

The Power of Parents
“A Family’s Best Defense for Drug Prevention”
Presented by the KM Parent Resource Network
Tuesday, November 3, 2015

Speakers:

- Lybert Family, Your Choice in Hartland, www.yourchoice-live.org
- Captain Frank McElderry & Detective Bob Grall, Metro Drug Unit of Waukesha County Sheriff Department
- Alissa Darin, 6th-12th grade counselor and KM AODA coordinator, darina@kmsd.edu
- “Now Is the Time” video can be found at <https://vimeo.com/119505928?ref=tw-share>

Additional Resources Include: (All resources found on KMPRN website “Teen Parties: A Family Survival Guide section at www.kmsd.edu/parentresources .)

www.doseofrealitywi.gov – Information about prescription drug abuse and locations of prescription drug drop boxes for proper disposal throughout Wisconsin, including Waukesha County.
www.madd.org/powerofparents - Free digital download of the parent handbook “Power of Parents” and other useful information about topics concerning underage drinking.
www.madd.org/underage-drinking/power-of-youth - Information geared for teens & teen booklet
www.sadd.org/contract.htm - A family contract for discussing risky behaviors
www.drugfree.org - Partnership for drug free kids – excellent parent resources
www.abovetheinfluence.com – Resources for teens to rise above peer pressure of all kinds
<http://teens.drugabuse.gov> - The science behind drug abuse & addiction for teens
www.niaaa.nih.gov - National Institute of Alcohol Abuse and Alcoholism
www.thecoolspot.gov - Educational website on alcohol and peer pressure for youth ages 11-13
www.parentteenmatters.org - Parenting tips for talking about dangerous decisions
www.yourchoice-live.org – Resources, monthly e-newsletter, Detour classes located in Hartland
www.addictionresourcecouncilwaukeshawi.org -Resources and 24 hour helpline at 262-524-7920
www.tobwis.org – Information, fact sheets, and resources on tobacco and e-cigarettes.

Upcoming KM Parent Resource Network Events:

November 11, 11:00 AM – 12:30 PM, “Maximize Your Family’s Health through Informed Food Choices” a coffee chat facilitated by Annette O’Leary Quinn, Nurse Practitioner, Yoga 4 All, 208 Oak Crest Drive, Wales. Learn the latest evidenced based science of eating well. This talk will focus on antioxidant and anti-inflammatory foods in very practical terms and will take the mystery out of healthy eating. Visit <http://informedfoodchoices.eventbrite.com> . Coffee donated by Café Buzzz.

January 20, 6:30-8:00 PM, “Confident, Resilient Kids in Five Easy Steps” By Kimberly Krueger, Cushing Elementary Activity Center. Learn the 5 tried and true steps that when used again and again will grow your child's self-confidence and resiliency, decrease anxiety levels and build their character. These steps work for kids of all ages: elementary through high school! Reserve your seat for this FREE event at <http://5stepstoconfidence.eventbrite.com> .

February 10, 6:30-8:30 PM, “The Anatomy of the Adolescent Brain” by Dr. Brian Fidlin, Psy.D., licensed clinical psychologist with Milwaukee Psychiatric Physicians Chartered, Cushing Elementary Activity Center. A straight forward discussion of pediatric brain development and the impact it has on decision making, emotions, and risk taking from childhood through the teenage years. Visit <http://drfidlin.eventbrite.com> to reserve you seat!

Visit www.kmsd.edu/parentresources for all KMPRN FREE events & information.

Thank you to all of the KM PTO’s for their financial support that makes these events possible!

