Together We Can Make a Difference

Parents

Students

School

Community

Community High School District D214 Parent Guide
Parents Do Make a Difference

Peer relationships are important to teenagers. A common perception for parents is to think that their children’s friends have more of an influence than they do. *Research shows that parents are the #1 reason young people decide not to drink. So, start talking to your children about alcohol before they start drinking.

Be a Positive Adult Role Model
◊ Stay away from alcohol in high-risk situations. For example, do not operate a vehicle after drinking alcohol.  
◊ Do not give alcohol to your teens. Tell them that any alcohol in your home is off limits to them and to their friends.

Support Your Children and Give Them Space to Grow
◊ Be involved in your children’s lives.
◊ Encourage your children’s growing independence, but set appropriate limits.
◊ Make it easy for your children to share information about their lives.
◊ Know where your children are, what they are doing, who they are with, and who they are friends with.

Giving Teens What They Need to Succeed

Why do some teens successfully manage growing up, while others struggle? Why do some avoid dangerous situations and activities, while others become involved in risky behaviors? Many factors influence young people’s abilities to be successful in life. A study of 250,000 youth from across the country completed by the Search Institute of Minneapolis identified specific, practical things that have significant and lasting impact on youth. The study focused on “assets” - positive things that help young people thrive. It identified 40 assets that youth need to help them make healthy decisions.*

Half of the characteristics are described as “internal assets” - commitments, attitudes, values and skills that support our youth from within. While we can’t dictate or force these characteristics, we can nourish and impact them by modeling a lifelong commitment to learning, volunteering in the community, and involving teens in family decisions. The remaining 20 are “external assets” - those that come from parents and the community that surrounds our students with support, limits, and the structure they need to thrive. When we spend time with our teens, set clear expectations and boundaries, keep track of how they spend their time, and appropriately discipline them when the boundaries are crossed, we build these assets.

The Search Institute study clearly shows that the more of these assets youth have, the less likely they are to get involved in problem behaviors. It is our hope that the information contained in this booklet will help you to partner with The Link Together Coalition and District 214 as an “asset builder.” Our teens need all of us.

Together, we can make a difference!

*search-institute.org
Parents, Teens, and the Law:

- **Social Host Law**-Violators will be guilty of a Class A misdemeanor and subject to a fine of not less than $500.00 when they knowingly authorize or permit underage drinking in their home. If this activity results in great bodily harm or death to any person, the individual is subject to a Class 4 felony. However, a person will not be in violation if he or she has taken all reasonable steps to prevent this activity from occurring. Also, no charges will be filed if assistance is requested from law enforcement after discovery of the illegal activity.

- It is illegal for anyone under 21 years of age to purchase, consume, or possess alcoholic beverages. Anyone who knowingly allows the consumption of alcohol on his/her premises by a minor (under 21 years of age) may be charged with contributing to the delinquency of a minor. A civil lawsuit may also follow.

- It is unlawful for any person under the influence of alcohol to drive a vehicle. Driving while under the influence of drugs or alcohol is an offense punishable by a fine up to $1,000 and/or imprisonment up to one (1) year. A person who knowingly permits a driver under the influence of alcohol or drugs to operate a vehicle may be subject to a fine of $1,000 and/or imprisonment up to one (1) year.

- Falsifying identification for the purpose of purchasing alcoholic beverages is illegal and is considered to be a felony offense.
Curfews are set for the safety and well-being of our children. It is especially important to set limits for them. Whenever possible, involve your teen in the setting of his/her curfew. Local laws also govern curfews. The villages of Arlington Heights, Buffalo Grove, Elk Grove, Mount Prospect, Prospect Heights, Rolling Meadows and Wheeling have the following curfews for teens 17 years of age and younger:

**Sunday—Thursday** 11:00 p.m. to 6:00 a.m.

**Friday and Saturday** 12:00 a.m. to 6:00 a.m.

**Nighttime driving restriction for drivers under 18**

- **Sunday -Thursday** 10:00 p.m.
- **Friday-Saturday** 11:00 p.m.
Parent’s Guide to Teen Parties

Parties are an important part of young people's lives for socialization, relaxation, and entertainment.

Unfortunately, hosting or going to a party often includes other activities that could prove harmful to teens. Parents have the right to expect that social situations remain free from alcohol/drug use and other risk-taking behaviors. The purpose of the next section of this booklet is to help parents guide teens through times when pressure is great to engage in unhealthy behavior.

**Hosting a party:**
1. An adult should be present and visible throughout the party.
2. Set the ground-rules with your teen before the party.
3. Encourage small parties—invitation only.
4. Anyone who leaves the party should not be allowed to return.
5. Notify the police when planning a large party.
6. Notify your neighbors of the party.
7. Invite other parents to stop by.
8. Be alert for signs of alcohol or other drug use.
9. Watch for inappropriate or prolonged activity outdoors, in restrooms, or elsewhere in your home.
10. Do not hesitate to call the police if the party gets out of hand.

**Attending a party—parents should…**
1. Contact the parents of the party host to verify plans.
2. Know where the party is and how to get there. Let your teen know to call with any changes in plans. Use parent home phone (land-line).
3. Check the ending time to be sure it fits with curfew restrictions.
4. Be awake when your teen comes home, or have your teen waken you when he/she arrives.
5. If your teen is staying overnight, plans should be made prior to the party and verified with the other parent. Also verify that no drugs or alcohol will be permitted.
6. Allow your teen to always feel comfortable to call home for a ride or assistance.

**When parents are away…**
Many parties occur at the homes of students whose parents are out of town. Before you leave:
1. Teens, even seniors in high school, still need supervision when you are away. Make sure that is provided.
2. Set clear rules with your teen that no parties or friends are allowed at home when an adult is not present.
3. Let your neighbors know when you’ll be gone and when you’ll return.
4. Let police know when you will leave, who has access to your house, and when you will return.
5. Let the parents of your teen’s friends know you will be away.

*Discuss all details and guidelines with your teen before you leave.*
For Your Information: District 214 Policies

D214 belief is for our schools to have an environment in which people are physically, psychologically, and emotionally safe, treated fairly and ethically, valued for their unique backgrounds and contributions. We believe that these rights and responsibilities will help to make participation in our programs strong, and that both students and staff will have a meaningful and enjoyable academic experience.

The following do not include all of D214 rules of behavior. For a complete list of policies, visit www.d214.org

- **Drug / Alcohol / Tobacco (Marijuana, controlled substances, paraphernalia, look-alikes):** It is the policy of D214 to ensure that schools be free of drugs and alcohol. It is forbidden for students to possess, purchase, use, sell, distribute, consume or be under the influence of any illegal or controlled substance (e.g. Marijuana, steroids, narcotics, hallucinogens, alcohol, barbiturates, amphetamines, any type of inhalant) to misuse prescription/nonprescription medication, to possess drug paraphernalia or look-alike drugs (substances that are presumed to be illegal) on a scheduled school day, on school grounds, off school grounds at a school activity, or related function or event, traveling to or from any school related activity or event.

- **Alcohol / Drug Consumption:** Any student who has consumed or used any amount of any controlled substances (marijuana, drugs, or intoxicants, including alcohol) will be considered to be under the influence.

- **Alcohol / Drug Possession:** Any student who has possession or control of any alcoholic beverages, marijuana, controlled substance other than one prescribed by a physician for that individual, other intoxicating substance, look-alike intoxicating substance, or any drug paraphernalia shall be subject to disciplinary action. The term “possession” as used herein is defined to include the use of the student’s person, clothing, supplies, automobile, as well as school lockers, desks, or other school property for the storage of illegal substances.

- **Smoking/Use of Tobacco/Possession of Tobacco:** D214 schools are smoke free campuses. Smoking or chewing tobacco is not permitted on school grounds. Smoking, use of tobacco, possession of tobacco, electronic cigarettes and/or tobacco products on school property, on a school bus or traveling between buildings is prohibited at all times. This rule applies not only for the regular school day but also for all school functions on or off school property.

- **Cell Phones:** Students will be allowed to use their cell phones during the school day, however they must remain in the “off” position and stored in a locker, backpack, purse, pocket, or other place where it is not visible during the student’s instructional schedule. Buildings may designate specific areas in the school where cell phones may be used.

- **Weapons / Dangerous Objects:** Possession of use of explosives, firearms, knives (including pocket knives) or other dangerous weapons or instruments, or look-alike weapons/instruments are prohibited at all times on school buses, in school buildings, or on school grounds, or while attending all other school sponsored activities in which students are participants. If any of the above items are found, the items will be confiscated.

- Students found to be in violation of these policies shall be disciplined by the administration on an Individual basis. Disciplinary measures may include counseling, withholding privileges, and/or suspension or expulsion. The district shall notify parents of the action and may notify police.
## Ways to Prevent Your Teen From Using Drugs and Alcohol

- Know where your teen is when he/she is not home.
- Know your teens friends and their parents. Make sure you approve of the people they are socializing with. Work together with other parents. Email and call them.
- Keep your teen busy after school. If you cannot be home, make sure your teen is involved with extra curricular activities. Keep in mind that supervision and check in’s with your teen on “late arrival” school days are important as well.
- Develop a relationship with your teen. Talk with him/her about things that are important to both of you.
- Spend time enjoying activities your teen likes.
- For more prevention tips visit [samhsa.gov/underage-drinking](http://samhsa.gov/underage-drinking) or [linktogethercoalition.org](http://linktogethercoalition.org)

## The Parent Awareness Test

*Take this test. Then have your teen take it. Do your answers match? Do any surprise you?*

- Who is your child’s best friend?
- What are the names of the best friend’s parents?
- Does your teen have a favorite teacher?
- Did your teen finish his/her homework last night?
- When was the last time your teen was disappointed about something?
- When was the last time your teen was excited about something?
- What is your teen’s favorite interest?
- What is your teen’s favorite music
- What was the last movie your teen saw?
- Who does your teen respect and admire?
5 Conversation Goals

1. Show you disapprove of underage drinking.
   Over 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it’s important that you send a clear and strong message.

2. Show you care about your child’s happiness and well-being.
   Young people are more likely to listen when they know you’re on their side. Try to reinforce why you don’t want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you’re working with, and not against, your child.

3. Show you’re a good source of information about alcohol.
   You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don’t want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

4. Show you’re paying attention and you’ll notice if your child drinks.
   You want to show you’re keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. Build your child’s skills and strategies for avoiding underage drinking.
   Even if your child doesn’t want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you’ll need to build skills and practice them.

Keep it low-key.
Don’t worry, you don’t have to get everything across in one talk.
Many small talks are better.
Behaviors of Concern: Be Alert, Be Aware

The difference between normal adolescent behavior and behavior that may indicate potential problems is sometimes a matter of degree and consistency. Look for a series of changes, not an isolated single behavior. As a parent, you have to act on your own knowledge of normal behaviors and your own sixth sense. Ignoring suspicious behavior will not make it go away and may harm your teen. For example, if your teen begins to fail at school, withdraws from the family, or displays drastic mood swings, this could lead to other more serious problems requiring professional help.

The following might be indicators that an adolescent is experiencing problems:

- Increasing tardiness and/or absences from school.
- Change in the type of friends.
- Stealing and/or vandalism.
- Sudden increase or decrease in weight.
- Change in sleep patterns.
- Alcohol and/or other drug use.
- Grades begin to slide downward.
- Change in language used.
- Change in attention span, ability to concentrate.
- Violation of personal values or beliefs.
- Social withdrawal/increased isolation from others.
- Increase in impulsive/bizarre behavior.
- Change in personal appearance.
- Increase in number of detentions/suspensions from school.
Taking Action: What Parents Can Do

If you believe that your teen is experiencing problems that are interfering with his/her family, peer, or school relationships, know that you are not alone! For many adolescents and their families, the teen years are often filled with turmoil, confusion, testing of limits, and power struggles. It is important to reach out for help before problems become severe. Consulting your family physician to rule out physical causes is a good, first step. A telephone to one or more of your child’s teachers may also provide additional information about your child during the school day.

The Student Service Team at each D214 school is comprised of the Assistant Principal for Student Services, School Counselors, the College/Career Counselor, and the Coordinator of the IR Department. Specialists on the team are the School Psychologist, Speech/Language Therapist, School Social Worker and School Nurse. They work together to serve students in a variety of ways. They assist students with academic, emotional, behavioral, health and legal issues that might arise in their lives. They provide a link between home and school at the High School level. The specialists provide more individualized assistance with decision making for all students as well as serve as liaisons to outside agencies and services.

You may also choose to talk directly with your teen about the changes you have observed. Talking with your teen in a caring, concerned way often begins the process of reaching out for help. You may find the following “formula” helpful in planning what you will say and how you will present your concerns:

- **I...**  
  - **Care**  
    - (a statement of your care and concern)
  
- **See**  
  - (talk about the behaviors you have witnessed)

- **Feel**  
  - (feeling words—how the behaviors impact you)

- **Want**  
  - (the behavior you desire from your child)

- **Will**  
  - (how you are willing to help)
# Resources for D214 Families

## Police Departments

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<thead>
<tr>
<th>Department</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Arlington Heights Police Department</td>
<td>847-368-5300</td>
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<tr>
<td>Buffalo Grove Police Department</td>
<td>847-459-2560</td>
</tr>
<tr>
<td>Elk Grove Police Department</td>
<td>847-357-4100</td>
</tr>
<tr>
<td>Mount Prospect Police Department</td>
<td>847-870-5656</td>
</tr>
<tr>
<td>Prospect Heights Police Department</td>
<td>847-398-5511</td>
</tr>
<tr>
<td>Wheeling Police Department</td>
<td>847-459-2632</td>
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## Hospitals

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<th>Hospital</th>
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<tr>
<td>Advocate Lutheran General Hospital</td>
<td>847-723-2210</td>
</tr>
<tr>
<td>Alexian Brothers Behavioral Health Hospital</td>
<td>847-755-8140</td>
</tr>
<tr>
<td>Chicago Behavioral Hospital</td>
<td>847-768-5430</td>
</tr>
<tr>
<td>Northwest Community Hospital</td>
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<tr>
<td><em>Mental Health Liaison Referral Line</em></td>
<td>847-618-4040</td>
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<tr>
<td><em>Substance Abuse Referral Line</em></td>
<td>847-618-2700</td>
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## Community Resources

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<th>Resource</th>
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<tbody>
<tr>
<td>Arbor Counseling Center</td>
<td>847-913-0393</td>
</tr>
<tr>
<td>Bridge Youth and Family Services</td>
<td>847-359-7490</td>
</tr>
<tr>
<td>Families of Adolescents in Recovery</td>
<td>847-359-5192</td>
</tr>
<tr>
<td>Gateway Foundation</td>
<td>847-356-8205</td>
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<tr>
<td>Kenneth Young Center</td>
<td>847-524-8800</td>
</tr>
<tr>
<td>Link Together Coalition</td>
<td>847-353-1776</td>
</tr>
<tr>
<td>OMNI Youth Services</td>
<td>847-353-1500</td>
</tr>
<tr>
<td>Rosecrance Substance Abuse Treatment Center</td>
<td>815-391-1000</td>
</tr>
<tr>
<td>Streamwood Behavioral Health Care System</td>
<td>630-837-9000</td>
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## School Contact Information

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<thead>
<tr>
<th>School</th>
<th>Contact</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Buffalo Grove High School - Robert Hartwig</td>
<td></td>
<td>847-718-4012</td>
</tr>
<tr>
<td>Elk Grove High School - Valeria Norris</td>
<td></td>
<td>847-718-4421</td>
</tr>
<tr>
<td>John Hersey High School - Marni Johnson</td>
<td></td>
<td>847-718-4821</td>
</tr>
<tr>
<td>Prospect High School - Luke Pavone</td>
<td></td>
<td>847-718-5221</td>
</tr>
<tr>
<td>Rolling Meadows High School - Nathan Aslinger</td>
<td></td>
<td>847-718-5621</td>
</tr>
<tr>
<td>Wheeling High School - Tom Scotese</td>
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<td>847-718-7021</td>
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*For more information on District 214 policies and procedures please see the “What Parents/Guardians Should Know” guide available at D214.org

*For more information on drug and alcohol prevention in your community, visit linktogethercoalition.org
Link Together Coalition

Serving the Wheeling Township Communities of Arlington Heights, Buffalo Grove, Mount Prospect, Prospect Heights and Wheeling

Mission Statement

The communities of District 214 are working towards prevention and reduction of underage drinking and substance use by providing education, awareness, and opportunities.

If you are interested in being part of Link Together, please contact us at Linktogethercoalition@gmail.com

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