

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

The Alliance would like to thank our community for its support of the **Surviving the Teen Years** parent forum at RBR on March 26th! We sincerely hope that those of you that attended learned something that can help you better understand your teen and aide you in navigating through what can be a stressful time in both of your lives. Most teens are doing well, thanks in a large part to supportive, loving and involved parents. Despite all the competing influences in their lives, parents remain their kids' first and best teachers. You don't have to be the expert, just focus on being the parent and knowing how and when to access the information you need. Let's help each other in the process!

If you were unable to attend the Forum and would like a copy of the evening's program or some of our free resource materials, please call Karen at (732) 450-9725. Please access our webpage under "Commissions" on the Boro website: www.shrewsburyboro.com for lists of recommended websites for parents/teens and our Resource Guide which contains numerous help lines.

Thank you to the following local businesses for help with the Forum: Resource Group, Circus Foodtown, Dunkin Donuts, Starbucks-The Grove, Sickles Market and Ye Olde Pie Shoppe. A huge thank to all the professionals at Red Bank Regional High School, the Monmouth County Prosecutor's Office, and teen and family therapists from our surrounding community that shared their expertise with us.

Upcoming events:

Reach For Your Dreams Program: Shrewsbury Borough 8th Graders- May 12, 19th

High impact, reality based anti-drug and anti-violence program presented by the Monmouth County Sheriff's Office.

DARE/RBR combined event: Shrewsbury Borough 8th graders – June

Our DARE officers in combination with the Student Assistance Counselor and School Resource Officer at RBR will talk about high school transitioning issues and show the effects of drinking and driving with golf carts and distortion goggles.

Substance Abuse/Dangerous Activity update:

The Choking Game: The object of the 'game' is asphyxiation; restricting oxygen and/or blood flow to the brain creating a "high" sensation. Can be played in groups or alone. Typical profile: 9-16 yrs. of age, usually male, well-adjusted, high achieving students looking for a legal high. Heard in our area this has been called: "Tapping out", "California Gold Rush", "Space Monkey". Please go to www.chokinggame.net for more information. Impress upon your children the dangers in playing this game. Deaths reported this past summer in South Jersey.

Rise in Herpes virus on college campuses: Increase in popularity of Beer Pong leading to increased cases of Herpes. Transmitted through the saliva left on the playing cups. University of Mass. reported virus cases up 230%.

If spring is here than summer is not far away. Summer brings more idle time for our children. Please take the time to help kids learn the adult skill of making a good excuse to get out of sticky peer pressure situations. Role play with them. Examples: "My mother/father would kill me", "My parents are expecting me home", "I just got off being grounded..I can't take the risk", "I don't feel well", "It's not good for me", "I can't disappoint my team/coach".

Please feel free to stop by our meetings the second Monday of every month at 7 pm. at Boro Hall.