



Safe and Healthy Schools Monthly Update

September 2009

Volume 4, Number 1

Safe and Healthy Schools Program Contacts

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**Our district's Community
Resource list in English
and Spanish have been
updated by the CWA
Department. Please find
them attached. Make
note: Price Parenting &
the Parent Project classes
are back this year!
Contact numbers are
listed on this year's
Resource List.**

NEWS YOU CAN USE:

**National Health
Observances in
September**

Fruit and Veggies - More Matters Month

Fruit and Vegetable Program
Office, Centers for Disease
Control and Prevention/Produce
for Better Health Foundation
www.fruitsandveggiesmatter.gov

2009 California Healthy Kids Survey: Coming to a school near you this fall!

The California Department of Education requires that every school district in the state administer the California Healthy Kids Survey to students in grades 5, 7, 9 & 11. A site coordinator has just been appointed for your school, and you'll be hearing more about this year's survey soon.

Here's some basic information:

- Parent permission is required.
- This year we will NOT be random sampling. Instead we will be focused on getting as close as is possible to a 100% participation rate by all students in the designated grade levels. The payoff: site-based reports and data (instead of just on the overall district level) will be provided.
- The survey window will be the month of November. Sites will have discretion within that timeframe as to when they want to do the survey.
- A Staff Climate Survey, anonymous and available on-line only, will also be administered during that same time period.
- 5th grade classroom teachers and designated subject teachers in grades 7, 9 and 11 will administer the survey.
- There is no site-based cost for the survey administration.

Want more information? Call or write to Valerie Velez, district Health Education Program Consultant, 765-5100, ext. 3210 or vvelez@hemetusd.k12.ca.us

The Science of PeaceBuilders

PeaceBuilders is a science-based violence prevention program that we have been implementing in the Hemet Unified School District at elementary school sites for the past several years. The program was created by a team of psychologists and education professionals who applied the proven findings of a number of research studies. PeaceBuilders is also a research-validated program. This means that after PeaceBuilders was implemented, research was done to measure the impact of the program on the lives of children. Those findings are significant. Please find attached a summary of the research, theory and brain science behind this well-known violence prevention program.

Current research on the Peacebuilders program, and its effects on violence prevention, bullying prevention and school bonding and success are available

National Suicide Prevention Week

www.suicidology.org/web/guest/about-aas/nspw

National Alcohol and Drug Addiction Recovery Month

Center for Substance Abuse Treatment

Substance Abuse and Mental Health Services Administration
www.recoverymonth.gov

Upcoming Workshops for our staff and students:

Unity Forum Peer Leadership Training:
Middle School, September 24
High School, October 8

Middle School Life Skills Training Teacher Workshop
Thursday, October 22

Peacebuilders Teacher Training
Tuesday, October 27

Minnesota Smoking Prevention Program
Wednesday, October 28

Class Action alcohol use prevention program,
Thursday, October 29

For more information on any of these professional development opportunities, contact Valerie Velez, 765-5100, ext. 3210 or vvelez@hemetusd.k12.ca.us

at: www.peacebuilders.com/whatWeDo/research.php

Two upcoming trainings are scheduled for both classified and certificated staff:

Teacher Training: Tuesday, October 27 from 8:30 a.m. to 2:30 p.m. in Conference Room 304, PDSC. Cost of subs and training fees all covered with district Safe and Drug-Free Schools funds. Contact Valerie Velez, 765-5100, ext 3210 or vvelez@hemetusd.k12.ca.us to register.

Classified Staff Training: to be announced

Smoking Marijuana Damages Cells, DNA, Study Suggests

Researchers who compared the effects of marijuana smoke to tobacco smoke concluded that smoking marijuana did as much cellular and genetic damage as smoking cigarettes, although only tobacco smoke damaged chromosomes, the [CanWest News Service](#) reported Aug. 6.

Study author Rebecca Maertens of Health Canada and colleagues conducted animal and bacterial studies to compare the effects of smoking tobacco and marijuana. Maertens said the researchers wanted to test the claim that marijuana is less harmful because it is a natural product.

The study appears in the journal [Chemical Research in Toxicology](#).

Something for TEEN BOYS to know: Study Sees Link Between Marijuana Use, Testicular Cancer

Researchers say that young men who smoke marijuana weekly, or who have smoked from their teen years on, face twice the risk of developing nonseminoma, an aggressive form of testicular cancer. Researchers said the elevated risk compared to nonusers may be due to stimulation of immature testicular cells that can later become tumors. The testicles are one of the few organs in the body that have receptor sites for cannabinoids, the active ingredient in marijuana.

Increases in the number of testicular-cancer rates since the 1950s could be due to higher rates of marijuana use during the same time period, experts said.

Current marijuana users had an overall 70-percent increased risk of testicular cancer compared to nonusers.

"Our study is not the first to suggest that some aspect of a man's lifestyle or environment is a risk factor for testicular cancer, but it is the first that has looked at marijuana use," said researcher Stephen Schwartz.

The study from researchers at the Fred Hutchinson Cancer Research Center was published online in the journal *Cancer*.

Alcohol Ads Air More Frequently When Kids Watch, Study Says

Alcohol companies have pledged to avoid advertising on TV programs with 30

percent or more youth viewership, but a new study of cable TV shows that the programs that fall under this threshold but retain the most popularity with kids tend to have the most alcohol advertising, [Medical News Today](#) reported Aug. 21.

Researcher from UCLA and the Center on Alcohol Marketing and Youth (CAMY) looked at 600,000 alcohol ads aired on cable between 2001 and 2006 and concluded that shows with the highest percentage of viewers ages 12 to 20 had the largest number of alcohol ads. Ads for beer, liquor and alcopops rose in correlation with the youth audience percentage, but wine ads decreased.

"This research suggests that ads are aimed at groups that include a disproportionate number of teens and that the alcohol industry's voluntary self-monitoring is not working to reduce adolescent exposure to ads," said CAMY director David Jernigan.

"The alcohol industry has consistently denied actively targeting teens, and our study isn't designed to test that claim," said lead study author Paul J. Chung of Mattel Children's Hospital UCLA and the RAND Corp. "However, the ultimate effect of their advertising strategies, intentional or not, appears to be greater exposure than might be expected if adults were the sole targets of ads."

The study was published in the October 2009 issue of the [American Journal of Public Health](#).

Teen Drinkers Often Intend to Get Drunk, Survey Finds

Most teens are not regular drinkers, but those who do drink on a monthly basis are frequently imbibing in order to get drunk, according to a major finding of the [2009 Teen Survey](#) released today from The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

About one in three U.S. 12- to 17-year-olds taking part in the National Survey of American Attitudes on Substance Abuse XIV said they had previously consumed alcohol, and of these about one in four said they had a drink within the previous 30 days. Among those who had used alcohol in their lifetime, 17 percent said they usually drank to get drunk, compared to 68 percent who said that getting intoxicated was not usually their intent.

However, one-third of teens who were monthly drinkers said that they typically drank to get drunk, and 65 percent said they had gotten drunk at least once during the past month. Further, about one-third of monthly drinkers who didn't intend to get drunk wound up getting intoxicated, anyway, according to researchers.

"The most important finding to come out of this survey for parents is that if your teen drinks monthly, odds are your teen gets drunk monthly, too," said CASA founder and chairman Joseph A. Califano Jr. [Download the report](#) (PDF, 1.7 MB)

The telephone survey of teens and parents of teenagers also highlighted links between youth drinking and illicit-drug use and parental attitudes and behaviors regarding alcohol and other drugs. Notably, 34 percent of teens said they had seen one or both of their parents drunk (including half of 17-year-olds), and those who had were more than twice as likely to get drunk themselves in a typical month. Just 4 percent of teens said they had seen their parents high on illicit drugs, however.

Overall, 90 percent of teens described their relationship with their mothers or stepmothers as "excellent," "very good," or "good," and 77 percent said it was "very easy" or "fairly easy" to talk to talk to their mothers and stepmothers about drinking and other personal issues.

Seventy percent of teens rated their relationship with their fathers or stepfathers as "excellent," "very good," or "good," and 56 percent said it would be "very easy" or "fairly easy" to talk to their fathers about personal issues. Moreover, 62 percent of kids said their fathers were opposed to them drinking, whereas 8 percent believed their fathers sanctioned their alcohol use.

Teens who believe their fathers would not oppose their alcohol use were two-and-a-half times more likely to get drunk on a monthly basis than those who perceived paternal disapproval of drinking.

"Some Moms' and Dads' behavior and attitudes make them parent enablers," said Califano.

Youths who took part in the survey continue to report that alcohol, tobacco and illicit drugs are readily available at school and elsewhere. One-third of respondents, for example, said they could obtain prescription drugs for misuse within a day, mostly from their home, parents, family members or friends -- and more teens said prescription drugs were easier to buy than beer. The percentage of teens who said that marijuana was easier to obtain than cigarettes, beer or prescription drugs rose 37 percent between 2007 and 2009; 23 percent of teens now say that they could obtain marijuana within an hour if they desired, most likely from friends or at school.

On a more encouraging note, the teens surveyed by CASA had a generally high level of awareness about the risks of marijuana use. For example, 75 percent declared "false" the statement, "Because marijuana comes from a plant, it is safer than other drugs people use to get high." Moreover, 78 percent believed that using marijuana increases the likelihood of using other drugs, 85 percent believed it is true that marijuana can be addictive, and 92 percent said it was false to assert that driving under the influence of marijuana is safe.

Sixty percent of teens said it was "very harmful" for people their age to use marijuana, while 23 percent said it was "fairly harmful" and just 15 percent thought it was "not too harmful" or "not harmful at all." Teens were less convinced by statements that today's marijuana is stronger than that used by their parents: 50 percent believed the potent-pot statement, while 37 percent declared it false, and 12 percent didn't know or didn't respond.

Just 16 percent of the teens surveyed by CASA admitted using marijuana in their lifetime, which is somewhat lower than other national surveys of youth drug use. The teen survey required prior parental consent, which researchers said may have affected responses, including possibly understating teen alcohol and other drug use rates. About one in four of the teens surveyed said their answers could be overheard by someone else in their home, which researchers said also might skew the results.