

# TEENS MATTER

## A PARENTING TEENS DIGEST

Boone County Step Ahead Council  
[bccn.boone.in.us.sac/newsletters.html](http://bccn.boone.in.us.sac/newsletters.html)

February/March 2004

### **Thirteen Thousand Using Teens Talk About Marijuana**

By: Karen Bright,MSW

A recent study released by the Substance Abuse and Mental Health Administration produced less than positive data proving that marijuana is anything but a harmless drug. The information was collected over a three-year period by 13, 831 self-reporting teens ages 12-17.

The study showed that marijuana users were as much as 9 times more likely to experience problem behaviors such as stealing, running away from home, aggressive behavior, destruction of property, and using other illegal drugs than non-users and that the problem behavior increased with the frequency of use.

Teens that used 1 or more times per week stated they had little energy, were 3 times more likely than non-users to have suicidal thoughts, were twice as likely as non-users to withdraw socially and not engage in "open" conversations. They further stated that they led secretive lives, that they did not get along well with other kids, and felt like people were out to "get them". Forty-seven percent of teens that use marijuana reported feeling unhappy, anxious, and depressed.

Further research showed that today's marijuana is many times stronger than the pot available when today's parents were teens and has proven to cause permanent short-term memory loss. Today's pot is so strong that 5 joints have the same damaging effects on the lung as 113 cigarettes!

If you suspect your adolescent is getting high, confront him or her. Many parents don't want to believe that their child might be getting high, that getting high is a phase, or that the problem is as bad

as it really is, so they avoid the issue. Others don't want their children to become hurt or angry with them, so again, they avoid the issue. Ultimately it is the parent's responsibility to get help for their child. Drug abuse can destroy lives, ruin families, and even kill. Better to have our children angry with us versus incarcerated, hospitalized, or dead!

If you have noticed changes in your child's behavior, appearance, grades, activities/interests, friends, moods, or energy levels then confront your child. If you have any indication that he or she is even experimenting with marijuana or other drugs, please seek professional help.

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### **Six Key Areas of Support**

Search Institute researchers have identified six Support assets that are crucial for helping young people grow up healthy. Check the areas of strength in your teens life:

- 1. Family Support**----Family life provides high levels of love and support.
- 2. Positive Family Communication**----You and your child communicate positively, and your child is willing to seek you out for advice and counsel.
- 3. Other Adult Relationships** ----Your child receives support from three or more non-parent adults.
- 4. Caring Neighborhood**----Your child experiences caring neighbors.
- 5. Caring School Climate**----School provides a caring, encouraging environment for your child.
- 6. Parent Involvement in Schooling**----You are actively involved in helping you child succeed in school.

Source: Young Families KSU

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Since this newsletter is covering February and March we thought we would give you some trivial information regarding these holidays.

### **Roses – The Language of Love**

Author: Mark Whitelaw

Published on: February 5, 1999

Taken from article on the Web:

[www.suite101.com](http://www.suite101.com)

On February 14<sup>th</sup>. 1.3 million roses will be delivered as a tangible expression of words unspoken. And although other flowers will be delivered, the language of love is still the rose – accounting for almost 40% of all Valentine’s Day gift sales. So how is your rose syntax? Be careful, the wrong “words” may get you in a lot of hot water.



According to the American Rose Society, roses are the modern day expression of the sender’s love and respect. This has not always been the case, however. In Greek mythology, the red rose represents desire and passion when Aphrodite spills drops of blood onto a white rose while trying to help her wounded lover, Adonis. Throughout ancient Christendom, the red rose symbolizes the blood and agony of the crucifixion of Jesus. In ancient Persian mythology, a nightingale’s self-inflicted breast wound turns a white rose red, changing colors because of the bird’s egocentricity. Pink roses symbolize grand and gentility in modern rose vocabulary, but in Roman mythology represents pain, suffering and death. Various tones of pink can mean different things, too. Deep pink roses say “thank you” by symbolizing gratitude and appreciation, while light pink convey admiration and sympathy. White roses symbolize reverence

and humility. It can also represent purity, innocence and silence, security and happiness.

Yellow roses signify joy, gladness and freedom in modern rose lexicon, but Islamic folklore they symbolize deceit, treachery, and adultery. Orange roses are often a genetic blend of red and yellows and therefore represent a blend of symbols – enthusiasm and desire. Some roses blend pinks and yellows into beautiful pale tones with the same bloom, signifying sociability and friendship. All things said, the rose is still the expressive choice of lovers around the world.

As for me, my bouquet doesn’t have to be roses, I love all types of flowers, but better yet just sent a BIG box of chocolates.

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### **The St. Patrick’s Day Leprechaun**

From: [www.usis.usemb.se](http://www.usis.usemb.se)

The word ‘leprechaun’ is from a mixture of “luchorpan” or “small Person” and a word meaning “one-shoemaker.” As a St. Patrick’s Day symbol, the leprechaun is a smiling, merry little elf. However, legend tells us that he is always grumpy, untrustworthy and very tricky. In ancient myths, the leprechaun guards a hidden pot of gold, which humans try to find, but without success. As one story goes, an Irishman caught a leprechaun, managed to make him reveal which tree his pot of gold was buried under. The Irishman tied a red handkerchief around the trunk of it so he would remember the location when he went away to find a shovel. When he returned, he found that the leprechaun had tied a red handkerchief exactly like his own around every other tree in the forest.

