

TEACHING PARENTS HOW TO SET BOUNDARIES AND REINFORCE HEALTHY MESSAGES

DID YOU KNOW...

Over 3 million U.S. teens abuse prescription drugs. Every day 3, 300 more children begin experimenting with prescription drugs. 70% of children who abuse prescription drugs admit to getting them from family or friends.

More than 3.1 million teens ages 12 to 17 report abusing prescription drugs. Due to the fact the prescription drugs, when used as prescribed, can improve one's health, many teens believe they are a safe way to get high. Review the following guidelines for prescription drug use prevention and discuss them with your family and friends.

Lock Your Meds

Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

Take Inventory

Using your Home Medicine Inventory Card (available at www.nfp.com/lockyourmeds) write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

Educate Yourself & Your Child

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants, and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

Set Clear Rules and Monitor Behavior

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

Pass It On

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children. Learn more about ways to get involved at www.nfp.org.

Properly Dispose of Old and Unused Medications

For the latest federal guidelines on safe and proper disposal of medications, visit www.nfp.org/safemeddisposal.

What To Do If Your Child Already Has a Problem

If you suspect your teen is using drugs, do not wait to do something about it. Visit the Substance Abuse and Mental Health Services Administration at www.findtreatment.samhsa.gov for a listing of treatment centers in your area, or call 1 (800) 662-HELP (4357).

Informed Families/The Florida Partnership/Lock You Meds - National Family Partnership

Online Learning

Computers can make learning more interesting for kids of all ages. Here's how:

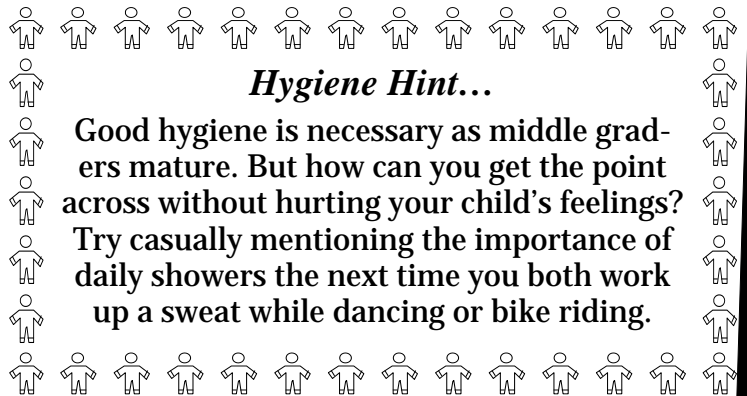
- Your middle grader could type her next research paper using a computer. Most word processing software includes a spell-checker to reduce mistakes. Children can also add pizzazz to an oral presentation by creating graphics to go with her text.
- Explore the Internet together. Your child will get a chance to show off his computer skills - and surfing the Web provides lots of reading practice.
- Suggest that your middle grader make lists on the computer. Example: the CDs or books she owns, her to do list. Ask her to type up the family grocery list and group foods into categories to simplify shopping.



Practice Makes Perfect...

Keep your child's writing muscles active by helping him/her practice regularly.

Try this: Cut out an article from a newspaper or magazine for your middle grader to read. Challenge him/her to rewrite the story with a new character, setting or ending.



Hygiene Hint...

Good hygiene is necessary as middle graders mature. But how can you get the point across without hurting your child's feelings? Try casually mentioning the importance of daily showers the next time you both work up a sweat while dancing or bike riding.

EARLY HEADS UP!!!

Midterm Exam Schedule - Essay

Friday, December 12, 2008 - Language Arts and Science

Monday, December 15, 2008 - Social Studies and Math

Tuesday, December 16, 2008 - Magnet and Electives

Midterm Exam Schedule - Objective

Wednesday, December 17, 2008 - Periods 1 & 4

Thursday, December 18, 2008 - Periods 2 & 5

Friday, December 19, 2008 - Periods 3 & 6

Midterms exams can not be taken prior to the scheduled day.