



Tonka CARES

WINTER 2017
HIGH SCHOOL
EDITION

KNOW THE POWER OF PARENTS.

P A R E N T R E S O U R C E G U I D E

National Drug & Alcohol Facts Week January 23-29, 2017

National Drug Facts Week is a good time to have conversations about the risks of using alcohol or other substances. Kids who know their parents disapprove of underage use are **5 times** less likely to experiment. Take time to share important facts like these with your children.

Alcohol: Excessive drinking is responsible for more than **4,300 deaths** among underage youth each year, and cost the U.S. **\$24 billion** in economic costs in 2010.

Cigarettes: If smoking continues at the current rate among U.S. teens, **5.6 million** of today's teens younger than 18 will die early from a smoking-related illness. That's about **1 of every 13** Americans teens.

E-cigarettes: Teen use of e-cigs is steadily increasing and many students don't know what they are inhaling. According to the National Institute on Drug Abuse, **66%** of teenagers believe that they just inhale flavor. E-cig liquids can contain nicotine and other harmful drug substances, including marijuana oil.

Prescription Drugs: Drug overdose is now the leading cause of accidental death in the U.S. Overdose deaths among Minnesota residents jumped **11 % from 2014 to 2015**, with most deaths attributed to prescription drugs. Teens access prescription drugs not prescribed to them through other family members and friends.

For more on prescription drug addiction, [click here](#).

Marijuana : According to the National Institute of Health, **68.9%** of high school seniors do not view regular Marijuana smoking as very harmful. Marijuana smoke contains between **50-70%** more cancer-causing chemicals than the levels found in tobacco smoke. THC (the main psychoactive component) levels in marijuana are **3 or more times stronger** than pot 15 years ago and is can be laced with other drug substances, making it very dangerous.

For more Marijuana myths and facts, [click here](#).

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RESOURCES

www.tonkaCARES.org

The Tonka CARES coalition website is a great place to start and has a variety of resources for parents and other community partners

www.drugfree.org

Find age appropriate tips on talking with your kids, information about the developing teenage brain, resources if you suspect your child is using, a free helpline for parents, etc.)

References for
this E-Newsletter

[Click here](#)

THE TEEN BRAIN

Mental Health & Sleep

Your teenager's brain will not be fully developed until they reach their mid-20's, which explains their propensity to engage in risky behavior. Keeping teens from using alcohol and substances increases their odds of not developing an addiction.

Teens who use before the age of 15 are 4 times more likely to develop an addiction than those who wait until they are **21**.

[Click here](#) to learn more.

As the end of the semester approaches, students may begin to feel anxious about homework, final exams and grades. Your teen's mental health is just as important as their physical health. Make sure they are doing the following:

- Eating healthy, balanced meals and keeping hydrated
- Exercising and taking breaks for relaxation during heavy study sessions
- Getting adequate amounts of sleep

Sleep deprivation increases the likelihood that your teen will suffer from many negative consequences, including poor grades, inability to concentrate, and anxiety and depression. Teens need **8-10 hours** of sleep a night. The optimal hours of regenerative sleep are between **10 p.m. and 2 a.m.**

Addressing mental health and sleep supports resiliency, reducing the risk of coping in unhealthy ways such as experimentation with alcohol and drugs.

For tips on your **child's mental health**, [click here](#) and **sleep**, [click here](#).



Tonka CARES Needs You!

Please consider joining other Minnetonka parents, educators, law enforcement, community and business leaders to help reduce the use of alcohol and substances among our Minnetonka youth.

Parent Representatives can help with programming surrounding Tonka CARES mission and attend approximately 1 meeting a month.

For more information, contact Tonka CARES Program Director,
Rochelle Martin
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Teens may experiment with “**study drugs**” to increase mental focus and productivity during exam periods. Stimulants, such as **Adderall** and **Ritalin**, are commonly prescribed to treat ADD and ADHD and can be accessed through friends or siblings with prescriptions. **As a precaution, lock up stimulants prescribed to other members of your family.**

Teens also abuse non-prescription stimulants, such as **caffeine**. Recent studies confirm that 83.2% of teenagers consume caffeinated beverages regularly. While some caffeine is fine, too much can cause serious problems.

Highly caffeinated coffee and energy beverages can give students the alertness they desire, but at a cost. Heavy use can cause side effects like **anxiety, increased heart rate and even death.**

For **guidelines for safe caffeine use**, [click here](#).

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