

What Parents Should Know About Drugs and Alcohol ...

Drug and alcohol use and abuse are subjects of an enormous amount of misinformation. What is certain and undeniable is that drug use is not a healthy choice. Our students are confronted daily with rumors, myths, and confusing choices. We best ensure their health and development by providing accurate information, interacting with them, and presenting them with a solid structure.

High School District 211 is aware of this problem and is concerned about the welfare of our students. This brochure is designed to aid parents as they ask questions about drugs, alcohol, and youth.



TOWNSHIP HIGH SCHOOL DISTRICT 211

UNITED STATES DEPARTMENT OF EDUCATION
BLUE RIBBON SCHOOLS OF EXCELLENCE

 If you require assistance while visiting a District 211 school, please contact the principal's office.

For individuals who are deaf or hard of hearing, please access the following TTD/TTY telephone number: (847) 755-6654.

What Symptoms to Look For ...

Symptoms are not the final indication of drug use, they are only a useful tool. Parents are those who recognize when their child is having difficulties. No single symptom proves addiction. However, an overall pattern involving several (not necessarily all) of the following symptoms would be cause for concern. This list will help provide focus in your discussions with your child and help you decide if there is a need for further intervention.

- Increase in alibi system and excuses
- Loss of old friends while new friends never come to meet parents
- Increase in discipline problems at school
- Drop in grades and quality of school work
- Sense of a "secret" life that parents are excluded from
- Sleeping in class
- Weight gain or loss; junk food cravings
- Possession of drugs, alcohol, or paraphernalia
- Money or possessions disappearing from house
- Odd, small containers in pockets or purse
- Bloodshot eyes or increased use of eye drops
- Loss of energy
- Contact with police
- Increased suspiciousness

Don't ...

- Try to talk to your son or daughter while he or she is still under the influence
- Panic and try to solve everything
- Make empty threats
- Feel guilty or find someone to blame
- Debate or discuss theories
- Wait for the problem to go away
- Feel overwhelmed
- Wait until your son or daughter is "ready"
- Wonder where your son or daughter is and who their friends are
- Feel you are being hypocritical because you used drugs or alcohol when you were younger

Do ...

- Wait until your son or daughter is sober and you are calm before talking.
- Make a plan; call and use resources.
- Follow through.
- Use your energy to confront the problem.
- Make clear your beliefs and expectations.
- Face the problem before it gets worse.
- Remember the problem is not out of control.
- Decide what your son or daughter needs to be safe.
- Ask; talk; show that you care.
- Remember we want our children to improve, not repeat our mistakes.

Myths ...

- Alcoholism and addiction are clearly identified — *while advanced addiction is obvious to everyone except the user, there is a less obvious, gradual progression into problem use, then addiction.*
- Alcohol and marijuana are “soft” drugs — *more adolescents are addicted to these two drugs than any other.*
- Marijuana is not addictive — *continued marijuana use can result in physical craving.*
- Addiction harms only the addict — *to families and loved ones, addiction is devastating.*
- Drugs are a gateway to a higher consciousness — *while drugs may seem to create a new awareness, actually drug use results in lower productivity.*
- Use of drugs only on weekends is not addicting — *binge drinking is included in diagnosing alcoholism.*
- Alcohol is not a drug — *alcoholism is not different from addiction.*
- Sports and activities make students “safe.”
- A little experimenting is normal and healthy — *adolescence is a period of uncertainty for moods and emotions, and drugs are mood-altering substances.*
- Alcohol is legal — *not for adolescents.*
- Alcohol is needed for a party to be fun — *one of the tasks of maturation is to learn how to enjoy life without taking needless risks.*
- People need a release from their problems — *students and their parents confront and resolve problems regularly. Alcohol and drug use only impair their ability to do so.*

Where to Get Help ...

Contact the Student Assistance Program Coordinator at the high school:

Palatine High School

Susan L. Althoff

Student Assistant Program Coordinator

(847) 755-1630

William Fremd High School

Tony Tosh

Student Assistant Program Coordinator

(847) 755-2630

James B. Conant High School

Richard Bauer

Student Assistant Program Coordinator

(847) 755-3630

Schaumburg High School

Brent Swolsky

Student Assistant Program Coordinators

(847) 755-4630

Hoffman Estates High School

Angelica Cordova-Rajoo

Student Assistant Program Coordinator

(847) 755-5630

Other agencies to contact for assistance:

Bridge Youth Services

Palatine, Illinois

(847) 359-7490

Kenneth Young Center

Elk Grove Village, Illinois

(Schaumburg Township)

(847) 524-8800

Northwest Mental Health Center

Inverness, Illinois

(847) 952-7460

For more information...

Palatine High School

1111 N. Rohlwing Road • Palatine 60074-3777
(847) 755-1600
phs.d211.org

William Fremd High School

1000 S. Quentin Road • Palatine 60067-7018
(847) 755-2600
fhs.d211.org

James B. Conant High School

700 E. Cougar Trail • Hoffman Estates 60169-3659
(847) 755-3600
chs.d211.org

Schaumburg High School

1100 W. Schaumburg Rd. • Schaumburg 60194-4150
(847) 755-4600
shs.d211.org

Hoffman Estates High School

1100 W. Higgins Road • Hoffman Estates 60169-4050
(847) 755-5600
hehs.d211.org

G.A. McElroy Administration Center

1750 S. Roselle Road • Palatine 60067-7336
(847) 755-6600
adc.d211.org



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*Extraordinary Opportunities. Innovative Teaching.
Exceptional Learning.*

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