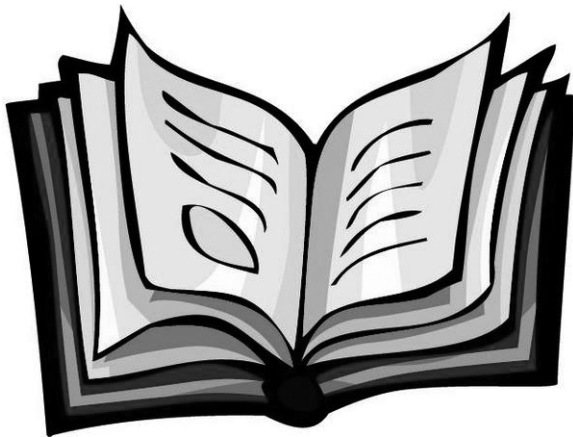
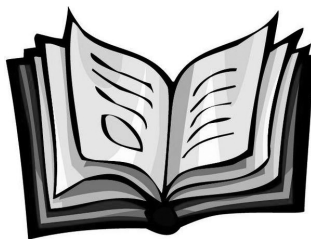


Parent & Teen SURVIVAL GUIDE



A convenient and useful
RESOURCE TOOL
for parents and their teenagers to use
in addressing very important and
difficult topics including understanding
the law in a practical format.

Parent & Teen SURVIVAL GUIDE



Purpose & Contact Information

In 2003, the Issaquah High PTSA Parent Education and Drug Awareness Committees developed a handbook, "Parents, Teens & the Law" to promote a healthy, safe and substance-free community. This booklet was renamed and revised in 2009 to reflect recent changes in state laws and trends in society. The handbook is a convenient and useful reference tool for parents and their teenagers to use in addressing many important issues and topics.

For more information, contact:

Greater Issaquah Youth & Family Community Network, (425) 869-0238
Issaquah School District Administration, www.issaquah.wednet.edu

Acknowledgments & Sponsors

A special thanks to the Issaquah High PTSA, Linda Frye and the Issaquah School District; IHS Resource Officer Karin Weihe; Commander Chris Felstad and the Issaquah Police Department; Josie Williams and the Eastside Fire & Rescue Department; Patty Berntsen and the Echo Glen School; Nancy Starkman and Star Print Brokers; Stevenson High School, District 125 Together We Can Committee; Kirkland Youth and Kirkland Police RESPECT Manual; Youth Suicide Prevention Program, Ken Wong, Judy Brewer, Trish McNabb, Sue Eastgard, David Ducharme, Nancy Campi, and Beth Herrild.

Financial support provided by Greater Issaquah Youth and Family Network.

Community Resources

A call to a family physician, school official, link leader, or a community agency is a good first step in distinguishing common adolescent problems from alcohol and drug problems, or finding help when signs of depression or suicide are recognized. The following is a condensed list of possible community resources.



Emergency	911
National Suicide Hotline	800-273-TALK
Poison Control Center	206-526-2121

Crisis Hotline

24 hour Alcohol/Drug

Helpline/Teeline	800-562-1240
24 hour Crisis Line	206-461-3222
24 hour Runaway Youth Shelter	206-236-KIDS
Child Abuse Crisis Line	425-649-4110
Domestic Violence	800-562-6025
King Co. Sexual Assault Resource Center	425-226-7273
Teen Link	206-461-4922 or 866-TEENLINK
The Trevor Project (GLBTQ)	866-4TREVOR

Counseling/Mental Health Support

Parent Trust Family Help Line	206-233-0139 or 800-932-HOPE
Sound Mental Health, Bellevue	425-869-6634
Bellevue Parent/Teen Mediation	206-546-1010
Friends of Youth, Issaquah	425-392-6367
Renton Area Youth & Family Services	425-271-5600
River Valley Psychological Services, Issaquah	206-219-3139
Seattle Mental Health, NW Counseling, Bellevue	206-869-6634
Youth Eastside Services	425-747-4937

Death/Suicide

Evergreen Hospital – Grief & Bereavement	425-899-1044
Harborview, Seattle	206-332-3000
Overlake Hospital (emergency for attempted suicides)	425-688-5000

Domestic Violence

Eastside Domestic Violence Program	425-746-1940 or 800-827-8840
Parents Anonymous (24-hour)	206-233-0139 or 800-932-HOPE
WA State Domestic Hotline	800-562-6025

Drug/Alcohol

Al-Anon/Alateen, Seattle	206-625-0000
Friends of Youth	425-869-6490
Lakeside Milam	425-392-8468
Narcotics Anonymous	206-790-8888

Eating Disorder

Eating Disorders Anonymous	206-903-9724
National Eating Disorders Assoc.	206-382-3587

Emergency Services

Hopelink, Bellevue	425-943-7555
Catholic Community Services Issaquah Church & Community Services	206-328-5774
Youth Care - Seattle	425-391-0137
	800-495-7802

Legal Services

Eastside Legal Assistance	425-747-7274
---------------------------	--------------

Culturally Specific Agencies

Asian /Pacific Islander Women & Family Safety Center	206-467-9976
African American Family Services	206-328-5774
Asian Counseling and Referral Services	206-695-7610
Chinese Information & Svc Center	206-624-5633
El Centro de la Raza	206-329-9442
Horn of Africa	206-760-0550
Jewish Family Services	206-461-3240
Seattle Indian Center	206-329-8700
United Indians of All Tribes	206-285-4425

Pregnancy/Teen Parenting

Best Alternative School	425-828-3289
Eastside Healthy Start	425-869-6658
Planned Parenthood	425-747-1050
Seattle & King Co. Public Health	206-296-9770

Table of Contents

Purpose & Contact Information	1
Acknowledgements & Sponsors	1
Community Resources	2
Table of Contents	3
Parent Resource Library	4
Parent Resource Websites	5
Parent Awareness Test	6
Top Communicating Tips	7
Trends in Our Society	8
Know the Laws, Know the Risks, Know the Consequences . .	10
Drivers License Restrictions	11
School Traffic Court	12
Vehicle	13
Home	16
Community	17
Hosting A Party	20
When Parents Are Away	21
When Teens Go Out	22
Social Behavior at School – Bullying	23
Know The Alcohol and Drug Warning Signs	25
<i>What Parents Can Do</i>	28
Know the Warning Signs of Depression and Suicide	29
<i>What Parents Can Do</i>	30
Know the Warning Signs of Self-Harm	31
<i>What Parents Can Do</i>	31
“Hands-On” Parenting	32



Parent Resource Library

Staying Connected to Your Teenager – MICHAEL RIERA

Parenting Teens With Love & Logic: Preparing Adolescents for Responsible Adulthood

– FOSTER W. CLINE AND JIM FAY

How to Talk So Teens Will Listen and Listen So Teens Will Talk – ADELE FABER AND ELAINE MAZLISH

Parents, Teens and Boundries: How to Draw the Line – JANE BLUESTEIN, PH.D.

Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind – MICHAEL J. BRADLEY

When to Worry: How to Tell if Your Teen Needs Help and What to Do About It

– LISA BOESKY PH.D.

Preventing Adolescent Suicide – DAVE CAPUZZI

Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood – EDWARD M. HALLOWELL AND JOHN J. RATEY

Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know – MEG MEEKER

Teen Cyberbullying Investigated Where Do Your Rights End and Consequences Begin?

– THOMAS JACOBS

Video Games & Your Kids: How Parents Stay in Control – HILARIE CASH, PH.D., AND

KIM MCDANIEL, M.A.

How to Talk with Teens About Love, Relationships, & S-E-X – AMY G. MIRON, M.S., AND

CHARLES D. MIRON, PH.D.

Helping Children Cope with the Loss of a Loved One – WILLIAM C. KROEN, PH.D., LMHC

Fighting Invisible Tigers: Stress Management for Teens – EARL HIPPI

Strengthening Your Stepfamily (Rebuilding Books) – ELIZABETH EINSTEIN AND LINDA ALBERT

The Hurried Child – ELKIND, DAVID GODFREY, NEALE S.

Money Doesn't Grow On Trees: A Parent's Guide to Raising Financially Responsible Children

– NEALE S. GODFREY, CAROLINA EDWARDS, AND TAD RICHARDS

The Wonder of Boys – GURIAN, MICHAEL

Family Rules: Raising Responsible Children – KENNETH KAYE PH.D.

Positive Discipline for Teenagers – JANE NELSEN ED.D. AND LYNN LOTT

Real Boys: Rescuing Our Sons from the Myths of Boyhood – WILLIAM POLLACK AND MARY PIPHER

How to Say No and Keep Your Friends: Peer Pressure Reversal for Teens and Preteens

– SHARON SCOTT

Adolescent Depression: A Guide for Parents (A Johns Hopkins Press Health Book)

– FRANCIS MARK MONDIMORE MD

Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated – ANTHONY E. WOLF PH.D. AND ANTHONY E. WOLF

Parent Resource Websites

This booklet, the Parent & Teen Survival Guide is available on-line:

www.issaquah.wednet.edu

Washington State Parent Trust for Children (parenting tips and resources)

www.parenttrust.org

Youth Eastside Services, Bellevue

www.youtheastideservices.org

Friends of Youth

www.Friendsofyouth.org

Crisis Clinic

www.crisisclinic.org

All Kinds of Minds

www.allkindsofminds.org

The Family Doctor

www.familydoctor.org

The Anti-Drug

www.theantidrug.com

The Family Policy Council

www.fpc.wa.gov

S.A.F.E. Alternatives (Self Abuse Finally Ends)

www.selfinjury.com

Focus Adolescent Services

www.focusas.com

Office of National Drug Control Policy

www.whitehousedrugpolicy.gov/news

Insurance Institute of Highway Safety

www.iihs.org

Phillip Morris USA

www.pmusa.com

Mothers Against Drunk Drivers

www.madd.org

Tobacco Free Kids

www.tobaccofreekids.org

Youth Suicide Prevention Program

www.yspp.org

The National Centers for Disease Control and Prevention (choking game)

www.cdc.gov/Features/ChokingGame

DB Foundation

www.chokinggame.net



Forum on Children and Family Statistics
www.childstats.gov

National Highway Traffic Safety Admin.
www.nhtsa.gov

US Dept of Health and Human Services
www.health.org

Substance Abuse & Mental Health Services Admin.
www.samhsa.gov

The National Centers for Disease Control and Prevention
www.cdc.gov

Bureau of Justice Statistics
www.ojp.gov/bjs/dcf/du.htm

Washington State Division of Alcohol & Substance Abuse
www.dshs.wa.gov/DASA/

iLookbothways (internet safety)
i.lookbothways.com

WA State Attorney General (internet safety)
www.ata.wa.gov

CyberTipline (for reporting objectionable activities on internet)
www.cybertipline.com

NetSmartz
www.netsmartz.org

i-safe
www.i-safe.org

GetNetwise
www.GetNetwise.com

Scambusters
www.Scambusters.org

Netnanny
www.Netnanny.com



Parent Awareness Test

Take this test. Then ask your teen to take it. Do your answers match? Do any surprise you? How many of these questions could your teen answer about you?

1. Who is your teen's best friend? Could you reach him/her?
2. What are the names of the best friend's parents? Have you spoken with them?
3. Who is your teen's favorite teacher?
4. What was the homework assigned to your teen last night?
5. When was the last time your teen was excited about something?
6. Of what accomplishments is your teen proudest?
7. When was the last time your teen was disappointed about something?
8. What is your teen's biggest fear?
9. What embarrasses your teen the most?
10. Who is your teen's favorite musical performer or group?
11. What was the last movie your teen saw?
12. Does your teen download music off the internet?
13. Who does your teen respect and admire? Who is their hero?
14. Who does your teen talk to when troubled?
15. What does your teen like to do just for fun?
16. Does your teen have MySpace®, Facebook®, Twitter® pages or other social networking webpage? Check out internet safety resources on parent resource page.
17. Does your teen send and receive text messages from a cell phone?
Caution: Be aware of texting and "sexting" (sending pornographic photos via phone or other digital means) can leave you or your teen open to legal liabilities.
18. If your school has a late start day, or an early release, where is your teen and in what activities is your teen participating?

Top Communicating Tips

1. Be a good listener. Give your undivided attention and try not to interrupt.
2. Listen without judging. Reserve judgment until your teen stops talking or asks for a response.
3. Acknowledge what your teen is saying. Make sure you understand what he or she means.
4. Don't advise or preach when a discussion is what is wanted. Respond with "I am concerned about ... " rather than "You should..." or "If I were you...".
5. If your teen tells you something you don't want to hear, don't ignore the statement — pursue it.
6. Resist the urge to offer advice in response to every statement your teen makes.
7. Talk candidly about any subject. Often teens avoid the subjects they think will make adults feel uncomfortable.
8. Use encouragement; emphasize assets rather than faults.
9. Ask open-ended questions.
10. Accept the fact that neither you nor your teen is perfect. Make sure the message of love and respect gets through.
11. Recognize and communicate that every mistake we make, helps us to learn and grow.



Communication is
an environment,
not an event.

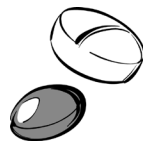
DON'T GIVE UP!



Trends in Our Society

During the past decade, cigarette, alcohol, and drug use have declined slightly. This is due in no small part to the influential role that parents have in the daily life of their teens. But our work is not over!

- In 2004, an estimated 16,694 people died in alcohol crashes (39 percent of all traffic deaths) – an average of one every 30 minutes.
- Monthly, 13 percent of all drivers are impaired.
- Motor vehicle crashes are still the leading cause of death for people from age 15 – 20 years old. 25 percent of teen deaths related to vehicles, involved alcohol.
- The median age that youth begin drinking for the first time is 14.4 years.
- The average age for first time pot smoking increased from 17 years in 2002 to 17.4 years in 2005.
- While trends indicated reduced smoking trends, use of smokeless tobacco products have increased from 2004 through 2008. (DASA, 2007 trends p. 25, Healthy Youth Survey 08)
- Teen drug use has decreased from 1980 to present overall, and in 2005, drug use in Washington State decreased from 10 percent to 8.5 percent.
- Ecstasy, Special K, GHB, roofies (date rape drug) and Meth, are made from hundreds of different household and commercial products such as cleaning solutions, paint products and lighter fluid.
- Individuals who began drinking before age 15 are four times more likely to become alcohol dependent after age 21. Drinking before age 13 increases your risk 50 percent.
- Illegal use of prescription drugs, like **Vicodin, OxyContin, and Ritalin, have soared 212 percent from 1992 to 2003.**
- Marijuana is the drug of choice for teens. However, Meth is considered the most problematic today, costing States tens of millions in medical, dental and treatment programs.
- Several colleges reported that 17 percent of their students "self harm" or purposely cut or burn themselves to help relieve stress, anger, or to mask other emotions.



- The National Center on Addiction and Substance Abuse (CASA) and other public organizations have recognized and continue to strongly promote the idea that **“Parents are the single most important influence on teen’s decision to smoke, drink or use drugs. Yet they have found many parents do not fully understand the extent of their influence.”**

When teens were asked **where** they **use** tobacco, alcohol or other drugs...

№ 1 place:	in Their Own Home	(20% reported)
№ 2 place:	at Their Friend’s Home	(17% reported)
№ 3 place:	in Their Community (in a Park, Forest Preserve)	(14% reported)
№ 4 place:	in a Car	(10% reported)
№ 5 place:	at School	(4% reported)

When teens were asked **when** they **use** tobacco, alcohol and other drugs most often...they reported between the hours of **3:00 pm and 6:00 pm.**

- Teens who are involved in organized sports, after school activities or youth groups are less likely to smoke or use drugs.
- Research shows 13 year olds are increasingly exposed to drugs.
- This is also the age where children are moving away from parental control and influence and in no other time period do teen’s perceptions and attitudes shift so markedly.





Know the Laws, Know the Risks, Know the Consequences

Liability For Teens And Adults

As families seek to establish acceptable guidelines of responsibility and behavior within their homes, motor vehicles and communities, a basic knowledge of **criminal and civil penalties** must be included in the discussion. It's important to remember that criminal acts can be the basis for civil liabilities. Well-informed adults and teens together can reduce the opportunity of having to deal with a crisis if they have the facts prior to making critical decisions.

The following information is being provided as a reference guide only. Know that laws and statutes can change and that prosecution can be situational. Also, adult sentencing can differ significantly from minors under the age of 18.

The Juvenile Justice Act of 1977 significantly changed the process of juvenile corrections in Washington State. The system operates with an elaborate point system. Each time a youth is convicted of a crime, a certain number of points are assigned, based on age, prior criminal record and severity of the current crime under court review. Typically 110 points will send a youth to a juvenile rehabilitation facility.

However, juveniles age 15 and over may be declined by the juvenile justice system and remanded to the adult court system for a Class A Offense or attempt to commit a Class A Offense. If sentenced through the adult court process, the juvenile would be sentenced and enter the adult prison system.

While minors under 18, can be charged with serious offenses such as a DUI (Driving Under the Influence) or a MIP (Minors in Possession), adults 18 or older can be charged with a DUI, Misdemeanors, Gross Misdemeanors or other offenses. In all cases, you will be required to appear in court, hire a lawyer or obtain a public defender. A criminal conviction will follow you on your permanent record and must be included on college and job applications and foreign paperwork, such as passports.

Be Informed.

Drivers License Restrictions

Did you know...

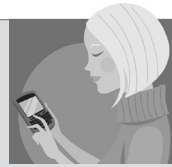
In the State of Washington, the intermediate license for teens:

- requires that the first six months of driving, teens can't have passengers under the age of 20, except for family members
- after six months, and for the remaining time of your intermediate license, up to three teenage passengers can be in the car in addition to family members
- driving is prohibited between the hours of 1 am and 5 am, unless accompanied by a parent, guardian or other driver over the age of 25 years

PENALTIES: First violation gets a written warning. The second violation results in suspension of the intermediate license for six months or until age 18, whichever occurs first. The third violation means a license suspension until the age of 18.

Restrictions are automatically lifted when you've had an intermediate license for one year and:

1. You have not been involved in an automobile collision.
2. You have not been convicted or found to have committed a rules-of-the-road traffic offense.



Texting While Driving

Drivers can receive a traffic infraction for driving while reading, writing or sending text messages.

Use of Cell Phone While Driving

Drivers are required to use a speaker phone, ear piece or headset while using a cell phone when driving. Offenders are cited with a traffic infraction.

School Traffic Court



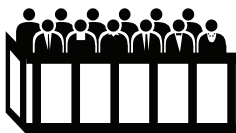
The old Issaquah High School. A newly constructed school takes its place in 2010.

Did you know...

The Issaquah School District along with several other Eastside School Districts have Student Traffic Courts. Check with your school to see if this program is available in your area. Student Traffic Court allows students who have been cited for minor traffic infractions to take responsibility for those violations, while keeping their relatively new driving records clean. Students who appear before the court receive a penalty of community service hours to be performed; if performed successfully, the infraction is dismissed.

How it Works...

When a student is cited for a traffic violation, the citation is filed with the District Court. The student needs to indicate on the back of the citation that he/she wishes to "mitigate" the infraction and wants to attend the Student Court. The District Court will refer cases to the school and the school will send a summons to the student indicating their court date. Students may only take advantage of the Student Court opportunity once. A second offense will not be referred to the Student Court. However, if a student has prior traffic violations but has never been to the Student Court, he/she may have the new offense referred there.



Two moving traffic violations can result in the suspension of the Intermediate License for six months or until the age of 18, whichever comes first.

Vehicle

Did you know...

- It is illegal for anyone under the age of 21 to drink. If you are under 21 and driving with a BAC (Blood Alcohol Content) of **.02%** or more, you have committed a DUI (Driving Under the Influence). You can be arrested and prosecuted.



a BAC level lower than .02%, if you are driving and are impaired due to alcohol, drugs or even over the counter medications (OTC).

- OTC Medications, such as cough syrups, allergy or sleep medicines can affect your driving and your driving privileges. Read the labels carefully.

Driving Under the Influence (DUI)

- **First Offense** – if you are arrested and your blood alcohol content (BAC) is .08 or less than .15 (.02 if you are under age 21) your license will be suspended for 90 days. If you are found guilty, fines could be up to \$1,000 plus court cost and other penalties may apply. You could be sentenced up to 1 year in jail and your license could be revoked for up to 1 year along with possible seizure of your vehicle.
- **Second Offense** – if you have been arrested more than once within the past seven years, your license will be revoked for two years and if you have a prior alcohol violation, your license can be revoked up to four years, along with fines up to \$5,000, possible imprisonment or home detention, along with possible seizure and loss of your vehicle. If arrested more than once and you are under the age of 21 years, your license is revoked for 1 year or until you are 21, whichever is longer.
- **Fifth Offense** – if you have four prior offenses within 10 year or have been convicted of vehicular homicide, the DUI becomes a Class C Felony with a statutory of up to 5 years and/or \$10,000.
- If an individual is convicted of an alcohol related offense, after suspension of driving privileges, the person may only drive a vehicle with an ignition interlock device.
- Vehicular Homicide with a DUI that results in the loss of life is a Class A Felony.



PENALTIES: Maximum sentencing could include fines up to \$50,000 and/or life imprisonment.



Implied Consent Law

- If you operate a motor vehicle in the State of Washington, you have agreed to take a breath or blood test to determine the alcohol in your system.

PENALTIES: failure to consent to test, with no prior offense, results in loss of license for 2 years.

- If you are in an accident and are suspected of having used alcohol or drugs, you also have the right to ask for a breath or blood test to determine your innocence.

Open Container Law

- It is illegal to transport, carry or possess any opened alcoholic beverage in a vehicle.
- It is illegal to drink any alcoholic beverage in a motor vehicle upon any highway.
- It is illegal to incorrectly label the original container of alcohol or place an alcoholic beverage into a container labeled as non-alcoholic.

PENALTIES: In addition to possible DUI charges, adults over age 21 commit a traffic infraction, while minors could be charged with a MIP (Minors In Possession) and sentenced under Local Sanctions with fines up to \$500 and/or 30 days of detention and/or up to 12 months supervision and/or 150 community service hours.

- **In a limousine**, or other vehicle, it is illegal for an owner of a vehicle (or person having control over the vehicle) to knowingly permit or allow persons under 21 to be assembled in the vehicle in possession of alcohol.

(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.



A Recent Insurance Study Found

- 51% of motor vehicle deaths occur on Friday, Saturday or Sunday.
- 64% of motor vehicle deaths occurred between 9 pm and midnight.
- 77% of motor vehicle deaths occurring between midnight and 3 am involved alcohol.

A DUI conviction or even minor offenses such as shoplifting can be used by foreign countries, such as Canada, to **deny your entry into their country**. What type of job, vacation (skiing) and travel plans do you envision for your future?

Racing and/or Reckless Driving

- It is illegal to drive a vehicle in a willful or wanton disregard for the safety of others.

(Gross Misdemeanor)

Additional fines and penalties can be added if actions result in damage, destruction or death to others.

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

The State of Washington begins building your drivers license record at age 13. A conviction of an MIP of alcohol will delay the issuance of a Driver's License for 1 year until age 17. A second offense delays it for 2 years or until age 18, whichever is longer. Multiple charges, such as smoking pot or drinking are treated separately, and penalties run consecutively.



Careful What You Drink

Popular club drugs such as GHB (the date rape drug) or Rohypnol (roofies, roach, or rope) are tasteless and odorless when dissolved in a drink. They are often used for purposes of sexual assaults or robbery and can induce blackouts and lack of recollection of the evening.

Don't change clothes, but go to the Emergency Room immediately if you have any suspicions, and talk to a professional. Justice can be served, even if you wait to report the crime and counseling is always helpful.

Home

Did you know...

- It is illegal for parents or guardians to knowingly allow underage consumption of alcohol on their property.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

- It is illegal for any adult, parent or guardian to sell, give or supply alcohol to any person under 21 for purposes of consuming on their property.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

- It is illegal to furnish or provide a keg or other container containing 4 or more gallons of malt liquor to a person under the age of 21.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

Parents and legal guardians could be liable in a civil suit for monetary damages brought against them by anyone who suffers personal injury or property loss through the actions of an intoxicated person whose intoxication is the result of that parent furnishing the alcohol or permitting the alcohol use.

Community

Did you know...

Providing Alcohol

- It is illegal for persons under the age of 21 to provide alcohol to other minors.
(Minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

PENALTIES: can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.



Purchasing Alcohol

- It is illegal for any adult, after purchasing or otherwise obtaining alcohol to sell, give or furnish such alcohol to persons under the age of 21.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/o imprisonment of up to 1 year.

Hotel/Motel

- It is illegal for any hotel/motel employee to rent a room to persons under age 21 knowing that alcohol will be consumed there.
(Gross Misdemeanor)

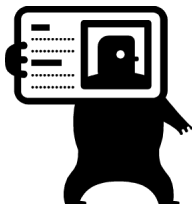
PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

- It is illegal for any person to rent or pay for a motel/hotel room or facility for the purpose or with the knowledge of consumption of alcohol by persons under 21.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.



38% of all pedestrians 16 years or older killed in traffic crashes in 2000 had alcohol in their system.



False Identification

- It is illegal to obtain, display, possess or use an ID card or driver's license that is fraudulent or fictitious to lend your ID card or drivers license or, **to alter or deface any identification or to allow another person to use your identification to obtain a false ID** (or for any other unlawful use.)

(Misdemeanor for adults and minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. Minors' penalties can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.

Tobacco

- It is illegal for persons under 18 to possess, purchase, attempt to purchase or misrepresent their age to purchase any Tobacco products.

PENALTIES: class 3 civil infraction with a \$50 fine, not including statutory assessments.

- It is illegal for any person to sell, give or permit to be sold or given to any person under 18 any Tobacco products.
(Gross Misdemeanor)

PENALTIES: can include fines up to \$5,000 and/or imprisonment of up to 1 year.

Drug Paraphernalia

- It is illegal for any person to use an item of Drug Paraphernalia to plant, propagate grow, store, contain, inject, ingest, inhale into your body a controlled substance. (Misdemeanor for adults and minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. Penalties for minors can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.

Controlled Substance

- It is illegal for any person to possess any Controlled Substances, including narcotics, non-prescription drugs, designer drugs and hallucinogens.
(Misdemeanor for adults and a B+ Offense for Minors.)

PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. The standard range for a first time minor offender is 15-36 weeks incarcerated in a juvenile rehabilitation facility and for a fourth time juvenile offense, the standard range of incarceration is 103 to 121 weeks at a juvenile rehabilitation facility.

Possession

- It is illegal to be in possession of marijuana, no matter what amount, even less than 40 grams.
(Misdemeanor for adults and minors can be sentenced with **Local Sanctions** under the Juvenile Justice Act.)

PENALTIES: adult penalties can include fines up to \$1,000 and imprisonment of up to 90 days. Penalties for minors can include fines up to \$500 and/or 30 days of detention and/or 12 months of supervision and/or 150 community service hours.

Gambling

- It is illegal to use the internet for purposes to gamble, bet, sponsor or promote gambling or to pay debts electronically.
This includes poker, 5 card hold 'em, sports bets or e-lotteries.

PENALTIES: In addition to Federal violations, it is a Class C Felony in Washington, punishable up to \$10,000 and/or 5 years imprisonment.



Penalties for Drug and Alcohol violations may be doubled if offense occurs:

- in a designated drug-free zone
- in a school
- within 1,000 feet of school grounds
- on a school bus
- within 1,000 feet of a school bus stop
- in a public park
- on public transport vehicles or transit bus stop

Selling, sharing or swapping prescription drugs such as Vicadin, OxyContin or Ritalin is a Class B felony, with penalties of \$20,000 and/or up to ten years imprisonment.





Hosting a Party

- Plan parties in advance with your teen.
- Encourage small parties; invitation only; set an ending time for the party so teens can be home by the legal curfew time.
- The teen and parent who are hosting the party should agree on ground rules before the party. You may wish to have names and phone numbers available in advance.
- Encourage your teen to discuss parental expectations with their friends before the party.
- Greet your teen's guests as they arrive. Be aware that teens can hide drugs and /or bring alcohol in disguised containers.
- An adult should be present and visible throughout the party.
- **Don't be pressured into staying out of sight.**
- Anyone who leaves the party should not be allowed to return. This discourages party-goers from leaving, drinking or using drugs elsewhere, and then returning to your home.
- Notify your neighbors when planning a large party.
- Notify parents of any teen who arrives at the party under the influence of alcohol or other drugs. Ensure the teen's safe transportation home. Never let anyone drive under the influence of alcohol or other drugs.
- Invite parents to stop by.
- Be alert for signs of alcohol or other drug use. Watch for inappropriate or prolonged activity outside, in restrooms or elsewhere in your home.
- Despite careful precautions, do not hesitate to call the police before the party gets out of hand.

When Parents are Away

Many parties occur at homes of teens whose parents are out of town.

Before You Leave

- Let your neighbors know when you'll be gone, when you will return and give them a telephone number where you may be reached.
- Make arrangements with a friend, relative or neighbor to keep an eye on your home.
- Provide supervision for your teen. Consider having a responsible adult stay in your house overnight and on weekends. Leave written authorization for this person to seek any necessary medical attention for your teen as well as an insurance card.
- **Let the parents of your teen's friends know you will be away.**
- Discuss all details, expectations and guidelines with your teen before you leave.
- Let teens know it's OK to call the police if a small get-together gets out of control.



Teens have been networking since the very beginning — they know all the latest scoop! **Be sure that as a parent, you are also networking.**

Talk with other parents about guidelines for the evening. You will find that not "everybody" stays out late, rents a limousine for a school dance or allows co-ed sleepovers.



Get-togethers

A group of teens was asked whether they thought it was helpful or effective for parents to sign agreements with other parents about providing safe parties.

The kids looked completely confused. They wanted to know what safe parties were!

When they were told that it's when a parent agrees to be home if there is a party and that there will be no alcohol served, the kids laughed and said, "Oh, that's not a party. That's a get-together. A party is a place where there are no parents."

When Teens Go Out

Buddy Up!

Never Go Anywhere Alone

- Contact the parents of the party host to verify the occasion, location, phone numbers, duration, adult supervision and policy of drug/alcohol use; offer assistance.
- Have your teen call with **any** change in plans.
- Have your teen call from a land line to confirm their location.
- Encourage your teen to leave any unchaperoned party. If trouble arises, they are **"guilty by association"**.
- Check the ending time to be sure it fits with curfew restrictions.
- Be awake when your teen comes home. If you retire early, set your alarm for your teen's curfew.
- If your teen is staying overnight, plans should be made prior to the party and verified with the other parent.
- Call the next day to confirm the sleepover.
- Be aware of your teen's transportation. Allow your teen to always feel safe to call home for a ride or assistance.
- Have teens keep an emergency fund in case they need to take a taxi home.
- Discuss get together/party habits with your teen and their friends.

Make your expectations clear, while being open to communication.

Social Behavior at School – Bullying

Bullying occurs in many forms including cyber-bullying taking place in electronic media such as on cell phones/cameras through text messaging, instant messaging and on websites, and other social networking websites like Facebook[®], MySpace[®] or Twitter[®].

What Students Can Do

- join clubs or groups where you'll meet other kids
- talk with a trusted teacher or friend who can help when uncomfortable situations arise
- talk with another teacher, if the first one didn't help address the issues at hand
- stay in a group when bullying is likely to take place
- if it feels safe, try to stand up to the person who is bullying
- know you're not alone and there is a solution
- if you are being bullied on-line, don't reply



What Fellow Students Can Do

- refuse to join in or watch what is happening
- attempt to defuse bullying or harassment
- get a teacher or an adult to intervene immediately
- speak up or offer support to a person being bullied or harassed
- encourage the victim to talk to a trusted adult who can help
- ask the victim to go with you when the bullying is occurring

What Parents Can Do

- listen to your student and encourage them to talk through the incident(s) to get the basic facts
- keep an open mind – remember you are hearing one part of the story only
- ask questions gently
- help your student reflect on what has been done so far, and
- help your student work out what might be done in the future
- help your student make decisions about how to handle situations in the future
- find out – What happened? Who was involved? Where? When? And did anyone witness it?
- if necessary, keep a journal for future reference
- monitor their computer usage and websites and suggest they don't reply to bullies
- talk with your student's teacher or school officials if the situation persists

What Parents Shouldn't Do

- get angry or upset
- make the student feel that it is not important
- blame the student
- blame the school
- accuse people without knowing all the facts
- demand to know all the details at once
- look for easy solutions

If Your Student Is The Bully

- look at your own behavior
- don't act like a bully when dealing with your student
- consider if older siblings are contributing to this behavior with taunts and teasing
- set limits for bullying behavior and address it as soon as it happens
- ask teachers to help modify behavior when they see it
- give your child praise when you see appropriate behavior
- set realistic goals for your child and don't expect behavior to change over night
- seek professional help when you feel behavior is not changing or escalating

The difference between normal adolescent behavior and behavior that may indicate cause for concern, is a matter of degree and consistency.

Look for a series of changes, not just one isolated incident.

As a parent, you have to act on your knowledge of normal behaviors and use your own intuition. Ignoring suspicious behavior will not make it go away and may harm your child. If you believe your child shows some of these warning signs, explore the "What Parents Can Do" following each "Warning Signs" section and remember that most families need professional help in dealing with these serious issues.

Know These Alcohol and Drug Warning Signs

Change in Friends and Behavior

- old friends are dropped
- new friends are not known to parents
- suddenly missing curfew
- easily frustrated (short fuse)
- defiant and defensive
- anxious/ nervous (can't sit still)
- paranoia and/or bizarre behavior
- unexplained giddiness
- withdrawn or depressed
- intensity or magnification of all situation
- change in eating habits
- avoids family meals
- sudden increased appetite or late night munchies
- in isolation, sleeping all day
- loss of appetite

Problems At School

- increasing calls from school about
 - lack of concentration or motivation
 - drop in grades
 - frequent unexcused tardiness and class absences (especially at the beginning /end of day or during lunch period)
 - fighting
 - accusations of stealing

Change In Physical Appearance

- eyes may be red or bloodshot
- glassy or glazed over eyes or dark circles under eyes
- pupils may be large and dilated or tiny and constricted
- skin may be pale and pasty, reddened or flushed or form sudden acne
- hair, clothes and accessories may change dramatically
- decreased concern with hygiene

IMPORTANT Please Read:

This chapter contains a lists of warning signs that may indicate one of the following adolescent issues:

1. Alcohol or Drug Use
2. Depression or Suicide
3. Self-Harm





Increased Illness / Accidents

- impaired coordination
- unexplainable and frequent bruises, cuts, scrapes, burns
- frequent and long lasting colds / flues
- difficult to rouse / wake up
- increasing incidents of staying home from school "ill"
- then making "miraculous" recovery in the evening and "has to go out"

What You May See...

- missing bottles of alcohol or pills
- wearing dark glasses indoors or at night
- wearing jackets or heavy clothing when it's not necessary

What You May Find...

- towels or blankets stuffed under door
- incense or air freshener
- eye drops
- plastic baggies or film canisters
- drug paraphernalia such as pipes, bongs, roach clips or rolling papers
- publications promoting drug legalization and use (such as "High Times")

What You May Hear...

- teen lies or talks in circles about:
 - where they've been
 - who they've been with
 - explanations sound reasonable at the time, yet later seem out of order
- casual comments condoning use or legalization of drugs
- drastic changes in values or beliefs
- talks of worthlessness and self-blame

About Money

- Unable to explain where large amounts of money came from
- Unable to explain how large amounts of money were spent
- other family member's money or valuables disappear and are later sold



Avoids Spending Time...

- at home
- or with family members (who they used to enjoy)
- playing sports or hobbies they use to love
- doing school work or working or looking for a job

"Do I Have A Problem With Alcohol Or Drugs?"

1. Have you ever felt you should cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you ever felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink, taken pills or smoked pot first thing in the morning to help steady your nerves or get rid of a hangover?

If you answered "yes" to one of these questions, you may have a drinking or drug problem. If you answered more than 2 questions with a "yes", it is highly likely that you have a problem. Either way, it's important that you talk with a trusted adult to discuss your responses. And, even if you answered "no" to all of the above questions, if you are encountering problems at school, work, with relationships, or the law, you should talk with a trusted friend or seek professional help.



What Parents Can Do

When parents see signs of alcohol or drug use, they need to become involved and take ACTION! Seek professional help and use resources available in your area to help protect your teen and your family.

Learn

- Learn as much as you can about alcohol and drug use and abuse.
- Learn to communicate and teach your teen how to communicate.
 - **Don't ask two questions in a row, without getting an answer to the first one**
 - Don't ask "Why" questions — they will lead to defensiveness; feels like judging
 - Ask about their feelings ("You look really upset about...") and then validate, confirm or restate their feelings
- Learn about computers:
 - Set up guidelines for computer use in your home
 - Know the websites and history of visits to websites that your teen views
 - Review your teens Instant Messaging (IM) Away Messages and Profile
 - Learn about internet safety (look at parent resources)

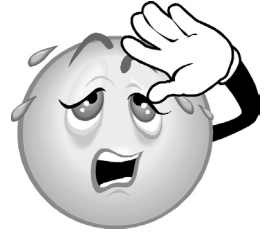
Be The "Enforcer"

- Use "tough love". Surveys of teens indicate it works.
- Don't be a friend...Be the parent. Provide structure and guidelines.
- Set limits and discipline. Be fair and reasonable.
- Ask tough questions: **"Where are you going and who is going to be there and will alcohol or drugs be there?"**

Be There For Your Kids

- LISTEN! Be there when they fall (and they will) and help them grow and learn from their failures.
- Tell your child that their effort is important...not that they have to strive to be perfect. Don't PUSH!
- Praise your child. **Give them HUGS** and then MORE HUGS!
- Encourage your teen to have several different groups of friends through sports, school, church or other outside activities.
- Surround them with adults, who can make an impact and will give them another safe place to turn to and an ear to listen.
- Reduce their stress by talking about peaks and valleys in your life.
- Be a good role model.

Know These Warning Signs of Depression and Suicide



Relationships and Behavior

- frequent irritability for no apparent reason
- withdrawal from friends and activities
- difficulty with relationships
- indecision, lack of concentration or forgetfulness
- restlessness and agitation
- changes in sleeping or eating patterns
- increased substance abuse
- problems with authority
- self-destructive behavior
- inattention to appearance
- preoccupation with death in books, movies and music
- giving away prized possessions
- talk of suicide or suicide attempts

School or Work

- drop in grades or problems with conduct
- inability to hold a job or no desire to look for work

Self Esteem and Mood

- extreme sensitivity to rejection or failure
- poor, or negative self-image
- feelings of sadness or hopelessness
- lack of enthusiasm, energy or motivation
- overreaction to criticism
- feelings of being unable to satisfy expectations
- pessimism or moodiness
- chronic guilt or worry

Suicide Warnings

Not all these signs may be present. Any of them combined with drug or alcohol use and access to firearms needs to be taken very seriously. Also, if there are mental health problems or a history of suicide in your family, you and your teen are at a higher risk, as these problems are thought to be hereditary.



What Parents Can Do

1. Show you care by telling them that you love them and are concerned about their mental health.
2. Document your concerns. Keep a record of changes you've noticed for future reference.
3. Talk with others to see if they've noticed changes in your teen.
4. Talk with your teen about your concerns in a non-judgmental way:
 - "I've noticed you've been sad for a few days," or "Tell me what's going on"
 - Put yourself in their place; respect their feelings
 - Allow your teen to talk more than you. Avoid interruptions. LISTEN!
 - Avoid unkind words that ridicule, shame or label.
 - Avoid diagnosing or giving advice; express concern and offer reassurance. "I'm on your side...we'll get through this together"
 - Share a book, video or game about feelings to help open up dialogue. Use a chart with expressions of feelings to help both of you gauge how they are doing that day.
 - Help your teen realize that there are different ways to resolving their feelings. Discuss the options. Role play discussions of troublesome situations and solutions.
 - Develop a "plan of action". What does your teen agree to do? What are you committed to doing? When will the two of you talk again? Do you need to seek professional help?
5. OR if the situation has escalated, DON'T BE AFRAID TO ASK "are you thinking of hurting yourself or of suicide?" A very direct approach is best for obtaining a truthful answer.
6. If you are still concerned about your teen, then it is time to seek help. Call a therapist who specializes in adolescents and schedule an appt. If you think that a suicide is imminent call 800-SUICIDE or 800-273-TALK, or go to the local emergency room. Don't be afraid to bring in professionals; the consequences of not doing so, can be life changing!
7. Educate yourself, your family and community on how to recognize warning signs, what actions to take and finally that research shows a real biological basis for depression, bi-polar disorder, and Obsessive Compulsive Disorder (OCD). Help your teen and family recognize the fact that the social stigma of mental disorders is fast becoming outdated.

MEDICATIONS: Many teens are reluctant to take medications for depression, as they consider it a "drug". If this decision persists, seek further medical advice.

Know These Warning Signs for Self-Harm



Behavior, Self Esteem or Mood

- depression or hopelessness
- loneliness or isolation
- perfectionism
- impulsivity
- impaired family communication
- anxiety
- self-blaming or low self-esteem
- hypercritical parents
- awareness of self-harm by peers

Self-harm is the non-fatal intentional harm or injury to a person's body that results in actual physical damage to tissue, illness or unintentional death. It can be used as a way to cope or express overwhelming emotions.

What You May See...

- burns, cuts, bruises, scratches, hitting or banging
- long shirts or pants to cover up evidence

Why Do Teens Self-Harm?

- to stop bad feelings
- to feel something
- to avoid doing something unpleasant
- fear of abandonment
- to cover up feeling of failure or not meeting expectations
- for comfort or punishment

What Parents Can Do

- don't react with criticism or horror
- remain non-judgmental; let the teen know you care
- understand the behavior is a coping mechanism
- validate the emotion that triggered the behavior, not the behavior
- get professional help that will provide your teen with greater insight into their emotional state and replace this behavior with effective coping skills
- interview your therapist: Ask if they've previously treated adolescents with these symptoms. Ask about their theoretical orientation to self-harm. Ask how parents are involved? Ask if they tend to recommend medication for these teens.
- show you care and tell them you love them
- document your concerns; keep a record of changes for future reference





- 79% of teens who **ate dinner or a meal with their families**, at least one time a week, were less likely to be involved in drugs, alcohol or smoking.
- The one commonality found between National Merit Scholars was not race, social or economic status, but the fact that they tended to **eat meals with their family**.

“Hands-On” Parenting

A 1999 study from CASA, the National Center on Addiction and Substance Abuse, at Columbia University, states that teens whose parents have established rules and are “hands-on” parents, have better relationships with their parents and show a substantially lower risk of smoking, drinking and using drugs.

“Hands On” Parenting Included at Least 10 Out of Following 12 Actions

1. Monitor what their teens watch on TV
2. Monitor what their teens do on the Internet
3. Put restrictions on the CDs they buy
4. Know where their teens are after school and on weekends
5. Are told the truth by their teens about where they are really going
6. Are “very aware” of their teens academic performance
7. Impose a curfew
8. Make clear they would be “extremely upset” if their teen used pot
9. Eat dinner or another meal with their teens six or seven times a week
10. Turn off the TV during dinner
11. Assign their teen regular chores, and
12. Have an adult present when the teens return home from school