

Missouri Community 2000

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A New Use for Cough Medicine

A new trend is on the rise among teenagers. Robo-tripping, Dex-ing, Robo-fizzing, Smurfing and Skittling are all slang terms for the abuse of over the counter cough medicine containing (DXM) dextromethorphan . One out of 10, 2.4 million nationwide, people ages 12 to 17 reported having taken excessive amounts of over the counter (OTC) cough medicines containing DEX to get high.

There are more than 100 OTC medicines that contain DXM and they are readily available in many of our homes and easily bought at grocery stores, drug stores and on the internet. Dextromethorphan can even be bought in bulk online. A few OTC medicines that contain DXM are Alka-Seltzer Plus Cold and Cough, Dimetapp DM, Mucinex DM, PediaCare cough medicines, Robitussin, Sudafed, Theraflu, Triaminic, Tylenol Cold, Vicks 44 Cough Relief, Zicam and some Vicks Nyquil and Dayquil medicines. Those abusing

the medicines have given the OTC medicines several names including Dex, DXM, Skittles, Syrup, Tussin, and Triple C.

Users get a high similar to that of an ecstasy high. Users are likely to experience mild distortions of color and sound, strong visual hallucinations, out of body sensations, confusion, slurred speech and loss of motor skills. Side effects of OTC cough medicine abuse include delusions, panic attacks, memory problems, blurred vision, stomach pain, nausea, vomiting, high blood pressure, rapid heart beat, numbness of fingers and/or toes, drowsiness, dizziness, fever, headaches, rashes, itchy skin and loss of consciousness.

Several websites have been developed to promote the use of OTC cough medicines. Be on the look out for www.third-plateau.org, www.erowid.org, www.dextroverse.org,



www.lycaeum.org, and www.myspace.com/dextromethorphan.

Warning signs that a person is abusing OTC cough medicines the side effects listed in this article, declining grades, loss of interest in friends and activities, changes in physical appearance and behavior, unusual chemical or medicinal smells, locking themselves in a room with the light off, receiving unexpected packages, and empty cough medicine packages.

*Source and for more information visit: www.doseofprevention.org

-Quick Reference-

Time to Talk- a program offered by Partnership for a Drug-Free America

Offers literature to help parents or caring adults talk to children about drugs and alcohol

www.timetotalk.org

Legal Drinking Age Debate

Did you know that Missouri Law allows minors to consume alcohol supplied by their parents/guardians at their residence, as long as the parents/guardians must be present when the consumption occurs (sited by MSNBC article by Alex Johnson)? All states ban selling alcohol to minors and nearly all prohibit possession but there are many states that do not exactly bar minors from consuming it.

There debate over the legal drinking age is on the rise. Proponents for the

debate believe that the legal drinking age should be lowered to age 18. Proponents state that if an eighteen year old is mature enough to vote and fight for their country then they should be able to enjoy a few beers.

Opponents believe that the legal drinking age should remain at age 21. Opponents for a lower drinking age site a study that concludes that 22, 798



lives have been saved from 1975 to 2003 because of the higher drinking age.

There is one thing that both parties agree on and that's education. Both sides believe that talking and teaching children to be responsible with alcohol is the key to saving lives.

*Source: "Debate on lower drinking age bubbling up" by Alex Johnson, www.msbc.msn.com

Cyberbullying, What it is and How to Prevent it

Cyberbullying is the use of the internet to harass, demean, abuse, spread malicious rumors and gossip of youth. Cyberbullying is a major social problem among today's youth and left unresolved can cause damaging effects.

Four out of ten teens report that they have experienced cyberbullying in the past year. Girls report having been cyberbullied more than boys. Nearly 20 percent of teens were victimized by having a cyberbully pretend to be someone else in order to get the teen to reveal private personal information. Seventeen percent of teens reported that they were bullied by someone lying about them online. Thirteen percent of teens stated that a cyberbully had pretended to be them while online. And ten percent said that someone had posted pictures of them without their permission (Figures from the National Crime Prevention Council).

Only one in ten teens reported that they had talked with their parents about their experience with a cyberbully. Eighty one percent of teens think that others cyberbully because they think it's funny. Teens also suggested that they believe that others cyberbully because they don't think it's a big deal, they don't think about the consequences, they are encouraged by others, they think that everybody cyberbullies, and they think that they won't get caught.

The reactions that teens have following being cyberbullied vary. Some teens react positively by blocking communication with the cyberbully, deleting messages from the bully without even reading them, they talk to a friend about the bullying, and they report the problem to an internet service provider or the website moderator. Most youth experience anger, feelings of hurt, being embarrassed and being scared.

Some of these emotions may cause the youth to retaliate against the cyberbully by becoming a cyberbully themselves. If your child is cyberbullied they should save all communication from the cyberbully and talk to a parent, teacher, police officer or trusted adult. Most cyberbullies think that they are anonymous but they can be found.

To prevent cyberbullying teens have used a variety of ways to stop the cycle, they refuse to pass along cyberbullying messages, tell others to stop cyberbullying, block communication with cyberbullies, report cyberbullying to a trusted adult.

While on the internet it is important to remember never to post or share personal information, including your full name, address, telephone numbers, school name, parents' names, credit card number, social security number or other's personal information.

Cyberbullying...continued

Never share your internet passwords with anyone, except your parents. Never meet anyone face to face that you only know from being online. And always talk to your parents, teacher, law enforcement or trusted adult about what you do online.

The National Crime Prevention Council has begun a new campaign "Take A Bite Out of Cyber Crime" with McGruff the crime dog.



Monitor your youths activities on the internet.

For more information on this campaign visit www.ncpc.org.

The National Crime Prevention Council will hold it's 8th National Conference on Preventing Crime: Helping Build Safer

Communities will be held October 3-5, 2007 in Atlanta, Georgia. It will

feature more than 65 training sessions and will provide cutting edge strategies and crime-prevention practices. As well as offering networking opportunities. For more information on the convention contact Brian Snyder, Director of Conference and Meeting Planning or visit the website, www.ncpc.org.

*Source:www.ncpc.org and www.ncjrs.gov

Statewide and Southeast Area Vehicle Accident Fatality Report

Statewide Vehicle Accident Fatality Totals as of August 12, 2007:

2007 year to date fatalities-581
2006 totals up to 8/12/06-671
13 percent decrease over one year

Southeast Area Vehicle Accident Fatality Totals as of August 5, 2007:

2007 year to date fatalities-51
2006 totals up to 8/05/06-59
13 percent decrease over one year

Year End Totals 2003-2006

2006 year end total-1,096
2005 year end total-1,257
2004 year end total-1,130
2003 year end total-1,232

*Source: Lt. John R. Davis

"Thirteen percent decrease in vehicle accident fatalities over a one year period."

Report Points to Lack of Social Skills Affecting Early Education

Story by: Bob Priddy

A report given to the Springfield [Missouri] School Board says a lot of smart children show up for kindergarten every year but their poor social skills get in the way of learning. The report calls on the community to develop emotional and

social skills of children before they get to kindergarten.

The Mayor's Commission for Children was made up of 16 early childhood professionals. It surveyed children in almost 200 kindergarten classes in schools in the Springfield,

Branson, Nixa and Ozark districts.

The report says about 20 percent of the children in kindergarten last year were not ready to be there.

Source:
www.missourinet.com



Family Counseling Center, Inc.

925 Highway V V
PO Box 71
Kennett, MO 63857

Phone: 573-888-5925
Fax: 573-888-9365

**“An Ounce of Prevention is Worth a
Pound of Cure.”**

We're on the web!
www.fccinc.org

Quick Tips

“Hangin’ Out: Fun Ideas” from the Anti Drug Campaign suggests several ideas for parents to prevent their daughters from using drugs. One method they use has an easy way to remember because each technique, together, spells out the word **GIRLS**.

G-give her your time and attention regularly.

I-inspire your daughter’s interests and talents to help her build strong self-esteem.

R-recognize good behaviors and praise your daughter often.

L-love but limit. Set expectations and clear “no drug” rules.

S-stress is a big deal. Stay in-tune

with what’s going on in your daughter’s life.

The site also suggests a 4 M approach to raising healthy girls: Maximize time together to build a strong bond with your daughter.

Model coping skills to manage stress and pressure.

Motivate your daughter’s self-confidence by recognizing her strengths, skills, and interests.

Monitor your daughter’s activities and behaviors with love and limits.

*Source: www.theantidrug.com



Be an essential part of your daughter’s life. Try out these quick tips today.