.
• Talk to them about why you need to know what they are doing on the phone.

Helpful link for parental controls on cell phones / carriers:
www.theonlinemom.com/

Example of a Cyberbullying Cell Phone Contract:
www.cyberbullying.us/

Give them rules!

If you choose to give your child or teen a cell phone or tablet:

• No texting while driving or sending inappropriate photos or text messages.
• Talk about what cyberbullying looks like, how to stop themselves from doing it and what to do if they see it.
• Online usage does not stay online. What is shared online can be seen by anyone.
• The phone can be taken away at ANY TIME if these rules are broken!
• Create NO SCREEN TIME parts of the day such as family meals and events.
• Understand and follow school rules on use of technology.
These are the facts:

**26% of online sex offenders** used the victim’s social networking site to gain information about the victim’s whereabouts at a specific time.

**In 82% of online sex crimes against minors,** the offender used the victim’s social networking site to gain information about the victim’s likes and dislikes.

**About 35% of kids** have been threatened online.

**About 58% of kids and teens** have reported that something mean has been said about them or to them online.

—from the Journal of Adolescent Health 47, 2010 and www.bullyingstatistics.org/

Social Media Guide
(a few of the common)

**Twitter**—A very popular instant messaging system that lets a person send brief text messages up to 140 characters in length to a list of followers.

**Facebook**—Using the search facilities, members can locate other Facebook members and “friend” them by sending them an invitation. Facebook offers instant messaging and photo sharing. Facebook’s e-mail is the only messaging system many students ever use.

**Instagram**—Lets users snap a photo and change its appearance before sending it to a social networking site.

**YouTube**—YouTube provides an venue for sharing videos among friends and family as well as a showcase for new and experienced videographers. Limit access to YouTube content by enabling Safety Mode, found at the bottom of the home page.

**SnapChat**—A mobile messaging service that sends a photo or video to someone that lasts only up to 10 seconds before it disappears.
With so much media and technology at kids’ fingertips, parents need to help their children enjoy the best—and avoid the worst—aspects of growing up digital. Help your children balance their media consumption with every other part of their life; choose the good stuff with or for them, and spend tech time together.

Consider joining their networks. Although your child might be embarrassed you are “following” them on Twitter, they will likely be a bit more conscious of what they are “tweeting.” See www.commonsensemedia.org for age-appropriate recommendations.

They are not the enemy. (But don’t trust them.)

<table>
<thead>
<tr>
<th></th>
<th>Teens Ages 12-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chat Rooms</td>
<td>17%</td>
</tr>
<tr>
<td>Took Pictures with Cell</td>
<td>41%</td>
</tr>
<tr>
<td>Used Cell at School</td>
<td>47%</td>
</tr>
<tr>
<td>Email</td>
<td>46%</td>
</tr>
<tr>
<td>Game Console</td>
<td>50%</td>
</tr>
<tr>
<td>Facebook</td>
<td>50%</td>
</tr>
<tr>
<td>Internet for School Work</td>
<td>51%</td>
</tr>
<tr>
<td>Sent Text Message</td>
<td>77%</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>83%</td>
</tr>
</tbody>
</table>

Chart modified from the Cyberbullying Research Network: Sameer Hinduja and Justin W. Patchin (2010)
Bullying

Demonstration of power, intent to harm, or threats of further aggression

- VERBALLY
- PHYSICALLY
- ONLINE
- TEXT

30% OF HIGH SCHOOL STUDENTS reported being bullied on school property within the last year. (2013 La Crosse County Youth Risk Behavior Survey)

FOUR most powerful antidotes to bullying:
1. Help your child develop a strong sense of self. Encourage them to spend time on what they enjoy.
2. Help your child be a friend. Talk about what a friend does for another friend—and what they don’t.
3. Help your child build skills that will allow them to get into a group of friends—and out of it when it does not serve them well. Ask them about their friends!
4. Make sure your child has at least one good friend who is going to be there for them through thick and thin—you can’t always be around.

Information from
The Bully, The Bullied and The Bystander, Barabara Coloroso, 2009
Prevention Tips for Electronic Bullying

If your child starts to act out of character when using communication devices you need to find out why.

BE AWARE OF WHAT YOUR KIDS ARE DOING ONLINE
• Know what sites they like and visit often—try them out yourself
• Ask to “friend” or “follow” them
• Talk about cyberbullying and people they think might be involved—encourage them to be advocates

WHEN TO WORRY
• Screen switching—if they switch screens when you walk by; be calm and find out why
• Unusually upset when Internet is unavailable to them or if they suddenly stop using cell phone or Internet
• Withdraw from family and friends or signs of anger, anxiety or extreme sadness after using device

YOUR CHILD/TEEN MAY BE A VICTIM
if they unexpectedly stop using their computer or cell phone; appear anxious or agitated when a message arrives; is uneasy about going to school or outside in general; appears to be angry, depressed, or frustrated after using an electronic device; avoids discussions about what they are doing on their device/s; or becomes abnormally withdrawn from usual friends and family members.

Talk directly with your school about specific cases of your child or someone else being bullied.

Get Help!
• www.haltabuse.org/
• www.stopbullying.gov/
• www.cyberbullying.us/
• www.togetheragainstbullying.org/
17% of high school students have seriously considered attempting suicide in the past twelve months. (2013 La Crosse County Youth Risk Behavior Survey)

**Warning Signs:**

- Talking about wanting to die
  - Feeling *hopeless* or having no purpose
  - Feeling *trapped* or in *unbearable pain*
  - Being a *burden* to others
- Looking for a way to *kill* oneself
- Increasing the use of *alcohol* or *drugs*
- Acting *anxious, agitated* or *recklessly*
- *Sleeping* too little or too much
- *Withdrawn* or feeling *isolated*
- Showing *rage* or talking about seeking *revenge*
- Displaying extreme *mood swings*

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes it.
What to Do

If someone you know exhibits warning signs of suicide:

- **DO NOT** leave the person alone.
- **REMOVE** any firearms, alcohol, drugs are or sharp objects that could be used in suicide.
- **CALL** the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255).
- **TAKE** the person to the emergency room or seek help from a medical or mental health professional.
- **CALL** 9-1-1 if you need immediate assistance.

**Resources**

- Local Great Rivers 2-1-1 Crisis Line — Dial 211 or 800-362-8255
- National Suicide Prevention Lifeline: 800-273-TALK (8255)

Contact these resources even if you are suspicious of suicidal thoughts or actions!

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28% OF LA CROSSE COUNTY HIGH SCHOOL STUDENTS reported drinking alcohol in the past 30 days. (2013 La Crosse County Youth Risk Behavior Survey)

THE FACTS ARE
• Youth binge drinkers are more likely to report poor school performance and involvement in other health risk behaviors such as:
  • riding with a driver who had been drinking
  • being currently sexually active
  • smoking cigarettes or cigars
  • being a victim of dating violence
  • attempting suicide
  • using illicit drugs
• Heavy drinking has been shown to affect memory function and brain development.

WARNING SIGNS
• Mood changes (temper flare-ups, irritability, defensiveness)
• Academic problems (poor attendance, low grades, disciplinary action)
• Changing friends and a reluctance to have parents/family get to know the new friends
• A “nothing matters” attitude (lack of involvement in former interests, general low energy)
• Physical or mental changes (memory lapses, poor concentration, lack of coordination, slurred speech, etc.)

FOR MORE INFORMATION:
www.teenbrain.drugfree.org/
www.theparenttoolkit.org/
Parents Toll-Free Helpline 1-855-Drugfree (378-4373)
Prevention Ideas

Make your house the place where the action is. Have your child invite their friends and peers over for food and fun, like video game night, movie night, pool day, or weekend sleep overs.

- Make yourself visible; your presence is important!
- Invite other adult friends so it’s not like you’re babysitting.
- If you suspect a teen guest is intoxicated, contact his or her parents/guardians immediately.
- Keep in contact with other parents to make sure your child is safe.

It’s the law!

You cannot give alcohol to your teen’s friends under age 21—even in your own home or with their parents’ permission. You cannot allow a person under 21, other than your own child to stay in your home or on your property while they have been drinking—or possess any alcohol.

If you choose to break the law

IT’S NOT WORTH IT! PENALTIES MAY INCLUDE FINES UP TO $5000 AND/OR JAIL TIME.

- You could spend up to six months in JAIL
- And/or pay a fine up to $5,000
- You can be SUED
- Officers can CONFISCATE materials used in committing the offense
Other Tobacco Products

- Chewing tobacco: snuff, dip or snus
- Dissolveable: strips, sheets or sticks referred to as “orbs”
- Cigars, cigarillos, or little cigars
- E-cigarettes and e-hookah

They look, smell and are flavored like candy. Would you be able to tell the difference?

LA CROSSE COUNTY HIGH SCHOOL STUDENTS:

- 32% have smoked cigarettes
- 20% have used tobacco products

(2013 La Crosse County Youth Risk Behavior Survey)

Tobacco products have been linked to an increase in heart disease, cancers, lung disease, high blood pressure and stroke.

- 1 in 5 United States deaths are linked to tobacco use
- 8.6 million diseases are linked to tobacco use

Dept of Health Services and the National Institute of Health Statistics
Prevent it in Your Home

16% OF LA CROSSE COUNTY HIGH SCHOOL STUDENTS have used a prescription drug without a doctor’s prescription.

MONITOR • SECURE • DISPOSE

Seventy percent of children 12 and over who abuse prescription medication get them from a family member or friend. Don’t let that be you! Monitor your existing medications; keep them in a secure location and dispose of any unused medications.

The most commonly misused/abused prescription drugs are:

<table>
<thead>
<tr>
<th>PAINKILLERS</th>
<th>DEPRESSANTS</th>
<th>STIMULANTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrocodone</td>
<td>Barbiturates</td>
<td>Amphetamines</td>
</tr>
<tr>
<td>Vicodin</td>
<td>• Amytal</td>
<td>• Biphedrine</td>
</tr>
<tr>
<td>Lortab</td>
<td>• Nembutal</td>
<td>• Dextedrine</td>
</tr>
<tr>
<td>Lorcet</td>
<td>• Seconal</td>
<td>• Adderall</td>
</tr>
<tr>
<td></td>
<td>• Phenobarital</td>
<td></td>
</tr>
<tr>
<td>Oxycodone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OxyContin</td>
<td>Benzodiazepines</td>
<td>Methylphenidate</td>
</tr>
<tr>
<td>Percodan</td>
<td>• Ativan</td>
<td>• Concerta</td>
</tr>
<tr>
<td>Percocet</td>
<td>• Halcieron</td>
<td></td>
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<tr>
<td></td>
<td>• Librium</td>
<td></td>
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<tr>
<td></td>
<td>• Valium</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Xanax</td>
<td></td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Sleep Medications</td>
<td></td>
</tr>
<tr>
<td>• Actiq</td>
<td>• Ambien (Zolpidem)</td>
<td></td>
</tr>
<tr>
<td>• Duragesic</td>
<td>• Sonata (Zaleplon)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lunesta (Eszopiclone)</td>
<td></td>
</tr>
<tr>
<td>Morphine</td>
<td>Use of prescriptions can lead to illicit drug use.</td>
<td></td>
</tr>
<tr>
<td>• Roxanol</td>
<td><a href="http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-drugs-chart">www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-drugs-chart</a></td>
<td></td>
</tr>
<tr>
<td>• Duramorph</td>
<td>For more information on these and other drug abuse concerns please visit:</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.drugfree.org/">www.drugfree.org/</a></td>
<td><a href="http://medicineabuseproject.org/">http://medicineabuseproject.org/</a></td>
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<td>— 17 —</td>
</tr>
</tbody>
</table>

www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-drugs-chart

For more information on these and other drug abuse concerns please visit:
www.drugfree.org/
http://medicineabuseproject.org/
# Drug Identification Guide

<table>
<thead>
<tr>
<th>DRUG</th>
<th>LOOKS LIKE</th>
<th>CAN BE</th>
<th>CAN CAUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cocaine and Crack</strong></td>
<td>White crystalline powder, chunks or white rocks</td>
<td>Snorted, injected, or smoked</td>
<td>Heart attacks, strokes, and seizures</td>
</tr>
<tr>
<td>(Blow, Big C, Bump, Coke, Nose, Candy, Rock, Snow)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ecstasy and MDMA</strong></td>
<td>Blended tablets (playboy bunnies, Nike swoosh)</td>
<td>Swallowed</td>
<td>Severe dehydration, liver and heart failure</td>
</tr>
<tr>
<td>(Adam, Bean, E, Molly, Roll, X, XTC)</td>
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<td></td>
</tr>
<tr>
<td><strong>Heroin</strong></td>
<td>White to dark brown powder or tar-like substance</td>
<td>Snorted, injected, smoked, or freebased</td>
<td>Slow cardiac function and breathing, severe itching, severe nausea</td>
</tr>
<tr>
<td>(Big H, Black Tar, Dope, Junk, Skunk, Smack)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Methamphetamine</strong></td>
<td>White or slightly yellow crystal-like powder, large rock-like chunks</td>
<td>Swallowed, injected, snorted, or smoked</td>
<td>Insomnia, strokes, paranoia, and various other psychotic behaviors</td>
</tr>
<tr>
<td>(Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed)</td>
<td></td>
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</tr>
<tr>
<td><strong>Inhalants</strong></td>
<td>Paint thinners, whipped cream aerosol, Freon, and more</td>
<td>Inhaled through nose or mouth</td>
<td>Damage to heart, lungs, liver, and kidneys.</td>
</tr>
<tr>
<td>(Whippets, Bagging, Huffing, Poppers, Snappers, Dusting)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cough and DXM</strong></td>
<td>Liquid, pills, powder, gel caps</td>
<td>Swallowed</td>
<td>Abdominal pain, extreme nausea and liver damage</td>
</tr>
<tr>
<td>(Dex, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup)</td>
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</tbody>
</table>

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ALL DRUG ABUSE CAN LEAD TO DEATH.
Some can come on as sudden death because of shock to the system while others can lead to chronic conditions or infections that lead to death.

<table>
<thead>
<tr>
<th>DRUG</th>
<th>LOOKS LIKE</th>
<th>CAN BE</th>
<th>CAN CAUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prescription Medications</strong></td>
<td>Tablets, capsules, and some can be in liquid form</td>
<td>Injected or swallowed</td>
<td>Irregular breathing and heart rate, seizures, heart attacks</td>
</tr>
<tr>
<td>(OxyContin, Oxy, Xanax, Mebaral, Adderall, Dexedrine, Ritalin)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tobacco and Other Products</strong></td>
<td>Candy, mints, toothpick-like sticks, electronic cigarettes/ hookah</td>
<td>Smoked, chewed, sucked</td>
<td>Heart disease, stroke, and many types of cancer—all organs</td>
</tr>
<tr>
<td>(Chew, Cigarettes, Dip, Smokes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Alcohol (Booze)</strong></td>
<td>Liquid beer, wine, and liquor</td>
<td>Drunk</td>
<td>Impairs reasoning and judgement, liver damage, and heart disease</td>
</tr>
<tr>
<td><strong>Marijuana (Blunt, Bloom, Weed, Grass, Hash, Herb, Mary Jane, Pot, Reefer)</strong></td>
<td>Green and/or gray dried, shredded flowers and leaves</td>
<td>Smoked, mixed into foods or tea</td>
<td>Memory and learning problems, hallucinations and depersonalization</td>
</tr>
<tr>
<td><strong>Synthetic Cannabinoids (K2, Spice)</strong></td>
<td>Brown, dried shredded flowers and leaves — resembles marijuana</td>
<td>Smoked, mixed into foods or tea — marked “Not for human consumption” on package</td>
<td>Tachycardia, anxiety, seizures, hallucinations, suicidal thoughts and actions</td>
</tr>
<tr>
<td>Sold as potpourri and incense</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Synthetic Cathinones (Bath salts, jewelry cleaner)</strong></td>
<td>White crystalline powder or small white chunks</td>
<td>Swallowed, smoked, injected, snorted — marked “Not for human consumption” on package</td>
<td>Chest pain, paranoia, hallucinations, delusions, and violence</td>
</tr>
</tbody>
</table>

— 19 —
Find help and local resources
Take the confusion and guesswork out of finding the right place to call. By calling 2-1-1, you will receive free confidential assistance 24 hours a day, 7 days a week.
http://www.greatrivers211.org/

Funded by the Drug Free Communities Grant #SP015849
Cooperative Educational Service Agency #4
http://www.cesa4.k12.wi.us/

Online at:

La Crosse County Prevention Network
http://www.lacrossecpn.org/