

Hawai'i Regional Alcohol & Drug Awareness Resource (RADAR) Network



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Distributed by The Coalition for a Drug-Free Hawaii, Prevention Resource Center

What's New!



The Prevention Resource Center's Lending Library has an extensive collection of books, videos and research dealing with substance abuse prevention, treatment, recovery and other related issues. This is accompanied by a clearinghouse of free information brochures and other handouts.

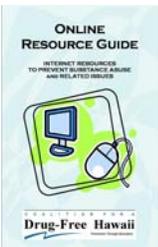
Just as it's important to release children and teens into the world everyday to learn and grow, similarly releasing them onto the internet is becoming a vital part of the development process. The internet is turning into an inevitable "tool" of identity formation for youth. It's more than just a place to kill time, it's an environment that can affirm, encourage or conflict with the emerging identities of youth in both positive and negative ways.

And found most teens didn't post about drugs and alcohol on their personal pages. Teens preferred to post about it on outside forums, as opposed to young college-aged adults who posted more often about drugs and alcohol on their personal pages. This finding suggests that monitoring the public forums youth access could be useful in helping to prevent youth internet drug culture participation.

Online Resource Guide

(brochure)

This brochure offers internet resources to prevent substance abuse and related issues. This booklet lists over 100 online resources for: local and national general substance abuse prevention; parents and educators; kids and teens; alcohol and underage drinking; cocaine; ecstasy; herbal supplements and vitamins; inhalants; marijuana; methamphetamine; prescription and over-the-counter drugs; STD, HIV, AIDS, and sex awareness; tobacco; and violence prevention.



Pharm Country Young Addicts: Drugs, Alcohol, And America's Future (DVD)

This ABC News program examines a disturbing and rapidly growing trend in teenage drug abuse: getting high on legal drugs, often obtained through parents' prescriptions or from questionable sources over the internet. Presenting studies showing a rapid spike in pharmaceutical abuse among students as young as eighth-graders, the program visits a Houston substance abuse treatment center where recovering teenage addicts and their parents share their eye-opening experiences.

Along with some well known internet risks such as bullying, predators and exposure to "mature" material, drugs and drug use are an important element to consider when thinking about youth internet use. The proliferation of social networking sites such as MySpace, Facebook, YouTube and Flickr has created a new knowledge network for teens to access. Whereas at one time youth knowledge of drugs may have been limited to what they were exposed to through friends or family, now youth have a seemingly never-ending source to learn about new drugs and how to best access and use those drugs.

**For children 10-14:
83% spend an hour or more on the internet a day**

Another popular source of information dissemination about drugs and drug use is instant messaging (IM) services. Research from 2007 found evidence that suggests youth prefer using IM to pass on drug information because of its more private nature, the way information can be more personalized for the individual receiving it and the ability to even create special "friends" lists of their drug-using "buddies."

- 97% of teens play computer games
 - 87% of teens use email
 - >70% of online teens use social network sites
 - 68% of online teens use instant messaging
 - 60% of teens have computers
 - ~ 55% of online teens use Wikipedia
 - ~50%- 60% of online teens post photos
 - ~30% of online teens keep blogs and regularly post; 54% read blogs
 - ~25% have uploaded videos & >75% view videos
- From the Pew Internet & American Life Project

As in real life, knowing the community youth associate with online is a good idea. If youth are posting publicly about their risky behaviors (drugs, alcohol, sexual experiences), they are making themselves more likely targets for predators. Research published in the Archives of Pediatrics and Adolescent Medicine suggest that youth victimization as a result of online activity is more likely due to posting their risky behaviors rather than posting personal information. The explanation being that since they are already participating in risky activities, they are more likely to respond to predatory online advances.

Often the drugs promoted in this fashion are not necessarily the illicit kind. Youth are finding out how to use household substances commonly available to them (cough syrup, medications, inhalants, etc) to get high. There are many places to find video clips, pictures and "testimonials" posted by youth using and promoting substances. A survey from 2007 of teens in a Pennsylvania treatment center found that 41% discovered new drugs online, and 41% also learned new ways to use drugs. It is known that youth often want nothing more than to fit in; now that community they seek can be found online. Youth are no longer limited to their neighborhoods, schools or sports for community; the internet provides them with any type of community they seek, including a drug community. If youth already have positive feelings about using substances to get high, they can find a vast online community that validates their opinion and normalizes use of the substance.

It's obvious this is a new world where caregivers and youth will have to work collaboratively in order to achieve their desires. Youth want to learn, explore, communicate and have fun online; caregivers want those same things for youth, but within certain parameters. Caregivers should talk to youth about how they're using the internet (see the blog site below for good information), and set up protections for the youth's navigation of the online world. Three simple things for caregivers to consider is keeping the computer in a public space, using whatever parental controls their internet service provider offers and checking credit card statements for unknown online purchases. Check out the websites on the back for more detailed information about youth and internet safety.

~ Alissa Schneider, PRC Coordinator

Buzzed

The Straight Facts About the Most Used and Abused Drugs From Alcohol to Ecstasy (book)

Scientifically accurate and easy to read, this no-nonsense handbook gives balanced, objective information on the most often used and abused drugs, from alcohol, caffeine, and nicotine to heroin and ecstasy. Whether the reader is a student confronted by drugs for the first time, an accountant reaching for his fourth cup of coffee, or a health educator, *Buzzed* will provide a clear understanding of how drugs work and the consequences of their use.



Wikis

- A page or collection of pages designed to enable anyone who accesses it to contribute or modify content. Generally changes do not go through a review process.
- It is generally accepted that wikis should not be used as academic research sources.
- Example: Wikipedia (online encyclopedia)

Instant Messenger Services

- Instant messaging (IM) services are technologies that create the possibility of real-time text-based communication between two or more participants over the internet. Users create a "friends list" and can see when their friends are online and available to chat.
- Examples: AOL Instant Messenger (AIM), Yahoo Messenger, MSN Messenger, MySpace chat, etc.

Social Networking Sites

- Users can upload a picture of themselves, create a profile and can often be "friends" with other users. In most social networking services, both users must confirm that they are friends before they are linked.
- Examples: myspace, facebook, youtube (video sharing), flickr (photo sharing), etc.

Twitter

- Social & micro-blogging network where users can sign up to receive updates, "tweets," from people they choose. Tweets are limited to 140 characters, and users are encouraged to answer the question: "What are you doing?" Updates can be received through the computer or mobile device.

Contact the Prevention Resource Center
545-3228 x34
1-800-845-1946 x34
prc@drugfreehawaii.org
Resources are free!

Decoder

Breaking down teen culture, substance abuse, and parenting



"This parent-to-parent blog tackles the real, everyday issues we face in raising healthy teens."

Blogs aren't just for youth and political pundits! In this blog sponsored by the Partnership for a Drug-Free America, parents share their thoughts, teachable moments and new research regarding youth. Articles are posted frequently, and archived conveniently into categories including "Snooping," "Age Appropriate Advice" and others. The blog is linked with other PFDA campaigns such as timetotalk.org (a site dedicated to aiding parents in starting conversations with their kids about substance use) and drugfree.org/parent (a parent resource center).

decoder.drugfree.org

The Coalition for a Drug-Free Hawaii is a non-profit organization that provides innovative programs & services to help keep Hawai'i children & families healthy, strong & resilient.





Family Education Training Center of Hawaii (FETCH)

Each semester at the University of Hawaii at Manoa, the Family Education Training Center of Hawaii (FETCH) provides family strengthening sessions to Oahu families and training to university students seeking to work with families. The 12-week spring and fall programs, along with 6-week summer programs, are open to all types of families, including grandparents and those without children.



As part of our commitment to alcohol, tobacco and other drug prevention, FETCH staff work with families to enhance skills needed to set up and maintain healthy families. Parents learn neutral ways to communicate respectfully with their children. They learn how to control their anger, to interpret their children's actions more accurately and respond to misbehavior more effectively. All family members, regardless of age, learn to contribute to the well-being of the family. In turn, all members are given a voice and have input into family decisions.

Our youth counselors give youth "voice and choice," incorporating their ideas into activity plans such as cooking projects to practice communication skills, drama to explore effective conflict resolution techniques, and games to make active listening and encouragement fun! Parent and youth groups alike seek to demonstrate useful ways of belonging by developing a positive self concept, encouraging friendships, fostering cooperation and enhancing social skills.



See efetch.org for more information!

Web Links

www.common sense media.org

Media is fun and our kids love it. We also know that kids now spend so much time absorbing its messages and images that it has become "the other parent" in their lives. This non-partisan, not-for-profit organization, provides media information and tools, as well as an independent forum, so families can have a choice and a voice about the media they consume. The website rates and reviews thousands of movies, TV shows, songs, books, video games and Web sites according to youth developmental criteria recommendations from some of the nation's leading authorities.

www.urbandictionary.com

Are you emo? Did that make you ;_ ; ? Were you just pwned? Well, FWIW, the urban dictionary can help get you up to date with sometimes cryptic text and net languages. It is a user-generated dictionary, meaning anyone signed up can define words and emoticons. It's a tool to understand these new languages from the people who use it.

www.connectsafely.com

ConnectSafely is for parents, teens, educators, advocates - everyone engaged in and interested in the impact of the social Web. The user-driven, all-media, multi-platform, fixed and mobile social Web is a big part of young people's lives, and this is the central space - linked to from social networks across the Web - for learning about safe, civil use of Web 2.0 *together*. ConnectSafely also has all kinds of social-media safety tips for teens and parents, the latest youth-tech news, and many other resources.

internetsafetyawards.org

This local youth video clip contest just announced the winners at a gala held at Farrington High School. Stay tuned to the website to check out this year's winners in the categories of Cyber-bullying, Online Piracy & Plagiarism, and Online Predators & Social Networking Precautions.

Cyberbullying:

Tools & Tips for Prevention & Intervention

The national Maternal and Child Health Bureau (MCHB) is featuring this free webcast training.

When: April 22, 2009; 10-11:30

Register and find more information at the website below.

www.mchcom.com/liveWebcasts.asp

Please note that you must register from the computer you will be viewing the webcast from.

For information on trainings offered or approved by the State Alcohol and Drug Abuse Division call:

(808) 692-7506

Or visit: hawaii.gov/health/substance-abuse/training/index.html

May 2009 Teen Pregnancy Prevention Month!

Announcing the launch of the annual Quiz Question Contest and Poster & Video Contests in preparation for May Teen Pregnancy Prevention Month!

Entries will be judged on creativity and relevance to last year's winning slogan: "The Best Birth Control is Self-Control."

The winning poster and video will be shown statewide on www.teenlinehawaii.org and at the National Campaign website www.stayteen.org.



All entries must be postmarked by April 9, 2009. To download an entry form, go to www.teenlinehawaii.org. For more info, contact Amber McClure at 808 545 3228 x44.

