

YOUR Voice



Newsletter for the Lancaster County Community Groups

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Creating a **POSITIVE** community **RESPONSE** to underage drinking and other substance abuse **ISSUES**.

Welcome Safe Homes Families!

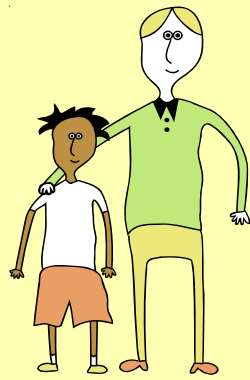


The Lancaster E-Bulletin is a service provided to Safe Homes families and other interested folks throughout the county. It's full of information, event opportunities and education on alcohol, tobacco, drugs, parenting and prevention!

DID YOU KNOW...The average age of first use of any drug (including alcohol and tobacco) by any child in our community is 11.5 years of age? **AND** the first use of drugs often takes place at social gatherings with peers in the home. Help pre-teens and teens have a positive alcohol and drug free experience at events in your home and on your property! Working together we **CAN** make a difference for our youth!

As we head into the holiday season, there will be lots of opportunities for youth to attend gatherings and parties. If you plan to host a party for a teen or pre-teen and their friends, or, if your teen or pre-teen is attending someone else's party there are some simple things you can do to help ensure they are safe. As always, if you are a Safe Homes family, make sure you call ahead to be certain an adult will be there and that they are expecting your child to attend. Be creative and help your youth plan activities, food and creative beverage options, get some of our favorite non-alcoholic recipes here: <http://www.lcad.org/resources/Enews18/nonalcoholicdrinksforweb.pdf>. This will help them learn how to plan a party or gathering, a great skill for them to have, and one that will help them resist pressures to drink. We've all heard kids say "but there is nothing else to do!" Let's get together with our youth and change that!

Go to <http://www.lcad.org/resources/Enews18/SafeHomesPartyTips.pdf> for a full list of party guidelines. If you have suggestions about fun activity ideas we'd love to hear them! Email them to us at prevention@lcad.org.



Parenting for Prevention: Forming a United Front

When caregivers form a united front, children get the consistency they need. Lack of consistency from parents can lead to children feeling confused about expectations, and having problems linking a “cause” with the resulting “effect.” To read the rest of the article, click here:

<http://www.lcad.org/resources/Enews18/ParentingUnitedFront.pdf>

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Youth Web Sites Expose Teens, Tweens To Images of Violent Behavior, Substance Abuse



A new Nielsen Online study, conducted on behalf of the Office of National Drug Control Policy (ONDCP) measured the online viewing habits of teens, and tracked their exposure to drug-related content.

- Almost 40 percent of drug-related videos contain explicit use of drugs and/or intoxication
- The average age of first Internet exposure to pornography is 11 years old. Eighty percent of 15- to 17-year-olds have been exposed to hardcore porn multiple times
- Nearly a third of students say their parents would disapprove if they knew what they were really doing on the Internet

Get the rest of the findings here:

<http://www.lcad.org/resources/Enews18/YouthInternetSites.pdf>

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Slang Term of the Month Do You Know What It Is?

“Space Monkey”

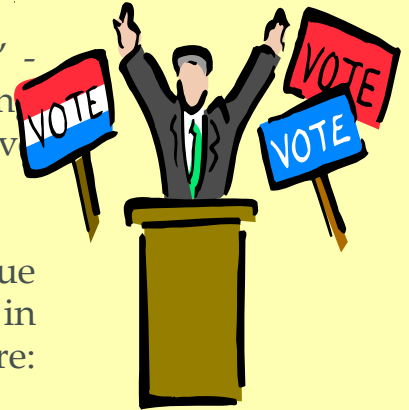
Last month’s slang term was “Study Drug” or “Vitamin R” which both refer to the drug Ritalin. Ritalin is a drug prescribed for attention deficit disorders, and often obtained and used illegally as a powerful stimulant. Other slang names are “pine-apple” or “kibbles and bits.”



Media Focus: Whiskey=Voting???

Maker's Mark sponsorship of "Rock the Vote" - whose agenda is to "empower the 45 million young people in America" - is a disturbing and negative new direction in alcohol marketing to youth.

Maker's Mark trivializes the election claiming, "blue or red, Democrat or Republican, we're all united in one party: The Cocktail Party." Click here for more: <http://www.lcad.org/resources/Enews18/MakersMark.pdf>



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Gear up for GASO and You Could Win!



Every November for the past 31 years, smokers across the United States have had a chance to quit smoking by joining the American Cancer Society Great American Smokeout. This year's observance will be Thursday, November 20. If you have quit smoking recently, you could win a gift card to Russ's just by sharing your story. Find out more here: <http://www.lcad.org/resources/Enews18/GASO.pdf>.

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R.J. Reynolds Tests Dissolvable Camel-Branded Tobacco Products

The new Camel Dissolvables include Camel Sticks, Camel Orbs, and Camel Strips. The products purportedly melt in the mouth within three to 15 minutes. The nicotine delivery of the products is said to be high: whereas a cigarette smoker typically takes in about 1 milligram of nicotine, the Camel Dissolvables are said to deliver about 0.6 to 3.1 mg of nicotine each. Find out where these products will be test marketed by clicking here: <http://www.lcad.org/resources/Enews18/DissolveableTobacco.pdf>.

Red Ribbon Week Elementary School Skate Party!

Monday, November 24

K-2nd Grade: 5p.m.-7p.m.

3-5th Grade: 7p.m.-9p.m.

Skate Zone

300 N. 48th

Admission is \$1/
\$3 for in-line rentals

First 50 students at each session are free!

Sponsored by: Lincoln Council on Alcoholism & Drugs
and the Lancaster County Community Groups



UPCOMING COMMUNITY GROUP MEETING DATES

Nov: Community Group Time/Location

6th: Dist. 145 CPC

6th: Norris C.A.R.E.S.

9th: LCAD Drug Free
Youth Group

10th: Lincoln East

10th: Lincoln High

12th: Malcolm

17th: Raymond Central

20th: Lincoln Southwest

24th: Lincoln Southeast

5 p.m./Waverly High Commons Area

7:30 p.m./Haven Manor Sunroom, Hickman

3:30-6:00p.m./LCAD

No Meeting/180 Tour

4:45 p.m./Lincoln High Media Center

6:30 p.m./Malcolm High School Media Center

5:45 p.m./Raymond Central Media Center

7 p.m./Lincoln Southwest Media Center

7 p.m./Lincoln Southeast Media Center