

Rochester Auburn Hills Community Coalition 2009 High School YDD Summary Presentation

Topic 1 – Drug Culture - The Problems:

The drugs that were identified were besides alcohol and tobacco:

Illegal:

marijuana
cocaine (crack)
meth
acid
hallucinogens
ecstasy (X)
mushrooms
heroin
duster” (inhalants)

prescription or over the counter medications

xanax
vicodin
darvocet
oxycotin
Adderall
cough syrup
Advil and other pain killers

Alcohol mixed with fentanyl, prescription drugs or heroin were noted, along with “pill parties”, with a variety of pills from a medicine cabinet.

Topic 1 – Drug Culture - The Solutions:

What do you or others do to avoid using drugs?

Avoid users.

Make better choices

Extracurricular activities, sports teams (can have good or bad effect).

Saying “no” even when you desire to fit in.

What would help youth avoid using drugs?

Talk about it. Make people to be more aware of the drugs and how available they are.

Call a friend’s parents helps.

Kids need to talk to each other.

Teach consequences. Adults are not always going to stop kids from doing drugs.

If someone is experimenting, he/she may quit early.

Positive peer pressure.

Go to some teachers or counselors for problems.

What role can the following groups play?

Parents

Parents should be role models.

Parents are a strong influence and kids don't want to disappoint them.

Some kids don't have parental support and need help from friends, relatives.

Siblings are very influential

Kids need parental support with discipline.

Warn adults to be open, understanding and down to earth.

Families should have open dialogue without judgment. Parents can trust the kids.

Don't like criticize or over-analyze.

Parents may feel their trust betrayed but should take a subtle approach.

Don't be aggressive or scream, just talk.

Parents shouldn't preach. Don't keep bringing it up.

Parents need to spend more time with their kids and get to know them. Having less spending money is a deterrent. Curfews help.

Teachers-Counselors-Schools

Younger teachers are great role models.

Kids need less stress in High School.

Provide student mentoring from 9-12th grade and peer counseling would help.

Upper classman should talk to the student body.

Students feel they can trust their counselors.

There should be smaller discussion groups instead of assemblies.

There should be stricter monitoring at school. School rules don't have an effect.

Staff should not jump to conclusions. Some feel teachers are judgmental.

Adults need to **not** overlook what is going on in the school.

Law Enforcement

Police should enforce the laws.

They should treat the kids better instead of thinking the worst.

Greater consequences should be created.

Make drugs less available.

Churches-Temples-Non-Profits

Church youth groups have an influence.

Businesses

Stores that relate to youth might prevent use.

Healthcare Professionals and Institutions

Doctors should take their prescriptions more seriously.

Kids would like more education from unbiased people closer to the teens' generation.

A doctor might be good person to give research data.

Kids want someone to talk who can get the point across. The focus should be on the effects.

Topic 2 – Social Media, Bullying, Sex, and Mental Health

The discussions focused on many social and personal challenges that youth face these days, aside from substance abuse. Here is a variety of suggestions for meeting these challenges.

The Solutions:

What do you or others do to avoid the dangers of social networking sites?

Do not put personal information on Myspace or Facebook.

Posting inappropriate photos and comments is a problem. They never go away.

Colleges and future employers may check these sites.

Only add those that you know to your Facebook.

Be smart and responsible when networking.

Use privacy settings and understand risks.

What would help youth cope with, deal with, and/or oppose bullying?

What do you or others do to cope with, deal with, and/or oppose bullying?

Teens need to tell friends it's not right to spread rumors and bully.

Groups need to be a positive influence.

Try not to “one up” each other when it comes to getting into an argument

Girls need to be less dramatic.

For bullying at school, BE THE CHANGE, STEP UP.

Stick up for one another – advocate for one another.

Choose good friends.

Provide examples: upperclassmen should make underclassmen feel important and talk to them about the coming experiences.

Ignore the bully and he/she will get less attention.

Other things that help are hobbies, exercise, and involvement.

Conflict resolution and mentoring groups with older kids.

FRIENDS HELP BEST (if they are clean).

Avoid cliques – some have reputations.

What would help youth cope with sexual activity?

A lot of sexual activity occurs in relationships. You should wait to meet the right person in a relationship in which you can be yourself and your partner wants you as a person, respects you, and shows loyalty, caring and kindness. You both need to be mature.

Total sex safety means abstinence.

Know your partner.

Teens need a parent or friend to lean on.

Kids have the ability to say no.

Be with friends who won't pressure you.

Be your own person – you do what you want but learn from mistakes.

The guy should have condoms.

What would help youth cope with cutting?

There's a reason help out! Cutting, if not helped, won't stop. These are cries for help.

Convince your friend to go get help.

Go to an authority if confrontation doesn't work.

Find adults to talk to. Ask parents to use their influence.

When cutting is out of hand or when kids are suicidal, go to counselors, friends or other adults.

One way to avoid cutting may be to snap rubber bands. That fills the need to punish yourself.

What role can the following groups play?

Parents

Parents should request safety (privacy settings) and befriend the families of their children's friends.

Kids want adults to listen to them more.

If they are close, parents can help with sex topics.

Parents need to connect more with their kids and seek out their problems.

Teachers-Counselors-Schools

Schools should have classes on individual wellness.

Counseling can be helpful only if really needed.

Teachers are good at stopping fights and should talk about conflicts.

MAKE IT KNOWN THAT THE CLASS IS SAFE. Sometimes it feels like teachers don't notice.

Law Enforcement

Students feel they can't trust police because police don't trust them.

Topic 3 – Drugs in Sheep’s Clothing: Alcohol and Tobacco

Use of alcohol and tobacco remain issues in the lives of many teens. How to deal with these substances was the subject of the last discussion period.

The Solutions:

What do you or others do to avoid using alcohol/tobacco?

Surround yourself with the right people. Avoid peer pressure.

You are who you surround yourself with.

Don’t put yourself at a party if there is going to be drinking.

Think what’s right not what your peers want to influence you to think.

Talk to your parents.

Trust is the only way that parents can believe you don’t do things that your friends might do.

Smoking – if you need to smoke, you smoke (warnings don’t always help). To quit, take a class on smoking (want to, can’t). It is an addiction and is really hard to stop.

You worry about lung cancer, so you REALLY want to quit.

What would help youth avoid using alcohol/tobacco?

Education K-5 good but beyond that age it is not enough.

Consequences lead to change but only after you get the consequences.

Life-changing events make the biggest impact, but these are the events that we want to prevent.

Real life examples help.

Straight-edge friends – hang out and support each other with decisions. Get in with right crowd. Teens need hobbies to keep stress out of our lives.

Teens need to learn from your mistakes.

Social groups don’t cast out friends if they don’t do the same things.

What role can the following groups play?

Parents

- Be role models to their children. Seeing them drink is not cool.
- Good control, such as an amount where it's just one drink not until drunk.
- Talk about smoking more when kids are younger.
- Don't be unaware – “my kid would never do that”.
- Calling for help is more important than worrying about punishment.
- Parents need more of a connection with kids so kids can trust them.
- Parents need to know **what** kids are doing (told by kids) so they know how to educate them. Parents should be educated about their own teen prevention – fair consequences/punishments.
- When dealing with stress, friends and family good to talk to about it.
- Kids need people to listen to them.
- Get anger out of our systems.
- Have talks about alcohol and say that they really care.
- Share personal experiences for more personal feeling rather than be the person of authority.

Teachers-Counselors-Schools

- Health class is not realistic.
- Teachers need to set good examples for their students and show that they are willing to talk to their students about issues such as alcohol. Certain teachers are more open than others.
- Peer mediation – talk about the issues in teen lives.
- Teach to students when young (middle school).
- Recovering alcoholics should come to schools to talk to 8th-9th graders.

Law Enforcement

Officers are not as effective because young people know that is their job to tell youths stuff. Enforce the law to make sure underage drinking is restricted.

Need to be fair and get everyone treated fairly based on laws.

Churches-Temples-Non-Profits

Help and support to young people to keep them on the right track.

Businesses

Store clerks may sell to minors because they don't see the punishment as a big deal.

Get people (corporations) to support more community-benefitting groups. They need to show they are not for drug use.

Healthcare Professionals and Institutions

Healthcare institutions should educate people on the facts about tobacco and alcohol.

Teens learn from experiences, so the doctors can tell of experiences.

Kids need to learn about the consequences.

Community Help

Raise awareness. Too many are ignoring what is going on.

Commercials should be different.

Help those who already smoke/drink to stop. Reward students for trying.

Speakers closer to students' ages are best!

Common themes:

Teens:

Need to make good choices and have good friends.

They need refusal skills.

Teens feel they are under stress.

Parents need to:

Be role models.

Give guidelines, rules and state expectations. They need to enforce consequences with discipline.

Be supportive. Spend time with them. Do activities with them. Listen to them.

Monitor their activities and how they use their money.

Know their children's friends and the friend's families.

School staffs need to:

Be role models.

Help students deal with stress.

Educate about social problems. Be non-judgmental and focus on consequences.

Be available for discussions and counseling without betraying a student's trust.