



**Life Education Centers**  
Pledge for Life Partnership

# The Parent Page



[www.kan-i-help.org](http://www.kan-i-help.org)

*Celebrating Wise Highs ... Choices for Lifetime!*

*April 2011*



## Students teach parents, classmates about dangers of underage drinking

Life Education teacher Missy Guimond and students participating in the Life Education's underage drinking prevention program have been busy preparing projects for parent education nights and peer presentations.

Top left, Maternity B.V.M. School sixth graders Madison Gonski, Monica Delacruz and Mackaela Goselin participate in a role playing assignment to demonstrate the techniques learned to stand up against peer pressure. Family nights are held specifically for families of sixth graders who participate in Slick Tracy, the first of a three part research-based curriculum for junior high school students.



Bottom left, Lorenzo Smith School eighth graders T.C. Johnson, KhaMarri Pickens and TyBarius Runnels look over their project notes before presenting to their classmates and sixth and seventh graders. They are participating in Powerlines -- the third part of the curriculum which places students in peer-leadership roles and provides them opportunities to be positive influences at and away from school.



## April is Alcohol Awareness Month Parents key to prevention efforts

**FACT:** Children who talk to their parents about alcohol regularly are less likely to drink.



### Start talking before they start drinking:

Between the ages of 9 and 13, children begin to think differently about alcohol and some even start to experiment. It's never too early to talk to your children and encourage them to talk with you.

### Keep the conversation going!

As children get older, the chances they will try alcohol increase. By talking often and honestly, you have the ability to influence your child's decisions about underage drinking.

**Invite others to help.** Family, friends and the community will play a role in your child's decision to drink. In fact, most children report getting alcohol from a friend or family member. To ensure these people become positive role models, let them know how you feel about underage drinking.

**FACT:** More than 70% of children say parents are the leading influence in their decisions about alcohol use.

**FACT:** 30% of children ages 12-14 get alcohol from a family member.



# The Bully and the Bystander

## Experts say that empowering bystanders to take action might be the key to stopping bullies

by Marian Wilde, *Great Schools.org*

An eighth-grader approaches a sixth-grader in a crowded girls' locker room. The older girl says to the younger, "Those are some ugly shoes you've got there." Then, in front of everyone, she takes out a permanent marker and slashes Xs on the younger girl's shoes, ruining them. The bystanders stare and shake their heads, but do not intervene or try to discourage the bully.

**Bystanders have the power to reduce bullying!**

Unfortunately, this passive response from bystanders is not unusual. In other words, bystanders are living up to their name by standing there and doing nothing - and this is a problem. A number of experts today say that bystanders have the power to drastically reduce bullying at schools. Their research offers tips for parents and schools on how to get bystanders to take a stand.

### Bystanders are important because:

- Bullying most often takes place in front of peers.
- It almost never happens when adults are watching.
- Most bystanders want to do something to stop the bully.
- Bullies like an audience. If the audience shows disapproval, bullies are discouraged from continuing.



ABC News 15

Many children may be struggling with the stories and images they've seen and heard on the news about the earthquake and tsunami that hit Japan. Here are some ways you can help make this disaster easier to deal with.

1. Start the conversation by finding out what your child already knows. Gently correct any inaccurate information and encourage your child to ask questions. Share your feelings with him.
2. Limit media exposure and remember that your children often overhear or see what you are watching on TV.
3. Help by figuring out the best way to help those affected by the disaster. Often agencies like the Red Cross will accept cards or a small donation from your child's allowance may help.
4. If you are concerned about your child's behavior, contact your pediatrician, family doctor or qualified mental health care specialist.

### What parents can do

Start a discussion with your child, but don't push too hard. Don't tell your child what to do, but ask what they would do in certain situations. You can encourage your child to tell an adult if he or she sees bullying.

Be a good role model and set a good example in your use of language. Don't use put-downs or language that insults someone based on sexual orientation, race or gender. For example, teach young people that they should not say something is "so gay."

### April is Child Abuse Prevention Month

We all have the **power** to stop child abuse.

[stopchildabuseillinois.org](http://stopchildabuseillinois.org)

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