

It's time to take your head out of the sand



- 80% of parents believe neither alcohol nor marijuana is available at parties their teens attend.
 - **YET**, 50% of teen partygoers say alcohol and marijuana are readily available at parties.
- 98% of parents say they are almost always present at teen parties held in their home.
 - **YET**, a third of teen partygoers report parents are rarely or never at home when they attend home parties.
- 99% of parents say they **WOULD NOT** be willing to serve alcohol at their teen's party.
 - **YET**, 28% of teen partygoers and of 17 year olds say they have attended parties where parents **WERE** present while teens were drinking.
- 10 million 12-17 year-olds say they can purchase marijuana within 24 hours
- 5 million 12-17 year-old say they can purchase marijuana within an hour.

Source: National Survey of Adolescent Alcohol and Substance Abuse: XI: Teens and Parents, an annual back-to-school survey conducted by The National Center on Addiction and Substance Abuse (ICASA) at Columbia University.

Well informed parents
make well informed decisions

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Informing Parents, Preventing Heartache

The Safe Harbor (205) 981-0995

Frequent Family Dinners

Proven Deterrent to Rebellion



How often a family eats dinner together is a powerful indicator of whether a teen is likely to smoke, drink or use drugs and whether the teen is likely to perform better academically. In addition, findings in *The Importance of Family Dinners II* shows teens and their parents wish they could have dinner together more often.

Compared to teens who have five or more family dinners per week, those who have two or less are:

- 3 times likelier to try marijuana;
- 2.5 times likelier to smoke cigarettes;
- More than 1.5 times likelier to drink alcohol.
- 3 times likelier to report that half or more of their friends use marijuana;
- Twice as likely to know a friend or classmate who uses Ecstasy;

¹ *The Importance of Family Dinners II* study by The National Center on Addiction and Substance Abuse (CASA) at Columbia University and sponsored by TV Land and Nick at Nite's Family Table.

- Nearly 80 % were likelier to know a friend or classmate who abuses prescription drugs;
- 40% were likelier to know a friend or classmate who uses acid, cocaine or heroin.

The study further revealed:

- Nearly one in five teens who have family dinners two times a week or less report that there is a great deal of tension or stress at home between family members.
- Nearly 70% of teens who eat dinner with their parents five to seven times a week say that their parents are very proud of them, compared to 48 percent of teens who have family dinners two times a week or less.
- Teens who have frequent family dinners are likelier to say they would turn to one or both of their parents if they had a serious problem than those who have infrequent family dinners.
- Teens who can confide in their parents are at much lower risk for substance abuse than teens who would confide in another adult or who have no adult in whom to confide.
- Teens who have frequent family dinners are likelier to get better grades in school, and higher academic performance is associated with lower substance abuse risk.

Teens who have dinner with their families seven times a week are almost 40% likelier to say they receive mostly A's and B's in school compared to teens who have dinner with their families two or fewer times a week.

Chat lingo...

f u dnt undRst& dis, ur prolly a parent. kdz do evryting dey cn 2 mak sure u can't read their msgs. bt, itz vry imp't dat u cn read their txt msgs. remMbr, a wel n4mD parent maks wel n4mD dczons.

Itz taK a l%ok.....

Translated: If You do not understand this, you are probably a parent. Kids do everything they can to make sure you can't read their messages. But, it's very important that you can read their text messages. Remember, a well-informed parent makes well-informed decisions. Let's take a look...

- AAK= Alive and kicking
- AAR= At Any Rate
- AAS= Alive and Smiling
- ADA= Any Day Now
- AFAIK= As Far As I Know
- AFK= Away From Keyboard
- AFN= That's All For Now
- a/s/l= Age/Sex/Location
- AV= Avatar- Graphical representation often used in chat rooms to depict a person that is in the room chatting
- B4= Before
- BAK= Back at Keyboard
- BBL= Be Back Later
- BBS= Be Back Soon
- BCNU= Be Seeing You
- b/f= Boyfriend
- BEG= Big Evil Grin
- BFN= Bye For Now
- BJ= Blow Job (oral sex on boy)
- BMA= Bite My A**
- Boot(ed)= To get kicked out of chat room or to have to restart computer
- BRB= Be Right Back
- BSEG= Big Sh** Eating Grin
- BTW= By The Way
- CRS= Can't Remember Sh**
- CU= See You

- CP= Chat Post
- CUL8R= See You Later
- DDSOS= Different Day, Same Old Sh**
- DEGT= Don't Even Go Later
- DIKU= Do I know You?
- DIS= Did I say...
- DL, D/L= Downloading
- EG= Evil Grin
- EM= E-Mail
- F2F= Face to Face
- FLAME= to insult someone.
- FOCL= Falling Off Chair Laughing
- FTS= F*** This Sh**
- FYI= For Your Information
- GA= Go Ahead
- GAL= Get A Life
- GEST= Gesture- a small file played usually expressing an emotion.
- G/F= Get a Life
- CFN= Gone For Now
- GR= Gotta Run
- GTRM= Going To Read Mail
- H8= Hate
- HK= Hugs and Kisses
- HAGD= Have a Good Day
- HB= Hurry Back
- IAC= In Any Case
- IB= I'm back
- IC= I See
- IDC= I Don't Care
- IDN= I Don't Know
- ICQ= I Seek You- An Instant Messenger Program
- ILU= I Love You
- ILY= I Love You
- IM= Instant Message
- IOW= In Other Words
- IRL= In Real Life
- IYO= In Your Opinion
- JAS= Just a Second
- JIC= Just in Case
- JK= Just Kidding
- KK= Okay

- KIT= Keep In Touch
- L8R= Later
- LMAO= Laughing My A** Off
- LOL= Laughing Out Loud
- LTNS or LTNC= Long Time No See
- LTS= Laughing To Ones Self
- LY= Love You
- LYL= Love You Lots
- MUG= Refers to new user in a chat room.
- NE1= Anyone
- NFW= No F***ing Way
- NIMBY= Not In My Back Yard
- NP= No Problem
- NT= No Thanks
- OBTW= Oh By The Way
- OIC= Oh I See
- OF= Oh Fart
- OJ= Only Joking
- OL= Old Lady
- OMG=Oh My God
- OT = Off Topic
- P911= Parents in Room
- PITA= Pain In The A**
- PLZ= Please
- PMJI= Pardon Me For Jumping In
- POS= Parents Are Looking Over Shoulder
- POTS= Parents Over The Shoulder
- QT= Cutie
- RL= Real Life
- ROFL= Rolling On Floor Laughing
- ROTF= Rolling On The Floor
- ROTFLMAO= Rolling On The Floor Laughing My A** Off
- ROTFLMFAO= Rolling On The Floor Laughing My F***ing A** Off
- R/T= Real Time
- RU= Are You
- SEG= Sh** Eating Grin
- SH= Same Here
- SN= Screen Name
- SO= Significant Other
- SOL= Sh** Out Of Luck
- SPST= Same Place Same Time

- SSDD= Same Sh** Different Day
- STR8= Straight
- SYL= See You Later
- SX= Sex
- TAFN= That's All For Now
- THX= Thanks
- TM= Text Message
- TMI= Too Much Information
- TNT= Til Next Time
- TPS=Too Pretty Stupid
- TS= Tough Sh**
- TSFY= Tough Sh** For You
- TTTT= These Things Take Time
- TTYL= Talk To You Later
- TY= Thank You
- TYT= Take Your Time
- TYVM= Thank You Very Much
- US= You Suck
- UV= Unpleasant Visual
- UW=Your're Welcome
- UY=Up Yours
- WB= Welcome back
- WC= Welcome
- WEG= Wicked Evil Grin
- WEU= What's Eating You
- WFM= Works For Me
- WIFM= What's In It For Me?
- WTG= Way To Go
- WTK= What The F***
- WTGP? = Want To Go Private? (Go to a private chat room)
- YBS= You'll Be Sorry
- YL= Young Lady
- YM= Young Man

AWOL- Alcohol Without Liquor



College kids love the new low-calorie, low-carbohydrate way to consume alcohol. It's called AWOL, Alcohol With Out Liquid, and it is now available in The United States after debuts in Europe and Asia. AWOL consists of two components: an oxygen generator and a hand-held vaporizer. Tubes from the generator attach to the vaporizer. The user chooses an 80-proof spirit, which is poured into the vaporizer. Oxygen mixes with the fluid, producing a mist which is inhaled through the mouth. Alcohol enters the bloodstream through the lungs rather than the stomach.

The user chooses which spirit will be used, which is loaded into a diffuser capsule in the machine. The oxygen bubbles are then passed through the capsule before being inhaled through a tube. The resultant cloudy vapor is then inhaled from the end of the tube via a device that converts liquid to vapor.

"When you inhale alcohol right into the lung tissue, that gets drawn right into the blood supply immediately, so it's a very rapid onset of the intoxicating effect, and so has obviously very high abuse potential," said Robert Walker, an assistant professor at the University of Kentucky Center on Drug and Alcohol Research. Even Spirit Partners, Inc., a manufacturer of AWOL warns, AWOL should be used no more than two 20-minute sessions within a 24-hour period.



The AWOL devices could provide a dangerous legal loophole for teenagers in states where current law forbids only "underage drinking," not "underage inhaling."

So far, 17 states have banned the devices, including Illinois, California, New York, Florida, Pennsylvania and Ohio, and several others are considering doing so. On May 11, 2006 California Legislature passed Assembly Bill 273 (AB 273), a measure authored by Assemblyman Joe Baca Jr. (D-Rialto) which would prohibit the sale or possession of any alcohol vaporizing device. "This product delivers alcohol directly to the brain in such an efficient way that there is no way to know its long term effects nor are there any standards that law enforcement could use when trying to enforce the appropriate blood alcohol level for drivers." added California Assemblyman Joe Baca Jr. (D-Rialto)

All alcohol products sold in America must be federally approved by the Alcohol and Tobacco Tax and Trade Bureau, but since the *AWOL machine is technically a device rather than an alcohol product, it was able to avoid regulatory oversight.* As a result, Congressman Bob Beauprez introduced the "Alcohol Without Liquid Machine Safety Act of 2005" (H.R. 613), which would subject the device to the Food and Drug Administration pre-market approval processes. That measure is still pending.

Flask Sandals Easily Hide Alcohol or other Drugs



In a move that will make every principal, SRO and parent cringe, Reef has introduced the Dram- a sandal with a flask capable of holding three ounces of liquor, per sandal. No, I am not joking. In fact, Safe Harbor has purchased a pair at the local mall, Galleria.

The Dram, a common term for measuring one ounce of liquor, is the latest addition to Reef's line of flip flops. Last year Reef introduced a sandal with a bottle opener in the heel. The Dram is user friendly, coming with it's own church key, bottle opener and tiny funnel that can be attached to one's key chain. The polyurethane flask is encapsulated in each heel. This quick money-maker for Reef is the perfect paraphernalia and alcohol hiding place for teens.



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