



Did you know?

- **Drug overdose deaths outnumber** deaths due to motor vehicle crashes.
- **At least half** of all U.S. opioid overdose deaths **involve a prescription opioid**.
- **74% of fourth graders** wish their parents would talk to them about drugs. **Students whose parents clearly expect them to abstain are 400% more likely to abstain!**
- **Adolescents** who are allowed to drink at home **drink more heavily** outside of the home.
- 15% of teens ages 12-17 who have a cell phone say they have received **sexually suggestive** nude or nearly nude images of someone they know via text message.
- Suicide is the **2nd leading cause of death** for middle and high school age youth (ages 12-18).
- **Students who smoke marijuana** tend to **get lower grades** and are more likely to drop out of school compared with their peers who don't.
- **Childhood Bullying** is an early warning sign of **criminal** behavior.

*Sources: Opioids: The Prescription Drug & Heroin Overdose Epidemic: www.hhs.gov; Study Links Adolescent Bullies to Criminal Behavior Later: www.utdallas.edu; Mom? Dad? Did you ever do drugs when you were a kid?: www.risk-within-reason.com; Parenting to Prevent Childhood Alcohol Abuse: pubs.niaaa.nih.gov; Teens and Sexting: How and why minor teens are sending sexually suggestive nude or nearly nude images via text messaging: www.pewinternet.org; The Jason Foundation: jasonfoundation.com; Marijuana's Impact on Mental Health and Learning: www.drugfreereactionalliance.org

Your support has helped Independence fund these programs:

- ✓ **Full-time Prevention Specialist** serving both the City and Schools.
- ✓ **No Bullies-No Victims Program**
- ✓ **K-12 Drug Prevention Education**
- ✓ **Notable Speakers & Assemblies** like Rachel's Challenge & Dr. Edward Hallowell
- ✓ **ADD/ADHD Training & Education**
- ✓ **Operation Keepsake**
- ✓ **Support for After Prom, DFCA & STAND**
- ✓ **The Parent Pledge**
- ✓ **Anti-Bully & Risky Behaviors**
- ✓ **Replaced D.A.R.E.** at the high school with units on Internet Safety, Healthy Relationships, Binge Drinking, and Date Rape/ Club Drugs.
- ✓ **Character Counts Program**
- ✓ **Scholarship Awards**
- ✓ **World-famous DALE CARNEGIE Course**
- ✓ **Town Hall Meetings** - Heroin and other Drugs

A community that works together has a fighting chance of helping each other and our children effectively manage the trials and tribulations we all face. From primary through middle school and into the dangerously risky high school years, **25 & Alive!** brings programs to help students, parents, and teachers every step of the way.

"An Ounce of Prevention..."

We all know the rest of the saying... "is worth a pound of cure!" We believe this wholeheartedly in our community, which is why the City and Schools have long partnered together to provide prevention education and programming for students, parents, and the community.



Last year, we collaborated to engage the services of the McKeon Education Group (MEG) to provide professional consulting services, including individual counseling, behavior intervention and education as well as protocols for suicide prevention. This partnership resulted in over 50 families being served in the schools, as well as City of Independence staff training and leadership programs for the after school programs and summer camp counselors and students.

We have renewed our partnership with MEG this year and plan to expand the program even more to include parent programs as well as additional after school programs. We are excited to put our efforts behind anything that can enhance the wellbeing of the youth and members of the community!

If you would like more information, please call Angie Zidanic at 524-4131 or Sandy McCullough at 642-5850. Thank you for your support!



Expanded Online Resources:

We are pleased to announce that we have expanded our 25 & Alive website to include Parent/Student Resource information. You can access this information on the City of Independence Website:

GO TO > www.independenciohio.org > Community Life > 25&Alive > Parent Student Resource Guide

Here you will find the following information:

- Addiction Resources
- Drug Experimentation
- Underage Drinking
- Adolescent Depression
- Internet Safety/Social Networking
- Additional Local Resources
- Bullying
- Sexting/Texting



Turn this page over to sign the "Parent Pledge" & be included in this year's Directory

2019
The
Parent Pledge
2020

- We agree that every child should feel safe, secure, and accepted regardless of color, race, gender, popularity, athletic ability, intelligence, religion, or nationality.
- We agree that it's everyone's responsibility to stop bullying.
- We will foster and encourage open communication and dialogue to teach our child how to confront problems.
- We realize that we can influence our child's decisions about drugs, and will teach that drugs are dangerous.
- We will build our child's self-image by helping them feel mature in ways other than using alcohol and drugs.
- We will provide and promote alternatives to chemicals.
- We will send a consistent message to our children that any use of illegal drugs and use of alcohol under age 21 is unlawful and unacceptable.
- We will only have alcohol/chemical-FREE activities/parties for our children and their friends.
- We welcome calls from parents and feel free to call other parents if our child is invited to their home.
- We will not permit the use of our home for unsupervised parties and will be present and visible during any teenage gathering at our home.
- We support and enforce age-appropriate curfews.
- We will not be tempted to think, "Our child would never engage in risky behaviors."

Sources: www.drphil.com; www.sppenceriowaschools.com/parenttoparentpledge.asp; www.emporiansfordrugawareness.com/NIOH_Pledge_Card.pdf

I wish to receive a Hard Copy -or- Electronic Copy of the Directory (Please check one)

COMPLETE & RETURN TO YOUR SCHOOL - PLEASE PRINT

Parent/Guardian Name(s): _____

Address: _____ Phone: _____

① Student Name: _____ Grade: _____ ④ Student Name: _____ Grade: _____

② Student Name: _____ Grade: _____ ⑤ Student Name: _____ Grade: _____

③ Student Name: _____ Grade: _____ ⑥ Student Name: _____ Grade: _____

Parent/Guardian Email: _____

(Email addresses will not be included in the directory).

Deadline to be included in the directory: **Friday, September 27, 2019**

Parent/Guardian Signature(s): _____ Date: _____

While the Parent Pledge is free of charge, **anyone** wanting to lend their financial support can fill out this form and include it with your tax deductible donation. **Thank you for your kindness and support!**

Enclosed is my tax deductible donation payable to **25 & Alive** to assist with student development opportunities, anti-bullying, alcohol, tobacco, and drug prevention education and activities.

\$10 \$20 \$30 \$50 \$75 \$100 \$150 \$200 \$250

Method of Payment: Cash Check # _____ Credit Card # _____
(You can also call in your donation with your credit card number 216-524-7373)

Name on Card: _____ Exp. Date (mm/yy): ____ / ____ 3-Digit Code on back: _____

Signature for Card Payment: _____

OFFICE USE ONLY: Date Received: _____ Date Entered: _____ Staff Initials: _____