

## Where Do I Find Information?

Sometimes as parents we know something does not seem just right. However, we need to know more before we can decide what the problem is or what we can do about it. Below are some helpful web sites that can answer some of your questions.

<http://www.drugfree.org/> - This web site has a lot of parenting information about drugs and youth.

Some of the pages on this site include:

<http://www.drugfree.org/Parent/> - here parents can learn about the teen brain, a parent toolkit that includes topics such as keeping your child safe, age related information, what to do if your child is using drugs and how to communicate with your child. There is also information about prescription drugs. At this site is also a section for teens. Here your child will find stories about others teens who have used drugs, videos that show situations where a choice must be made, quizzes and drug information. This site can be a lot of fun.

<http://www.theantidrug.com/>

This is another good site. It has information in several languages. Here you can find parenting information, drug information and sign up for a newsletter. Right now the first page of the web site has a quiz to see how well you know your child. There are also stories from

parents who have experienced problems with their children. Under resources there is a web page <http://www.theantidrug.com/resources/teens-technology.aspx> that has resources to help you deal with the technology explosion teens are so involved in. Here you can learn how to protect your children when they are using the computer. The web page

<http://www.theantidrug.com/resources/> has downloadable brochures. It also has a section on bridging the generation gap.

The National Institute on Drug Abuse has a web site

<http://www.drugabuse.gov/students.html> where parents and teens can find information on drugs. Though this site does not have the fun games and videos it still contains a lot of factual information that you may be seeking.

To learn what acronyms the teens use try <http://www.netlingo.com/top50/acronyms-for-parents.php>.

These are just a few of the sites you might want to take a few minutes and look through. If you do not find your answers here google terms like teens and drugs, teens and technology, teens and dangerous behavior to find more.



### Inside this issue:

Internet Safety	2
Idozers	3
Family Fun	3

### What do you see?

How many times do you find the word drug or drugs in the newsletter?

How many web sites are mentioned in the newsletter?

Answers on page 4



## Internet Safety

Sites to help parents keep children safe on the internet.

<http://www.fbi.gov/publications/pguide/pguidee.htm>

<http://www.netsmartz.org/netparents.htm>

[http://kidshealth.org/parent/positive/family/net\\_safety.html](http://kidshealth.org/parent/positive/family/net_safety.html)

<http://www.wiredsafety.org/parent.html>

Points to remember:

1. No tool or method is 100% effective
2. Internet Service Provider has parent control options to block certain materials
3. Create screen name to protect child
4. Become computer literate and learn how to lock objectionable material
5. Keep computer in common area, do not let children have a computer in the bedroom
6. If you do allow an older child a computer in the bedroom, remove laptops and cell phones at bedtime so children sleep at night and not instant message and text when should be sleeping.
7. Share email account with child so you can monitor mail
8. Bookmark favorite sites for easy access
9. Spend time using the internet together to teach child safe ways
10. Forbid private chat rooms, block them with safety features from Internet Service Provider
11. Monitor credit cards and phone bills for unfamiliar charges
12. Believe child and follow up if child says he/she had an uncomfortable exchange on internet
13. Disable cookies that track information like email address, name, shopping preferences
14. Set up rules with child, post near the computer
15. Never trade personal information and pictures on line or in an email
16. Never give out personal information such as name, school, age, address, phone number
17. Help child learn that a new friend on line may not be who they say they are
18. Never respond to threatening email
19. Be introduced to online friends
20. Be wary if child turns off the computer when you enter the room
21. There is a risk your child could find porn sites, sites selling contraband, advocate illegal activities, teach how to make a bomb, pose risks to privacy, ads for alcohol, drugs, hate literature, gamble online, collect private information to sell.
22. Your child may pose a risk to you by giving out credit card information, private information about the family, buying things and charging them to you, committing computer crimes (downloads), access, lose or destroy your files.
23. People and not computers should be a child's best friends
24. Watch children while on line and see where they are going
25. Explain up front that children will not have complete privacy online, you do not have privacy at work and this is somewhat the same situation. The workplace protects itself from employee use, you are protecting you and your child
26. Explain that all people are not honest about who they are in chat rooms.
27. Again, help children to learn, work together and follow thru if rules not obeyed.
28. Do not tell your child your passwords, don't write them down and do not make them easy for child to know
29. Do not store credit card information on the computer that could tempt your child to use it and also make it easier for hackers to find.
30. Block pop-ups. In windows open your browser and go under tools then internet options go to privacy and click on block pop-ups. Under the security tab you can block sites. Also visit content site and make selections to block material.
31. Future employers and colleges scan the web now, a picture of a drinking party or other such activity could cost admission to a school or getting that job.



## **Idozers: Newest Craze That Could Be Dangerous**

Digital Drugs, just one of the newest fads being reported by news shows and print media. As if parents did not have enough to be concerned about now we have virtual drugs. Just what are these digital drugs? Idozers, as these sounds are called, are based on “binaural beats”. Binaural beats are two tones are played into separate ears, the left ear gets one tone and the right gets a slightly different tone using head phones. Your brain then combines these sounds into a new frequency which corresponds to brain wave frequencies. These frequencies are related to different states like being relaxed or being very alert. Sites selling idozers claim that the sounds can mimic the effects of alcohol, marijuana, crack, LSD, heroin and other drugs. Whether these sounds really do what the ads say or not is still in question. Perhaps just believing the effect will occur is enough for some people to experience something. This is known as the placebo effect.

Whether or not these idozers work, they can still cause problems. If they do work like the drugs they imitate, they can cause impaired coordination and hallucinations among other effects. Just these effects can cause car accidents. If they cause the placebo effect, they can still be dangerous by influencing a young person’s behavior. And if the idozer does not work at all, there is still the fact that these sites promote illegal drug use. That is a danger to your children. Talk with your children and tell them the dangers of these idozers. It might only be a small step for your child to go from virtual drug to the real drug. The idozers make drugs look safe.

## **Family Fun**

Ideas for this month for families to do together;

Traditions are important so do some of your family’s Easter tradition.

Go fly a kite and enjoy the spring weather.

Take a hike before the weather becomes too hot. Each family member should look for something along the trail that is new, or pretty or interesting in some way. After the hike while everyone takes a rest, share what you saw along the way.

Now is a great time to plant a family garden. This activity can enhance a child’s concern for the earth, provide physical activity and promote good eating habits.



Parents' Academy/Parents' Corner  
Eddy County DWI Program

401 S. Main St.  
Carlsbad NM 88220  
Phone: 575-200-9962  
E-mail: parentsacademy@co.eddy.nm.us

Caring for parents and children

[http://  
www.co.eddy.nm.us/  
dwiprogram.html](http://www.co.eddy.nm.us/dwiprogram.html)

## The Parents' Academy/Parents' Corner

The Parents' Academy and Parents' Corner is seeking sponsors. We would like to partner with organizations such as church groups or civic groups for upcoming programs. These program contain information important to parents and youth. Programs that combined information for parents and youth or just youth or just parents are available.

If your group would like to schedule a presentation tailored to your needs, or sponsor a program please contact Debbie at 575-200-9962 or email to parentsacademy@co.eddy.nm.us to make arrangements.

If you would like to receive our monthly newsletter just send us an email and we will put you on our email list.

**Answers to the questions on the front page.**

**How many times do you see the word drug or drugs? 28 (did you count the two on this page?)**

**How many web sites? 8, seven on the first page and one on this page**