



Clean it up...Declare a "No Cussing Day"



There's an anti-cursing movement in school hallways across the country - with some saying that cursing leads to bullying or bad behavior. But not everyone agrees on how to break the cursing habit, particularly among kids. Teens say conversations filled with four-letter words are the norm in the halls of most schools and on the streets. "Everyone swears," states one 14-year old.

Middle schools in Mobile, Alabama declared a day-long cussing ban to try to break the habit. Administrators there say the small issue is cussing and that the larger issue is civility, questioning if we have gotten meaner as a nation.

One mom says she believes that kids are not as civil as the days in which she was growing up and going to school. George Phillips, a school principal, states, "I think teenagers especially are much more bold in criticizing their parents."

Experts, like ethicist Dr. James Fowler, believe kids and adults are lacking real human connections. Too many kids question, who really cares about how they behave? "Partly, it's lack of real connection to other people. Partly it's the breakdown of networks of support and accountability. We feel awfully isolated, and therefore vulnerable. Also, we feel unaccountable. 'Who cares how I behave?'" says Dr. Fowler.

How can we move from a cussing culture of cruelty to one of compassion and caring? The day-long cussing ban is one effort. And educators throughout the country encourage adults to be civility role models, as well. "At school, we treat each other well, show each other respect. We teach that to the children in the stories, and hopefully in the ways they see us interact with each other," says Warrenna Hankinson, an elementary assistant principal in Charlotte, North Carolina.

(Source: connectwithkids.com, 2-21-11)

Be a Good Sport!

The athletic director of Catholic schools in Pittsburgh recently sent a letter to parents and coaches of 100 Catholic elementary schools warning them that racial slurs and displays of anger will not be tolerated. It's a situation all too common at athletic events in many communities...parents getting thrown out of the park, getting on referees, and berating the kids. One 12-year old says, "They'll be yelling stuff and you're in the background just trying to ignore it."



Licensed sports psychologist, Dr. Rick Van Haveren, say a "win-at-all-costs" attitude is at the root of bad sportsmanship. It's a message too many kids are getting from coaches and parents. "I think parents need to start with themselves and take a look at how they feel about things," says Dr. Van Haveren.

Experts say parents should make it clear to their child that the most important thing they can get out of sports is the ability to play the right way, with dignity...win, or lose. "That in life there's going to be ups and down and you're going to need to deal with those. That things aren't always going to go your way and so you know, when you do lose, you're going to be able to pick yourself up and that you're going to be able to deal with it effectively, you're going to be able to keep your emotions in check," adds Dr. Van Haveren.

(Source: connectwithkids.com, 2-15-11)

Bladder Control Problems More Common in Kids with ADHD

Researchers have found that children with attention-deficit hyperactivity disorder (ADHD) may be more likely than their peers to have problems with bedwetting and other bladder control symptoms such as habitually feeling an urgent need to go to the bathroom, and "voiding" symptoms -- problems emptying the bladder.



Past research has suggested that up to 30 percent of children with attention deficit disorders have had problems with enuresis -- wetting themselves, either during the day or while sleeping. New findings suggest that all voiding problems, not only enuresis, increase in children with ADHD. In the study, 22 percent of the ADHD group had problems like bedwetting or urinary incontinence over three days, compared with 5 percent of those without ADHD.

Parents of kids diagnosed with ADHD should be aware some of these children will have voiding issues, but they should also be aware that it can be addressed. Treatment usually means various types of behavior changes, like limiting liquids in the evening and having kids wear a programmable watch that reminds them to take bathroom breaks at regular intervals during the day. It can be more difficult for kids with ADHD to make such changes compared with other children, so it's important to individualize their therapy, which may mean setting smaller goals along the way.

(Source: reuters.com, 1-20-11)



Laws and Legislation

ALCOPOPS RECLASSIFIED

On February 14, 2011 an order was signed by a Lancaster County District Court Judge declaring alcopops as distilled spirits for taxation purposes. Alcopops are brewed malt beverages with distilled spirits added for flavor.

In 2008, the state liquor control commission classified alcopops as beer, just as the federal government does. However, Nebraska's state law specifically states that beverages with distilled spirits must be taxed as hard liquor. A concerned mother and three active state groups working to reduce underage drinking filed a lawsuit in 2009 challenging the commission's ruling. One of the groups, Project Extra Mile, said that classifying the drinks as beer made them more accessible to teens by making them available at more stores and at lower prices than if they were classified as hard alcohol.



The latest order states that the Liquor Control Commission exceeded their statutory authority granted to them under the Liquor Control Act. The order further states alcopops are clearly spirits under the Act and must be taxed as such. The tax on these drinks would increase from 31 cents a gallon to \$3.75 a gallon, and they cannot be sold at beer-only retail outlets like mini-markets.

Diane Riibe, executive director of Project Extra Mile, said, "We're pleased with the court's decision, and we see today as a day of justice for our youth. We've long fought to protect Nebraska's young people from the alcohol industry's marketing tactics, including preferential taxation on alcopops. These products target our youngest of young people. Eighth-grade girls have been shown to be the primary consumers of the product." Riibe also states that kids are price-sensitive, and studies show price increases give kids less access.

Nebraska's Attorney General has decided to appeal the new ruling.

(Sources: Project Extra Mile Media Release, 2-16-11; jointtogether.org, 2-24-11; starherald.com, 3-1-11)

BAN ENACTED ON K2

A law, which now makes it illegal to possess K2, a synthetic form of marijuana, has been signed by Nebraska's Governor. The law took effect immediately, due to an emergency clause.



K2, a mixture of dried herbs sprayed with chemicals and sold as incense, previously was not illegal to possess; it was only illegal to be under its influence, which could be difficult to prove.

Effects of using the product include anxiety attacks, elevated heart rates, vomiting, seizures, loss of consciousness, even death, leading to a substantial increase in calls to poison control centers and emergency room visits within the past year. The ban was necessary to protect public health and safety.

A federal ban which outlaws the sale of five chemicals used to make synthetic marijuana went into effect on March 1. That ban will be in effect for one year while the Drug Enforcement Administration (DEA) studies the possibility of a permanent ban.

(Sources: jointtogether.org, 3-7-11; kmtv.com, 2-23-11)

SCIP SIDE LINE

Prescription Drug Take Back

SCIP will once again participate in the DEA National Prescription Drug Take Back on April 30, 2011. The Take Back was a huge success last October, with 2,407 lbs of unused or expired prescription medications collected throughout the state. SCIP will partner with the Lincoln Police Department to provide information on prescription drug abuse and raise community awareness of the SCIP Program. For more information, or to inquire about hosting a collection site in your area, contact your local law enforcement agency or go to the DEA's website:

www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

SCIP Intervention Team Training

The annual SCIP Intervention Team Training for 2011 is scheduled for July 12-15. The training is for school staff new to a SCIP Team, or as a refresher for current members. More information and registration forms will be sent out in April.

April Awareness Events

- Alcohol Awareness Month
- National Child Abuse Prevention Month
- 420 -- April 20th is celebrated as National Pot Smoking Day among marijuana users.

The Next Craze?

With the recent crackdown on alcopops and caffeine-infused alcoholic drinks, another new product has appeared on the market -- Adult Chocolate Milk.

This "milk" packs a kick of 40-proof vodka. The pour and serve drink is sold in a retro-chic glass bottle with a swing top closure.

It has become so popular the creator, Adult Beverage Company, plans to branch out with new flavors such as Adult Orange Cream, Adult Fruit Punch and Adult Limeade, making it another enticing product for our youth.

Adult Chocolate Milk currently is available in Nebraska.

(Sources: adultchocolatemilk.com; blogs.laweekly.com)

