

Announcing

Wichita Public Schools Red Ribbon Campaign October 23rd – October 31st



**Safe and Drug-Free Schools
Promoting Prevention, Education and Intervention**

COMMIT – PLEDGE – AGREE – DARE

**For more information visit the Safe and Drug-Free Schools website:
www.usd259.com/offices/safetyservices/**

Here you will find websites, information and resources for teachers, students and parents and ideas on how schools can participate

Look For Basic Red Ribbon Campaign Information Including: What, When, Why, Founder, Safe and Drug-Free Schools challenge, Pledge Cards, Facts and Statistics, Current Trends, Prevention Tips, Watch List for Parents and Teachers, Available Resources and Related Websites

Specific Websites to Obtain: Fun and Learning Student Activities, Kansas Red Ribbon Coordinator Packet, National 2006 Red Ribbon Campaign Information, the Camarena Story
And More...Check It Out!

**Join us as we celebrate in being
100% Me...totally unaltered and drug free!**

Safe and Drug-Free Schools

Promoting Prevention, Education and Intervention

Wichita Public Schools Red Ribbon Campaign



WHAT IS RED RIBBON WEEK?

It is an ideal opportunity for schools and communities to unite and take a visible stand against drugs. Show your school and personal commitment to a drug-free life style through the symbol of the **RED RIBBON**.

WHEN?

October 23-31, 2006

WHY?

The mission of the Red Ribbon Campaign is to present a visible unified commitment toward the creation of a Drug Free America.

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered Enrique “Kiki” Camarena, a drug enforcement agent in 1985. This began a continuing tradition of displaying **RED RIBBONS** a symbol of intolerance toward the abuse of drugs.

WHO IS THE CAMPAIGN FOUNDER?

In 1980, parents across America created the National Family Partnership in response to the rising level of youth drug use. The mission of the partnership is “to lead and support our nation’s families, schools and communities in nurturing the full potential of healthy drug-free youth.” In keeping with its goals, the National Family Partnership founded and continues to support the National Red Ribbon Campaign.

SAFE AND DRUG-FREE SCHOOLS

Safe and Drug-Free Schools is providing each USD 259 employee with a **RED RIBBON**. We want everyone to wear the ribbon and to use this opportunity to support drug-free choices for all. Unite with the National Campaign to be “**100% Me Drug Free!**” No use of illegal drugs and no illegal use of legal drugs.

Each year over half a million Americans die from alcohol, tobacco and other illicit drug abuse making substance abuse the single largest preventable cause of death in our country. We are challenging everyone to get involved with school and community drug prevention efforts. Make a point of attending prevention and intervention trainings. **Also, take time to review our resources and related links included in this announcement.** This celebration is all about people believing that they can make a difference.

Pledge to Be Drug Free



I pledge allegiance to myself,
and who I want to be.
I can make my dreams come true,
if I believe in me.
I pledge to stay in school and learn
the things I need to know.
To make the world a better place,
for kids like me to grow.
I promise to keep my dreams alive,
and be all that I can be.

I know I can, because I pledge to be drug-free!

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WHAT IS A DRUG?

Facts and Statistics

A drug is any substance which can impair a person's ability to safely function in a society, such as:

- Illegal controlled substances such as cocaine, heroin and marijuana
- Prescription medicines such as valium and codeine
- Alcoholic beverages such as beer, wine, ale and distilled liquors
- Chemical solvents such as spray paint, glue and gasoline
- Natural Plant intoxicants such as mescaline, psilocybin and peyote



THE ABC'S OF MARIJUANA

- A** Smoking marijuana *decreases energy, ambition and shortens life span*
- B** Marijuana is *twice as potent and physically dangerous* than 20 years ago
- C** One joint can deliver *four times as much* cancer causing tar as one cigarette

TEEN DRUG USE STATISTICS

- **40% of high school seniors reported they had smoked marijuana during the past 12 months.** Marijuana is considered one of the “gateway” drugs introducing young people to the pleasant sensation of drug intoxication. Experts agree that stopping the gateway drugs is a better strategy than attempting rehab for teens addicted to crack cocaine or heroin.
- **55% of deaths** linked to inhalant abuse are caused by “Sudden Sniffing Death Syndrome (SSDS).” SSDS can occur on the first use or any use.
- **22% of inhalant abusers who died of SSDS** had no history of previous inhalant abuse. In other words, they were first time users.
- **The fastest growing drug of abuse in American high schools is Heroin.** Many wealthy communities across the country are reporting high school overdose deaths from Heroin, a shocking new trend in teenage drugs use.
- **Nation wide, 25% of high school seniors have used stimulant drugs like “speed”.** In some areas of the country, primarily the southwest and rural Midwest, amphetamine use has skyrocketed to epidemic proportions more than double the national average.
- **Use of new “Designer Drugs” is dramatically higher.** Called “Super-G” or “Liquid-G” or “Liquid Ecstasy” on the street, GHB (Gama Hydroxi Butyric Acid) has become a popular teen dance club party drug because it produces an alcohol like drug effect with no odor of alcohol. The old 1970 drug, MDA/MDMA is making a strong comeback among teens at dance clubs. Called “Ecstasy” or “Adam” it produces euphoric cocaine like high without the “speedy” effects of cocaine. Teens love the drug because it allows them to dance for hours without feeling fatigued.
- **Rural teens** are 83% more likely to use crack cocaine. 34% more likely to smoke marijuana and twice as likely to use amphetamines that teens in large cities.

Source: <http://members.aol.com/brucertalbot/druguse.html#School>

Drug/Type of Drug	MTF 2005 Data for Current* Use by Grade		
Any Illicit Drug	8th—8.5%	10th—17.3%	12th—23.1%
Nicotine/Tobacco	N/A	N/A	N/A
<i>Cigarettes</i>	8th—9.3%	10th—14.9%	12th—23.2%
<i>Smokeless Tobacco</i>	8th—3.3%	10th—5.1%	12th—7.6%
Marijuana	8th—6.6%	10th—15.2%	12th—19.8%
Inhalants	8th—4.2%	10th—2.2%	12th—2.0%
Amphetamines	8th—2.3%	10th—3.7%	12th—3.9%
<i>Methamphetamine</i>	8th—0.7%	10th—1.1%	12th—0.9%
Prescription Drugs	N/A	N/A	N/A
<i>Other Narcotics**</i>	N/A	N/A	12th—3.9%
<i>Sedatives (Barbiturates)**</i>	N/A	N/A	12th—3.3%
<i>Tranquilizers</i>	8th—1.3%	10th—2.3%	12th—2.9%
Ecstasy (MDMA)	8th—0.6%	10th—1.0%	12th—1.0%
Cocaine	8th—1.0%	10th—1.5%	12th—2.3%
Heroin	8th—0.5%	10th—0.5%	12th—0.5%
* current = use in past 30 days ** MTF data on use of other narcotics and barbiturates is excluded for 8th and 10th graders as these younger respondents appear to over-report use (perhaps because they include use of nonprescription drugs in their answer).			

WHICH DRUGS ARE COMMONLY ABUSED?

NIDA and other agencies discover what drugs are being abused by tracking trends in drug use through many different surveys and data collection systems. The table (on the left) provides data for some commonly abused drugs among 8th, 10th, and 12th graders (*Monitoring the Future - 2005*)

This table does not show the use of alcohol, which is more frequently used among teens, than all other drugs reported in this study. However, other studies found that 33% of teen respondents said they had consumed alcohol in the past 30 days.

Of all the substances reported in this table marijuana stands out as a drug of choice for most teens, second only to tobacco and nicotine.

MISUSE OF PRESCRIPTION AND OVER THE COUNTER DRUGS IS A CONTINUING TREND

Much care has been given to cover the basis with teens regarding illegal drugs. Unfortunately, prescription drug abuse is on the rise among youth. For the third straight year, the Partnership for a Drug-Free America (PDFA) study has found that about 20% of U.S. teens have misused prescription painkillers like Vicodin and OxyContin, even as smoking and drinking decline. (*Associated Press May 16, 2006*)

Researchers expressed concern that use of prescription drugs may be becoming entrenched among youth. Many believe that using these painkillers to get high is safer than taking illicit drugs.

Prescription drugs were considered “much safer” than illicit drugs by 40% of 7th to 12th graders. Occasional use was viewed as acceptable by 31%, and 29% thought prescription painkillers were not addictive.

Teens also told researchers that prescription drugs were easy to get - 62 % said they could get powerful painkillers at home, and 52 % said the drugs were “available everywhere.”

Prescription drug use is not just limited to Vicodin and OxyContin. Another prescription drug frequently abused by teens is Ritalin. Teens abuse a wide variety of prescription and over the counter drugs sometimes without knowing what they are taking.

DRUG USE PREVENTION TIPS

➤ EDUCATE YOURSELF

Learn about today's drug problems and associated dangers. Get street smart, know street names for drugs look at pictures of drugs and paraphernalia. Visit related websites.

Learn what the school is doing to promote drug prevention and find out about other community prevention efforts.

➤ TALK TO YOUR KIDS

Create Strong Bonds within your family; set aside time to talk (family meetings, dinner table, etc.); find opportunities for your child to help make family decisions.

Start Early, talk often and talk frankly. One of every four 4th6th grade child has been offered drugs. Be calm, don't overreact.

➤ SET AN EXAMPLE

Be Responsible in the choices you make. Show your child you care every day. Set and enforce limits; make it clear that alcohol or other drug use is not allowed.

➤ GET INVOLVED

Be Involved in your child's education and extracurricular activities. Also, be involved in community activities that promote prevention and healthy choices.



Search the child's room and possessions without apology if you question their honesty related to drug concerns.

DO YOU SUSPECT SOMEONE IS USING DRUGS?

Watch List for Parents and Teachers

BEHAVIORAL SYMPTOMS

- **Changes in friends and dress**
Fascination with clothes and accessories that glorify drug culture.
- **School problems**
Increasingly tardy and absent, declining grades, suspensions, etc.
- **Personality changes**
Increased secrecy about possessions or activities, dishonesty, poor concentration with memory.
- **Mood swings**
Hostility, irritability, anxiety, generally overly emotional and defensiveness with claims of persecution.
- **Lack of self-discipline**
Inability to complete tasks or follow rules, resistance to discipline (home, school and law enforcement) and apathy with a loss of interest and motivation.
- **Strained communications**
Unwilling or unable to discuss important concerns.
- **Tendency to manipulate others**
Makes excuses and finds ways for others to bear the consequences of their actions.
- **Withdrawal from family activity**

PHYSICAL SYMPTOMS

- Changes in appearance (unhealthy)
- Fatigue or lack of energy
- Bloodshot eyes
- Consistently dilated or shrunken pupils
- Frequent colds, sore throat or coughing
- Chronically inflated nostrils or runny nose
- Dizzy spells, stumbling, shaky hands
- Sudden loss or gain of weight
- Major change in sleeping or eating patterns



PARAPHERNALIA AND EVIDENCE OF USE

- Evidence of drug paraphernalia such as pipes and rolling papers
- Evidence of use of inhalant products (such as hairspray, nail polish remover, correction fluid and other common household products); Rags and paper bags sometimes used as accessories
- Bottles of eye drops which may be used to mask bloodshot eyes and dilated pupils
- New use of mouthwash or breath mints to cover up smells or odors
- Missing prescription drugs – especially narcotics and mood stabilizers

Any change noticed in a child/student may cause concern. However, change should be monitored for additional signs and information associated with use.

These changes often signal that something harmful is going on, and often that involves alcohol and other drugs. If you see these signs, seek help. An assessment and/or screening by a Drug Assessment Agency may be warranted.



KEEPING KANSAS KIDS DRUG FREE IS A FAMILY, SCHOOL AND COMMUNITY EFFORT!

Wichita Public Schools Board Policy 1465 regarding *Alcohol, Drugs, Drug Paraphernalia, and/or other Controlled Substances*, has in place disciplinary actions and specific procedures for student violations. Violators are directed toward appropriate intervention.

LOCAL ASSESSMENT AND TREATMENT AGENCIES **For a complete list, contact our office at 973-2260**

Public Programs

Substance Abuse Center of Kansas, Inc. (SAACK)

Assessments and Referrals Only

Harold Casey, Director – Telephone: 316-267-3825

731 North Water, Suite 2, Wichita, KS 67203

Assessment Center for Wichita/Sedgwick County.

Fees based on Federal Poverty Guidelines and Treatment Consideration - \$0 to \$150

Options Youth Services

Contact: Leslie Lehman or Amy Grier

Telephone: 316-265-8561, Ext. 121 (Leslie) Ext. 109 (Amy)

1642 West Douglas, Wichita, KS 67203

\$50.00 Fee for Assessments

Sliding Scale Fee Based on Federal Poverty Guidelines,
Medical Card and Insurance. Offers Outpatient, Intensive Outpatient and Residential Services

Private Programs

Adolescent/Adult Family Recovery

Contact: Bill Morris, Director or Michelle McLain

Telephone: 316-943-2051

3540 West Douglas, Wichita, KS 67203

Drug and Alcohol Education and Intensive Outpatient Services
Anger Management Services

Recovery Unlimited, Inc. – Two Locations

Contact: Jerry Philbrick, Director of Operations

West Location

Telephone: 316-941-9948, 3312 West Douglas, Wichita, KS 67203

East Location

Telephone: 316-612-9002. 555 North Woodlawn #125, Wichita, KS 67218

No Fee for Assessments

Sliding Scale Outpatient, Intensive and Educational Services and Anger Management
All Insurance Accepted - Health Wave 21 Provider

RED RIBBON RESOURCE INFORMATION

Community Resources

Regional Prevention Center
Telephone: 262-2421

American Red Cross-Midway Kansas Chapter
Telephone: 219-4000

Wichita's Promise Youth Council
Telephone: 262-2421

Website Resources

Kansas Family Partnership
<http://www.kansfamily.com>

New 2006 Red Ribbon Coordinator Packet - Packet contains:

- History of the Kansas Red Ribbon Campaign
- 2006 National Campaign Logo
- Creative Projects
- 50 Ideas for Red Ribbon Week
- Red Ribbon Week Calendar and Moore
- The Enrique Camarena Story
- And More!!

The Camarena Story

<http://www.tcada.stat.tx.us/redribbon/history.html>

<http://www.mddedcelksassn.org/DAP/DAP%20Camarena%20Story.htm>

These sites include the story of Enrique "Kiki" Camarena, the Drug Enforcement Agent honored by the tradition of Red Ribbon Week

National Family Partnership
www.nfp.org/redribbon.htm

This site includes the National 2006 Red Ribbon Campaign information

Parents – the Anti-Drug

www.theantidrug.com

This site includes topics on drug information, advice, news, is your teen using, community, getting involved and parents.

Teachers – the Anti-Drug

<http://www.theantidrug.com/teachersguide/>

This site includes topics on classroom activities, articles and columns, organizations and government agencies.

Alliance for Consumer Education

www.inhalant.org

This site includes topics on inhalants, what inhalant abuse is, tips for parents, warning signs and links

RED RIBBON RESOURCE INFORMATION (Cont.)

National Institute on Drug Abuse

<http://www.nida.nih.gov/>

This site contains news and publications, including information for students and young adults, parents and teachers, researchers, physicians and other health materials for educators – English and Spanish both available.

Best Coalition for Safe and Drug Free Nevada

<http://www.nvbest.org/drugs.html>

This site contains information useful for any state. Teen and parent help, Tips for Teens series, brochures and links for Spanish, Chinese, Vietnamese, Korean and Pilipino caregivers.

Student Learning Resources

Just 4 Kids – Ron the Brain

www.drugfreeaz.com/kids/

This site includes games and activities for students, elementary and other

Have Fun and Learn

www.teens.drugabuse.gov/sarasquest/sqgame.asp

This site includes additional games and activities for students

US Department of Justice – Get it Straight

<http://www.usdoj.gov/dea/pubs/straight/cover.htm>

This site includes guided learning for middle and high school students

Scholastic News – Heads Up

<http://teacher.scholastic.com/scholasticnews/indepth/headsup/>

This site includes fun and learning activities, Meet the Brain, Drugs and the Body, personal stories, teacher support and more

RED RIBBON RESOURCE INFORMATION SAFE AND DRUG-FREE SCHOOLS

Videos

Middle and High School Level

- *Club Drugs – The Real Deal*
- *Nothing to Rave About – Club Drugs/Raves*
- *Teen Files – The Truth about Drugs*
- *Think Twice – Marijuana and Cancer*
- *Reality Check – Marijuana Prevention*
- *Marijuana: The Burning Truth*
- *Substance Abuse – A Road to NO WHERE Prevention*
- *Dying High*
- *Busted – What you Need to Know about Drugs and the Law*
- *Everything you Need to Know about Drugs*
- *Dying for a Smoke*
- *The Leader of the Pack*

Elementary School Level

- *Why I Won't Do Drugs*
- *All About Drugs*
- *Gateway Drugs*
- *Think Before You Act*
- *Drugs, Alcohol and Your Body*
- *Play it Smart – Elementary Video*

Brochures

A wide range of brochures ranging from “Tips for Teens”, “Refusal Skills” to “Facts and Information” are available.

If you are interested in any of these videos or in obtaining brochures, please contact our office at 973-2260 or your Safe and Drug-Free Schools Specialist