

## It's a Fact: Together, We Can Reduce Substance Abuse Among Our Students

### THE FACT IS...

Parents are the most important role models any child can have. Research shows that children usually choose not to use drugs because they don't want to disappoint their parents. Teachers have a role to play in educating students about the risks of substance abuse.



### WHAT THE ANN ARBOR SCHOOL DISTRICT IS DOING ABOUT DRUG AND ALCOHOL USE

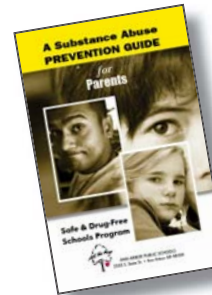
Because any illegal drug use by students is unacceptable, the goal of the Ann Arbor Public Schools is to help create a safe and drug-free learning environment that supports academic achievement for all of our children. For more information about school policies, refer to the Rights and Responsibilities Handbook/ Controlled Substances, available on-line at [www.aaps.k12.mi.us/aaps.forparents](http://www.aaps.k12.mi.us/aaps.forparents)

### CREATING A SAFE AND DRUG FREE ENVIRONMENT

Federal funding provided through the Safe and Drug-Free Schools and Communities Act (Title IV-Part A) enables us to:

- Survey secondary-school students every two to three years, to identify specific problems and areas of concern.
- Launch a Safe & Drug-Free Schools Program that taps the energy, ideas and skills of middle and high school teachers and counselors, concerned parents and community members.
- Collaborate with community agencies on prevention programs focused on student alcohol and drug use.
- Assist each middle and high school to develop an anti-drug and/or violence program focused on building-specific problems.
- Join forces with other school districts through the Livingston & Washtenaw Counties Safe and Drug-Free Schools Consortium.

To learn more about the program and how you can become involved, contact the Program Coordinator for Community Partnerships and Projects Office at (734) 994-8139.



### HOW YOU CAN GET THE FACTS

One of the best resources available is "A Substance Abuse Prevention Guide for Parents", published by the Safe and Drug Free Schools program.

#### OBTAIN USEFUL ADVICE ON:

- How to communicate with children
- How to function as a positive role model
- What to do if a child is using alcohol or drugs
- How to distinguish normal adolescent behavior from emotional problems and substance abuse
- Local organizations that offer counseling and other forms of support for substance abuse problems
- Adolescent substance abuse treatment options
- Crisis hotlines and other emergency services
- Community-based support groups for youth and families

You can download a copy of the Substance Abuse Prevention Guide from the Ann Arbor Public Schools Safe & Drug-Free Schools website at [www.instruction.aaps.k12.mi.us/sdfs/](http://www.instruction.aaps.k12.mi.us/sdfs/). Copies are also available by calling (734) 994-8139.

## A Good Place to Start

### WEB SITES FOR PARENTS

- [www.theantidrug.com](http://www.theantidrug.com) The national Youth Anti-Drug media campaign. A Spanish version is available at [www.lantidroga.com](http://www.lantidroga.com)
- [www.samhsa.gov](http://www.samhsa.gov) Developed by the Substance Abuse and Mental Health Administration
- [www.health.org](http://www.health.org) Web site for the National Clearinghouse for Alcohol and Drug Information

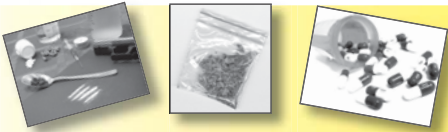
### WEB SITES FOR TEENS

- [www.thecoolspot.org](http://www.thecoolspot.org) Hosted by the National Institute on Alcohol Abuse and Alcoholism
- [www.checkyourself.org](http://www.checkyourself.org) Videos, quizzes and resources
- [www.sadd.org](http://www.sadd.org) Designed to empower teens, encourage positive decisions and discourage drug abuse



# The Facts

Yet despite the risks, too many young people are still using illegal drugs. For parents and other concerned adults, the first step in STOPPING the problem is KNOWING THE FACTS.



## WHAT'S HAPPENING IN ANN ARBOR

A recent survey revealed some alarming facts about drug and alcohol use in Ann Arbor Public Schools.

**FACT:** Approximately 3.5% of all 8<sup>th</sup> graders, 10.7% of 10<sup>th</sup> graders and 24.4% of 12<sup>th</sup> graders had smoked in the past 30 days.

**FACT:** As early as 8<sup>th</sup> grade, students reported using a wide range of drugs, including marijuana, amphetamines, barbiturates, tranquilizers, hallucinogens, cocaine, heroin, and steroids.

**FACT:** Past-month alcohol use among students was as high as 47.4% for 12<sup>th</sup> graders, 28.7% for 10<sup>th</sup> graders, and 11% for 8<sup>th</sup> graders.

**FACT:** Abuse of prescription drugs was slightly lower than national averages. However, all students reported strong peer pressure to use illegal drugs.

## INFORMATION RESOURCES:

National facts cited in this brochure are taken from Monitoring the Future, an annual study conducted by the University of Michigan and the National Institute on Drug Abuse. The study was released in December 2005. Dr. Lloyd Johnston, principal investigator has measured adolescent use of alcohol, cigarettes and drug since 1995.

School district facts are based on a school survey of all 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students during the 2004/2005 school year conducted by the Kercher Center for Social Research, Western Michigan University. For a summary of the report, visit the Safe & Drug Free School web site at [www.instruction.aops.k12.mi.us/sdfs/](http://www.instruction.aops.k12.mi.us/sdfs/)



Educating and empowering every student to succeed as a responsible participant in a democratic society.

## ANN ARBOR PUBLIC SCHOOLS SAFE & DRUG FREE SCHOOLS PROGRAM

2555 S. State St.

Ann Arbor, Michigan 48104

(734) 994-8139

This brochure produced with funding from Title IV, Part A: Safe and Drug-Free Schools and Communities Act.

# It's Time to... Face the Facts



## DRUGS and KIDS

in the Ann Arbor  
Public Schools

## Safe and Drug-Free Schools Program

# Let's Face

The problem of substance abuse in our schools is too big, too serious and too dangerous to ignore. Students who use alcohol, tobacco or illegal drugs are endangering their health and their future.



## WHAT'S HAPPENING NATIONWIDE

Monitoring the Future, an annual study conducted by the University of Michigan and the National Institute on Drug Abuse recently reported the following:

**FACT:** Approximately 9% of all 8<sup>th</sup> graders, 14.9% of 10<sup>th</sup> graders and 23.2% of 12<sup>th</sup> graders had smoked in the past 30 days.

**FACT:** Half of all American students have tried an illicit drug by the time they complete high school.

**FACT:** 19% of 8<sup>th</sup> graders, 35% of 10<sup>th</sup> graders and 48% of 12<sup>th</sup> graders used alcohol.

**FACT:** There was a sharp increase in the number of students abusing prescription drugs, including painkillers such as Vicodin®. That included 9.5% of 12<sup>th</sup> graders.