

SOCIAL ORDINANCE CHECKLIST

The Social Host Ordinances in Minnetonka and Shorewood support the majority of parents and young people in our community who do not enable or engage in underage drinking. It also sends a clear message of accountability to those who might consider hosting underage drinkers. Under the ordinances, the host of a party where underage drinking takes place is considered criminally responsible, regardless of who provided the alcohol. Violators can be charged with a misdemeanor. You can protect yourself by ensuring those under the age of 21

Back-to-School, Back to Business

By now, you have surely checked off all the items on your back to school supplies list. The Tonka CARES coalition encourages you to work on checking off these items as well, especially with this being Homecoming weekend.

The Tonka CARES Parent Pledge:

- I have shared open and honest conversations about the risks of alcohol and other drug use with my teen.
- I model healthy behavior.
- I have communicated “crystal clear” rules and expectations regarding the use of alcohol, tobacco and e-cigarettes, marijuana, and other drugs this year.
- I have discussed the specific consequences of breaking the rules with my teen.
- I have walked my teen through different scenarios and discussed with him or her how to best handle those situations.
- I regularly connect with other parents to ensure our kids spend time in healthy environments.
- I secure any alcohol or other drugs (including prescription medications) that may be present in my home.
- I have communicated I am here to help if my teen or one of his or her friends is struggling with substance use or mental health issues.

ABOUT



Tonka CARES is a prevention-focused coalition made up of 50+ members representing various sectors of the community. We work with local law enforcement, businesses, city government, Minnetonka Public Schools, nonprofits supporting youth, faith communities, students and parents to create a healthier community and environment that supports positive decision making among young people. The mission of Tonka CARES is to reduce underage substance use in the Minnetonka School District community.



TONKA CARES ABOUT YOUR STUDENT

The start of the school year is exciting and brings several fun celebrations and social activities. All of the changes that take place can bring both positive and negative stressors for your teen. While getting enough sleep, exercise and proper nutrition top the charts for stress prevention and management, here are some additional tips for fostering resiliency:

1. Encourage a consistent bed time & sleep schedule
2. Share family meals
3. Only use the bed for sleeping
4. Practice relaxation methods such as deep breathing

Resiliency Tips

If you've noticed changes in your teen's appearance, habits or behaviors, they may be normal adolescent changes, but they may also signify substance use or mental health concerns. See this resource for more information. Signs and Symptoms of Adolescent Use



FALL 2016
HIGH SCHOOL
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PARENT'S BACK-TO-SCHOOL SYLLABUS

Have a Safe Homecoming

Most Minnetonka students don't regularly drink alcohol or use drugs, but it's crucial that all parents know where their child stands.

Have you established “crystal clear” rules on the use of drugs and alcohol? Do you regularly discuss in advance the consequences of breaking the rules? Follow-through is equally important as establishing and communicating clear expectations.

Do you talk candidly with your teen about the risks of drug use and drinking? Try including information on the dangers of alcohol poisoning and other consequences, such as legal problems and impact on college admissions, alcohol- and drug-related car crashes, increased risk for sexual assault, impaired brain development, etc. Walk your teen through different scenarios and discuss how to best handle those situations. Youth who have practiced having difficult discussions will feel more prepared to face alcohol and drugs in their peer groups.

If you allow your child to attend an “after party” at someone's house, talk to the host parents about their expectations and supervision. If you can't confirm it will be a safe environment, help your child develop alternative plans. It might be helpful to remind your teen that not “all kids are going,” despite what he or she might believe! Have you considered how youth may have access to alcohol in your home? If you agree to host an “after party,” Tonka CARES strongly encourages you to lock up your liquor (and medicine), check backpacks/purses and any opened beverages being brought to your home, and prepare to actively supervise. Host parents are liable for anything that happens at their home, so be sure your guests understand your rules. Additionally, if you live in Minnetonka or Shorewood, you may be held criminally liable for “hosting” an underage drinking party, even if you do not provide the alcohol. You can protect yourself by ensuring those under the age of 21 cannot access alcohol in your home.

IN THIS ISSUE

- Back to School Conversations
- Guide to a Safe Homecoming
- Social Ordinance Checklist
- Letter from Tonka Cares

RESOURCES

www.tonkaCARES.org

The Tonka CARES coalition website is a great place to start and has a variety of resources for parents and other community partners

www.drugfree.org

Find age appropriate tips on talking with your kids, information about the developing teenage brain, resources if you suspect your child is using, a free helpline for parents, etc.)

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