



**April 2008**

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

## **Parent Communication Network (PCN)**

PCN is about doing things for families and our community. Making kids a priority and encouraging parents to be intentional is our strength. We do encourage networking among parents and using resources to keep you current on issues that pertain to youth.

But, there are several things we can't do. We can't promise you that your children will breeze through adolescence without encountering problems and challenges. We can't hand you a guaranteed method on how to produce happy, healthy kids.

We can remind you that you are not the only parent who sets limits and asks where your children are going and with whom. You are not the only household that has curfews and sets rules on driving. These are solid parenting practices and you are not alone using them.

***We want to do more!*** We want to reach as many parents as possible in the Northfield Middle and High Schools. If you know of a family that is interested in becoming a member of PCN, please let them know it only takes a few minutes to fill out the on-line form on [www.northfieldhci.org](http://www.northfieldhci.org).

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## **Is Your Medicine Chest Teen-Proof?**

When today's teens were toddlers, parents put safety latches on cabinets and locked up dangerous chemicals or drugs. Perhaps parents need to use those same safety tactics for teens when it comes to the family's prescription drugs.

Misuse of prescription drugs is on the rise even though the use of illicit drugs among this group is on the decline. So what is the source for these prescription drugs? 71 percent of young adults say it is their parents' home medicine cabinets. *(Statistics based on national surveys)*

According to recent findings, prescription drug abuse remains at high and very concerning levels, possibly because teens seem to assume that drugs made by pharmaceutical companies are safe. One of the most potent painkillers being misused by teenagers is Oxycontin. The important message for teens is that drugs – whether illicit, prescription or over-the-counter – can be dangerous, even lethal.

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*The Northfield Area Parent Communication Network's mission is to foster communication between parents, to help parents develop good parenting skills and to help prevent risky situations for our children*