

Parenting Matters

PARTNERS IN PARENTING

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For Colorado Parents

How dads can make a difference

By Kathryn White

Respect your children's mother

One of the best things a father can do for his children is respect their mother. If you are married, keep your marriage strong and vital. If you're not, it is still important to respect the mother of your children. When children see their parents getting along, they are also more likely to feel loved and accepted.

Spend time with your children

How you spend your time, tells your children what's important to you. If you always seem too busy for your kids, they will feel neglected no matter what you say. Being a good father means sacrificing other things. Kids grow up quickly.

Earn the right to be heard

Often, the only time a father speaks to his children is when they have done something wrong. Begin talking to your children when they are very young so that the difficult subjects will be easier as they grow older.

Discipline with love

All children need guidance and discipline. Provide meaningful rewards for desirable behaviors.

Be a role model

Fathers are models to their children, whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and what to look for in a husband. Fathers can teach sons what is important in life by demonstrating honesty, humility, and responsibility.



Focus on Fatherhood

Why to stay involved with your kids

Effective parenting takes skills that even two highly committed parents find challenging. Yet, with 52 percent of first-time marriages ending in divorce, 1999 left more than 25 million kids in the US living in homes without their fathers. Fathers and mothers make different but equally important contributions to the emotional well-being and adjustment of their children. Research has shown that fathers, especially influence self-esteem, scholastic achievement and healthy sex role development in both their daughters and sons.

- 71% of high school dropouts come from fatherless homes.
- 71% of teen pregnancies come out of fatherless homes.
- 63% of youth suicides are from fatherless homes.
- 75% of adolescent patients in chemical abuse centers are fatherless.
- 90% of homeless and runaway children are from fatherless homes.

-Source: Virginia Fatherhood Initiative

Summer fun Working Kids

By Kathryn White

Now that the endless days of summer are upon us, kids are actively looking for interesting ways to amuse themselves. Summer is the ideal time to give kids experience in working and managing money. In addition to the usual moneymaking enterprises such as babysitting, car washing, yard work and lemonade stands, your young entrepreneurs may want to consider one of these options:

Errand Services: Children can use their bicycles to run everyday errands for the neighbors, the elderly or even a local business owner.

Vacation Help: Responsible teens can offer to housesit pets and plants, collect mail and newspapers, or water the lawn while neighbors are away.

Tutoring: Older kids can become tutors to younger children by listening to young readers or drilling math skills with flash cards. Or how about reading to a senior citizen or teaching an adult to use a computer and explore the Internet?

Curb Painting: With a can of spray paint, stencils and some practice, kids can paint house numbers on the front sidewalks of neighbors for a fee. Many people appreciate having their house numbers made more visible to visitors and delivery trucks.

Garage Sales: Help your children and their friends organize a yard sale or used toy sale. It's a great way to get them to clean out their rooms and make money at the same time.

Ironing: This is almost a lost art, but with a little practice, your older child can create an enterprise from home. When your child is able to perform the task well, she can provide prospective clients samples of his or her work.

Choosing the right job

Before choosing a job, sit down with your child and answer these questions:



1. What kinds of jobs does your child enjoy doing?
2. What is age appropriate work for this child? Some jobs require more maturity and responsibility.
3. Does your child have the skills for the job? If not, can he or she learn them?
4. Does the job require a financial investment to get started? If so, how much? List the materials and the costs. Compare jobs and how much profit each job will make.
5. What is a realistic fee to charge for their services? They will want to keep their prices realistic and affordable.

Managing the Business

Record keeping is critical. Show kids how to set up a notebook and calculate how much they are spending on supplies and how much they earn from each job. The business learning occurs from seeing exactly how much profit is made after they've subtracted the expenditures. Are there ways to reduce spending and increase profits? Perhaps there are better jobs that do not require as much initial investment.

If your child is doing multiple tasks or jobs, he or she may need a calendar to keep track of jobs by date, time and place. For example: a lawn or house-plant watering business requires a consistent watering schedule.

Advertise

How will he or she advertise the new business? Word of mouth is most effective. Your child should plan on

talking to friends, family, and neighbors or perhaps making an announcement at church. Children can make flyers, signs and business cards by hand or on the computer.

Helping your teen find a job

There's a lot to learn about landing a good job and sometimes the job doesn't go to the most qualified candidate, but to those that have made the best impression. Here's some pointers to achieve greater success:

Narrow your teen's search by identifying her present skills and interests.

Organize personal information by helping her write a personal letter of introduction or a resume. Gather references in advance.

Research the jobs that are out there. Begin by contacting employers and networking with family and friends.

Be prepared for the interview. Know something about the company in advance. Dress appropriately. Follow up each interview with a personal thank-you note.

Learn from experience. If your teen doesn't get the job, try to find out why. Stay positive.



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What is a rave?

A rave is an all-night party where some form of electronic, or “techno,” music is played, usually by a DJ. Similar to a rock concert, raves attract crowds by the hundreds and even thousands. They are often held in stripped-out warehouses, airplane hangers, abandoned malls and in remote settings. Raves occur several times a week along the Front Range almost every weekend of the year.

Ravers often wear baggy loose-fitting pants and come toting backpacks, blow-pop suckers, pacifiers, dolls, water bottles, and neon glow sticks.

A rave is all about feeling good. Kids pay the \$20-35 dollar entrance fee to experience a vibe--a feeling of good will and acceptance they say the all night gatherings generate.

While the main focus of a rave is dancing to psychedelic music, drug consumption is unquestionably a growing problem within the scene. The largest audience attracted to raves are young teens--too young to drink legally but not too young to buy illegal drugs.

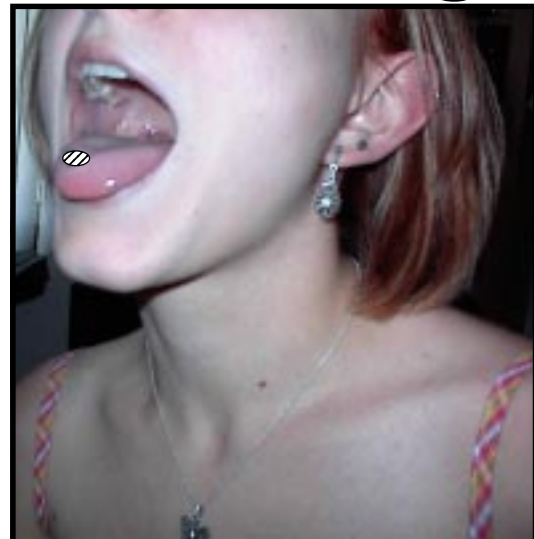
Raves have been around for more than a decade, but the rituals, clothing and music have become mainstream.

If your teen is attending raves, educate yourself in the dangers of club drugs and the environment. Open and honest discussions can help keep your teen safe.



What parents need to know The Lure of Club Drugs

Ecstasy
ROOFIES
GHB
KETAMINE



Recently, new drugs have surfaced to become popular among high school teens, college students, and young adults. These drugs, collectively known as “club drugs,” include Ecstasy/MDMA, Rohypnol, GHB and Ketamine.

Many teens are introduced to club drugs at rave parties or night clubs by their peers. They are encouraged to try these drugs because their friends are using them. Unfortunately, most partygoers do not realize the dangers of using club drugs.

“Club drugs are not harmless ‘fun drugs,’” says Dr. Alan I. Leshner, Director of the National Institute on Drug Abuse (NIDA), “while users may think they’re taking them simply for energy to keep dancing or partying, research shows these drugs can have long-lasting negative effects on the brain that can alter memory function and motor skills. When these drugs are combined with alcohol, they become even more dangerous and potentially life-threatening,” says Leshner.

The NIDA has teamed up with other national organizations to monitor and track the growth of club

drugs particularly among youth and young adults. Club drug use is becoming more common and in particular the use of the drug Ecstasy.

While teen use of most drugs declined in the late ‘90s, nationwide, customs officers have already seized more Ecstasy this year than in all of 1999--over 5.4 million hits. This is an alarming increase since 1998, when they confiscated only 750,000 hits.

An ounce of prevention

A 1999 survey of 10,000 parents and teens conducted by the Partnership for a Drug-Free America found that teens who received anti-drug messages at home were 42 percent less likely to use drugs. According to the program’s executive vice president Steve Dnistrian, parental communication is the single most important thing we can do to prevent our children from using drugs.

Experts agree that conversations about drugs should begin early and continue throughout adolescence. Start talking with your child around age 8 and educate yourself on the ill effects of certain drugs. Ask youth counselors and teachers which drugs are common in your community and schools. Ask for real-life stories about students who have had problems from using drugs.

Straight talk **4 Club Drugs**

While tobacco, alcohol, marijuana, LSD, crystal meth, and cocaine are also common club drugs, here's an overview of the newest on the scene:

Ecstasy: MDMA

Street names: Adam, Clarity, Essence, Lover's Speed, E, X, XTC, Pills, MDEA.

Effects: Ecstasy produces both stimulant and psychedelic effects. Users experience an overwhelming feeling of well-being, increased confidence and the desire to be next to and in physical contact with other people. Known to produce insomnia, depression and paranoia after the high has worn off. NIDA reports long term use has been shown to damage the serotonin pathway in the brain which is responsible for regulating sleep and moods.

Ketamine:

Street names: K, Special K, Kit Kat

Effects: Users describe the effects similar to drunkenness, but stronger. Others describe a speedy rush within minutes of consuming the drug, followed by powerful hallucinations. Because of its anesthetic properties, people have been known to hurt themselves while under the influence. Large doses can induce unconsciousness and cause a "K-hole" or an out-of-body experience. Loss of time and identity can last from 30 minutes to two hours. Ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, flashbacks, and respiratory problems.

GHB:

Street names: G, gamma-OH, liquid E, fantasy, scoop, water

Effects: A central nervous system depressant that can cause drowsiness, dizziness, nausea, vomiting, unconsciousness, convulsions, numbness, suppressed breathing, slurred speech, blurred vision and coma. Colorless and odorless, GHB is used as an

intoxicant and has gained notoriety for its use in date rapes. The ease with which GHB can be bought on the Internet, the substances distinct traits and the lack of awareness about its potentially fatal consequences make it particularly dangerous. Since 1990, the Drug Enforcement Agency has documented over 58 deaths and 5,700 overdoses.

Rohypnol:

Street names: Roach, Roche, Roofies, R-2, Mexican Valium, Rib, Rope.

Effects: Rohypnol is about 10 times the strength of Valium. Users report feeling intoxicated--then sleepy. Slurred speech and difficulty walking are also common reports. Respiratory distress, black outs and amnesia have occurred where users forget the events experienced while under the influence. Potential for overdose or death is possible, especially when mixed with other drugs and alcohol. This drug has also been used in sexual assaults.

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