

LEADing the Way

LEAD • Building Healthy Families & Strong Youth • January 2006

Parent University 2006 offers expanded curriculum

There's Something for Everyone at Parent U!

LEAD will once again be presenting **Parent University on Saturday, February 11** at Gorton Community Center in Lake Forest. This acclaimed program is designed as an annual refresher course for parents of children in grades PreK through 12th.

This year's event will feature a keynote seminar for all participants, and then several breakout sessions for a second and third hour in areas of specific interest to parents.

Dr. Bruce Colston, a noted educator, consultant, and expert in the area of building assets in youth will deliver the keynote address, entitled: *Seven Principles of Highly Effective Parenting*.

Colston is an avid presenter on Asset Building, a core youth development strategy used by LEAD, CROYA, and other organizations in our community—see article below left for more information.

In this address, Dr. Colston will provide advice to parents of all ages on how to improve their parenting skills and help develop capable young people. Just a few of the breakout sessions topics are: *Talking to Teens about Difficult Subjects, Boundaries and Expectations, How to Talk So Kids Will Listen, Positive Homework Habits, When Parents Differ, Strengthening Family Relationships*, and more!

Each session specifies children's grades in school, so parents can choose the most appropriate classes for their families.

Registration is by mail or fax: see page 6 of this newsletter for a registration form. Fees are \$25 per person prior to February 3rd, and \$30 after that and at the door. Spouses or other family members may register for an additional \$15. For questions, call the LEAD office at 847-295-9075.

Dr. Bruce Colston



Keynote Address:
Seven Principles of Highly Effective Parenting

Registration opens:
8:30 am

Keynote: 9:00 am

Conclusion: 1:00 pm

PARENT UNIVERSITY

Registration form on page 6 or at LEADweb.org

Asset building: A positive approach

Building Strong Kids is the Key



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What do kids need to succeed? Essential are long term relationships with many positive adult role models, caring schools, opportunities to serve, and a community of people and places that value youth.

These are part of the Search Institute's acclaimed model of Asset Building. Extensive research led the Institute, based in Minneapolis, to identify the essential building blocks of adolescent development. Search determined that 40 specific "assets" are the keys to healthy development, and that youths who possessed these assets are significantly less likely to engage in risky behavior and lead more productive, happy lives.

Developmental assets are concrete, positive experiences and qualities that are essential to

raising successful young people. Parents, schools, churches, coaches and other community members, neighbors, and friends can each play an important role in building strong youth, by helping to ensure that youth have the opportunity to develop these assets.

LEAD has used the Search Institute framework to guide its prevention programs for the past several years. Nancy Tellett Royce, from the Search Institute, recently addressed community leaders, providing a summary of the Search Institute results and sharing how communities can promote asset building effectively.

To find out more about assets and how everyone can help, visit the LEAD website at www.leadweb.org.

Helping kids make good friends

Psychologist Karen Williamson recently addressed local parents on the subject of helping kids to form positive relationships and make good friendships. These are some of her suggestions:

For Kids:

- 👉 Be easy to get along with (flexible, positive)
- 👉 Use “I” messages when talking to peers (say how you feel about something)
- 👉 Be a good sport (take turns, play fair)
- 👉 Know how to solve problems and conflicts (brainstorming, compromising)
- 👉 Deal with teasing (ignore, ignore, ignore)
- 👉 Find a group but welcome new friends too

For Parents:

- 👉 Model and practice manners and politeness
- 👉 Coach problem solving (brainstorming, listing pros and cons)
- 👉 Be a great listener and reflector (don’t judge or critique)
- 👉 Offer “Redo’s” when correcting behavior (or give them a chance to do it right)
- 👉 Role play social situations and responses
- 👉 Teach appropriateness (to the situation)
- 👉 Demand respect and model respectful behavior.

WHAT THE RESEARCH SHOWS: BRAIN RESEARCH SUMMARY

Developing Successful Kids: Essentials of Learning and Relationships

We learn and remember after a month...

14%

AUDITORY: What we hear

22%

VISUAL: What we see

30%

DEMONSTRATIONS: What we watch others do

42%

SENSORY REDUNDANCY: Classroom/home/life rituals that repeat seeing, hearing, and doing important skills or concepts

72%

MOVIES OF THE MIND: Learning is linked to remembered or imagined life experiences of the learner

83%

CHALLENGE ACTIVITIES: Life’s performance demands, a first time or demanding action that applies new learning

92%

INSTRUCTIONAL ARTICULATION: What we teach others

Source: Dr. Gary Phillips, National School Improvement Project

Quick discipline strategies for K-5 children

Dr. Kimberly Keith, MEd, LPC, offers up these suggestions for **effective discipline for younger children:**

Use humor. As in my friend’s approach, a good laugh helps break the tension. Instead of backing the child into a corner, you let him know that Hey, this is nothing serious. I’m in control so you are safe. We can work this out. I love you.

Use eye contact. Don’t call out your instructions from another room if you are really serious about wanting it done. If you’re not that serious, just don’t bother. Wait until you get into the room with her and make sure that she is looking at you with full attention.

Don’t say “OK?” We often say something like, “I need you to pick up those clothes, OK?” It’s a natural phrase to say when we feel relaxed and good-humored. Better to be direct though, and just point out what needs to be done and when, “Your clothes are on the floor. Pick them up before you get out that toy.”

Walk away. The message of your body language should be that you have full confidence that your child is going to comply with what you just said. If you walk back through the room and it hasn’t been done, give a warning of the consequence. Then, walk away.

Stop talking about it. Quit nagging, placating, lecturing, or preaching. Use one word

reminders. Briefly, make certain that your expectation is clear and the consequences are understood. If necessary, implement consequences unemotionally and without discussion.

Use a kitchen timer. From Elaine Gibson at SMU, this is a powerful tool that will get your child’s attention and prevent you from letting noncompliance slide by unnoticed.

Institute a chore chart or token system. These can be done without much trouble and may be an appealing intervention for Dad to supervise. It may seem like a hassle to set up, but it can be a time saver.

Have a family meeting. It should be somewhat structured with all family members present.

Inhalant abuse: Children at risk

A hidden risk is facing children in America, drug experts say. Children, as young as nine years old, are deliberately inhaling the fumes of dangerous chemicals from a variety of household and office products. These are called inhalants, and pose a serious health risk to children of any age.

The chemicals travel rapidly to the brain to produce highs similar to alcohol intoxication. Unlike the affect of alcohol, these highs disappear within minutes, making it hard for parents to detect the abuse. Risks include: asphyxia, suffocation, choking on vomit, sudden sniffing death syndrome, and careless and dangerous behavior under the influence.

Data shows inhalant abuse among children is growing in all parts of the country. The problem afflicts children from all socioeconomic backgrounds and from families with high and low levels of parental education.

Abuse often starts early. By the fourth grade, about one in 25

children had tried an inhalant; by the sixth grade, the rate is one in 10; by eighth grade, it is nearly one in five. Inhalant use among eighth graders is second only to cigarettes and alcohol in drug use.

Common household products, like hair spray, spray paint, glue, correction fluid, permanent markers, nail polish remover, spray deodorants, air freshener spray, gasoline, and butane lighters all can be used to get a quick high.

When the vapors from these products are sniffed directly, this is called “inhaling.” When products are sprayed into a bag or container and then breathed in, it is called “bagging.” Vapors can be sprayed or poured onto a cloth or piece of clothing and inhaled deeply—this is called “huffing.”

This article includes information from a recent article in The Washington Post. Note: LEAD has received several reports from parents about inhalant use in our local community.

To learn more about inhalants and other drugs currently on the rise with youth, attend a free LEAD seminar on the subject on Monday, March 6th, at Gorton Community Center, at 9:45 am.

Raising resilient children

Ever feel helpless in the face of risks that our children will encounter as they grow up?

LEAD is encouraging parents to participate in an **impactful program for parents of middle school aged children that helps empower parents to face these issues.** This is also an excellent parent companion to the LEADers program being taught at the middle school level by the local police.

The workshop has several components, each focusing on an important aspect of parenting and the kinds of things kids need to be resilient. Six different areas are covered, each focusing on an important aspect of parenting during the early adolescent years. Included are:

- Risk Factors and Protectors
- Standards
- Teachable Moments
- Setting Boundaries
- Building Bridges
- Feelings
- Rituals & Traditions.

The six session program is casual yet informative. Past attendees have said:

“I think the program helped remind me that parenting is a ‘work in progress’ and that ‘riding the wave’ with my eyes wide open is important...”

“All of the things I need to do to help my children grow seem overwhelming but now I feel more confident knowing the new tools and concepts.”

“The frank discussions and stories shared were most helpful.”

See page 7 for details on signing up for this program for second semester, 2006!

Special thanks to Bernstein Investment Research and Bob Westropp for underwriting the printing of flyers for LEAD events.

Tips on talking with kids about tough issues

Psychologist Heather Hale addressed a packed house at LEAD’s November program on talking to kids about tough or embarrassing subjects, such as sex, drugs, alcohol, divorce... Dr. Hale emphasized that **research among kids shows they are interested in learning about this subjects from their parents as**

early as 10 years old, that they continue to need more information as they get older, and that many parents don’t address these tricky subjects at all!

For detailed statistics on the sexual habits of adolescents, and information that parents should know in order to educate their children, visit www.LEADweb.org.

In the meanwhile, remember these tips:

- 1 Start Early.
- 2 Initiate Conversations with Your Child... Even About Sex and Sexuality!
- 3 Create An Open Environment..
- 4 Communicate Your Own Values.

- 5 Listen to Your Child.
- 6 Always Be Honest.
- 7 Be Patient.
- 8 Use Television as a Tool.
- 9 Talk About it Again. And, Again.

Source: Dr. Heather Hale, and the Kaiser Family Foundation

Rx and teens: Risky combination

By Austin Van Vooren, LFHS Senior

It's estimated that about one-third of all U.S. drug abuse involves prescription drugs, and that 13.7 % of youth between the ages of 12 and 17 have abused prescription drugs at least once in their lifetimes. (Source: *Monitoring the Future 2003*)

Teens have been abusing (abuse is defined as using drugs without a prescription or using them in excess) pills along with other common drugs like alcohol, marijuana, and cocaine. While use of illegal drugs is falling, the abuse of prescription drugs is rising at alarming rates.

There are three categories that are most commonly abused: narcotic painkillers, sedatives/tranquilizers, and stimulants. The narcotic painkillers include prescriptions like Vicodin (hydrocodone), codeine, OxyContin (oxycodone), morphine, and Ultram (tramadol). The sedatives/tranquilizers include prescriptions like Valium, Xanax, Ambien, Sonata, Lunesta, Klonopin, and phenobarbital. The stimulants include prescriptions like Adderall, Ritalin (methylphenidate), Focalin (dextromethylphenidate), and Dexedrine (dextroamphetamine).

Getting high is the main reason teenagers abuse prescription drugs. The effects may cause euphoria, a heightened sense of pleasure or wellbeing, drowsiness and/or relaxation, increased energy and concentration, or numerous other effects depending on the drug(s) being used. Stimulant drugs are often abused by teens to help them study or perform

well on tests, like the ACTs or SATs, or to lose weight. Abuse of stimulants is even more prevalent among college students than high school students.

Abusing prescriptions is not only against the law, but it is also dangerous; abuse can lead to addiction, dependency, and long term health problems. Teens often don't realize that prescription drugs have serious side effects, which in some cases can be life threatening or fatal. A common misconception is that if the drug is a legal prescription, then it must be safe or at least safer than illegal drugs. Abuse of stimulants can cause heart problems, and abuse of sedatives and narcotics can lead to fatal respiratory depression.

The availability of prescription drugs is widespread, and they are easily obtained. Teens may get pills from a medicine cabinet at home, a friend, or simply buy them from someone. Prescription drugs are prevalent throughout every community, and a teenager simply needs to "push and turn" to get pills.

LEAD's advice to parents:

- ☞ Keep close tabs on your prescriptions and those taken by your child.
- ☞ Talk to your kids about the serious risks of using drugs without a prescription or giving drugs to a friend.
- ☞ Throw out unused drugs, especially painkillers, sleeping pills, or stimulants.
- ☞ Model responsible behavior regarding the use of prescription drugs.

Alert List for Parents

Here is some brief information about issues that could pose risk to youth in our area:

The Choking Game

Mentioned on Oprah, on websites, and in newspapers around the country, this "game" is an extremely risky one for kids. It involves consciously depriving yourself of oxygen, by choking or strangulation, in order to achieve a brief high that comes with the return of oxygen to the brain. Kids are reported to be seeking this inexpensive, drug-free "high" at parties as well as alone, sometimes with disastrous results. Talk to your kids about the risks of this no-joke game right away.

Pot and Driving: Yet Another Reason to Abstain

Did you know that driving under the influence of marijuana is just as likely to get the driver a DUI as alcohol? And that driving ability is significantly impaired when using cannabis? Driving accidents under the influence of pot have increased markedly around the country. Marijuana is the second most popular drug among our local youth (the first is alcohol) and parents need to add this aspect to their "Why You Shouldn't Use Pot" discussions with their teens.

New Driver—Limited Passengers: It's the Law

There's a good reason why Illinois has a new law restricting the number of friends a young driver may have in the car. The study of accidents among new drivers showed that having the distraction of a number of passengers was a significant contributor. So for the first six months, drivers may only have family members and/or one friend in the car. Parents are not allowed to waive this requirement, even for driving carpool. It's the law!

How is LEAD funded?

LEAD is a non-profit 501(c)(3) organization serving Lake Forest, Lake Bluff, and Knollwood residents.

Funding for LEAD comes from four primary sources: United Way—Lake Forest/ Lake Bluff, individual donations, corporate support, and grants from local government and schools.

We are most grateful for all of you who have donated to LEAD to help keep the programs coming!

**Help! Volunteers needed:
Want to help LEAD events?
Call 847-295-9075 and we will
find a fun opportunity for you!**

Session I: KEYNOTE 9-10 am

100 Seven Principles of Highly Effective Parenting

Most parents want their children to grow up to become highly capable young people who possess the personal assets to meet successfully life's challenges and live fulfilling lives. Strength in these assets is associated with character, resiliency, maturity, and self-sufficiency whereas failure to develop these assets is consistently linked to self-destructive behaviors and lifestyles. There are seven principles of parenting that can help young people become resilient, mature, and self-sufficient. Dr. Colston will explain what these principles are and how parents can use them as critical guides for raising capable children.

Dr. Bruce Colston, PhD.

All Grades

Session II: 10:15-11:15 am

200 Question and Answer Session

Come talk with our keynote presenter Dr. Bruce Colston in an informal setting.

201 How to Talk so Kids will Listen

Ever wonder why your children don't seem to listen to you? Learn effective techniques for confronting the problem from an expert in the field. Leave the workshop empowered to communicate so that your children will listen from now on!

Kenwynn B. Hopper, MSW, Therapist

All Grades

202 Positive Homework Habit

"The dog ate it" or "the computer printer did it" for sure! With the right attitude and environment, homework need not be a battleground for parent and child. Learn how parents can help students become better at managing and completing homework without being overbearing, intrusive and too nosy!

Peg Hoskins, Principal, Northbrook Jr. High

Middle School

203 Strategies and Solutions to Your Child's Annoying Behaviors

Rude and uncooperative behaviors in the young child are not only annoying, but also contribute to the making of a selfish child with a bad attitude. In this workshop parents will have the opportunity to learn strategies and solutions that will help them to reshape their child's attitude and behaviors to mirror positive family values.

Dr. Linda Watson, Psy.D

Preschool-Grade 3

204 Teenagers! How to Talk with Them about Difficult Subjects

Talking with your teens about sex, alcohol and other drugs is difficult, but it can and must be done! Come join us for a workshop aimed at enhancing communication between you and your teen.

Find out what they want to know and how to say it! Come prepared for the question and answer section that will follow the presentation.

Dr. Heather M. Hale, Psy.D, LCPC, CADC

Grades 7-12

205 Guiding Children through Puberty

As children face the physical and emotional challenges of puberty, they need someone they can trust to have important conversations with them. They hear a lot from TV, videos, songs, the news and their friends, but how much do they hear from you? Want them to make good decisions in the next few years? Then you need to talk to them right now. Pat will use a light hearted approach in suggesting practical ways for parents to initiate and continue valuable family conversations with their kids about important life issues.

Pat Garrity, LCSW

Middle School Grades (5-6)

206 Helping Kids Build Positive Problem Solving and Coping Skills

Learn how to help your child to build positive coping skills and to deal with life's frustrations, disappointments and annoyances. Also learn to facilitate your child in using active and independent problem solving and conflict resolution skills in dealing with difficult situations

Dr. Karen Williamson, PhD., Clinical Psychologist

Grades 2-7

Session III: 11:30 am-12:30 pm

300 Strengthening Family Relationships

This workshop will explore how to build stronger family relationships. Participants will learn three vital aspects of family cohesiveness; mutual respect, affirmation and trust for authority. Learn the importance of communicating unconditional love and providing genuine feedback to those you love, and how to help children develop self discipline and responsibility in a way that builds trust.

Dr. Bruce Colston, PhD.

All Grades

301 What Teens Would like Parents to Know and Do

Based on a survey of middle school and high school students, parents will learn what students say they'd like their parents to know and do. This seminar will also explore the reasons why the messages parents hear are often different than the messages the kids are giving.

Todd Nahigian, Assistant Director, CROYA

Grades 7-12

302 When Parents Differ

This workshop will address common problems that occur between parents when disciplining young children. Causes and solutions will be offered to help parents improve their ability to parent together.

Dr. Linda Watson, Psy.D

Preschool-Grade 4

303 How to Talk So Kids Will Listen

Ever wonder why your children don't seem to listen to you? Learn effective techniques for confronting the problem from an expert in the field. Leave the workshop empowered to communicate so that your children will listen from now on!

Kenwynn B. Hopper, MSW, Therapist

All Grades

304 Boundaries and expectations

This workshop will help parents foster self-discipline in their children by learning the skills to set limits and enforce natural and logical consequences in the context of a loving and respectful relationship.

Peggy Kubert, LCSW

Grades 4-8

305 Coping Skills for Kids When Difficult Situations Arise

Learn how to help your child to strengthen social competence skills including reading social cues, communication skills, sportsmanship, and social problem solving. Also, learn how to help your child find, form and maintain rewarding friendships in their social milieu.

Dr. Karen Williamson, PhD., Clinical Psychologist

Grades K-5

306 Promoting Healthy Behavior/Healthy Bodies

Want to help give your children a healthy appreciation for the bodies they have? Often parents themselves are not accepting of their own bodies, and this can promote unhealthy habits. Learn how to model healthy behaviors, provide opportunities for kids to make healthy choices, and be objective about messages in the media.

Jean Odwazny, MSW

Grades 7-12

REGISTRATION FORM — REGISTER AHEAD AND SAVE!

Family Name _____

Address _____

City _____ Zip _____

Home Phone _____ Email _____

		PARTICIPANT 1		PARTICIPANT 2	
	FIRST NAME				
SESSION I	9-10 am	#	TITLE	#	TITLE
	Keynote Address: Dr. Bruce Colston, Auditorium "Seven Principles of Highly Effective Parenting"				
SESSION II	10:15-11:15 am	#	TITLE	#	TITLE
	1st choice				
	2nd choice				
SESSION III	11:30-12:30/1 pm	#	TITLE	#	TITLE
	1st choice				
	2nd choice				

Participants _____ x \$25 (\$30 after February 17) *Spouse registers for \$15.*

Total fees \$ _____

Tax Deductible contribution \$ _____

to LEAD to help fight youth substance abuse

Total enclosed \$ _____

Check One: VISA MasterCard Check enclosed

Name on Card _____ CCV# (on back of card) _____

Card Number _____ Exp. Date _____

Signature _____



Send completed registration form to: **LEAD**, 400 E. Illinois Rd., Lake Forest, IL 60045 or fax to 847-295-9076. Additional forms available at www.LEADweb.org.

Questions? Call LEAD at 847-295-9075. Registration is confirmed unless notified otherwise; **participants should pick up schedules at the registration desk starting at 8:30 am on February 11.**

Fees are not returnable and will be considered a donation to LEAD. Sorry, childcare cannot be provided.

LEAD Parenting Programs 2006

Cyber safety

Brian Bone, Cyber Investigator, Lake County State's Attorney's Office
 January 9 9:45–11:15am
Speaker starts at 10 am
 Gorton Comm. Center, Room 1861
 No Fee

Brian Bone, Cyber Investigator for the Lake County State's Attorney's Office, will deliver very important information to parents about internet safety. Parents will become familiar with Internet vocabulary and walk away with practical ideas to keep children safe when using the internet. Gary Pickens, Director of Technology for District 115, and Cornelius DuBose, Director of Technology for District 67, will also be there to answer questions. Some of the topics covered include:

- Online Bullying and harassment
- Chat Rooms
- "Blogging"
- Instant Messaging
- Search Engines
- Parental Controls for Filtering, Blocking and Monitoring Internet Use
- Face Book & My Space

LFHS parent networking meeting

January 23 10–11:30 am
 Lake Forest H.S., Public Room
 No Fee

Feel like you are sometimes in the dark about how to address tough subjects with your teen? Would you like to hear how other parents are handling similar issues with their high school aged kids? The join other parents and

social workers, Jenny Jacobs, (LFHS), and Kim Bagnoli, plus LEAD for the first in a series of networking meetings for parents. All are invited and there will be an opportunity to explore the topic "Limits and Boundaries—What's Appropriate for Teens," at this first meeting. Come meet other parents, share your thoughts and challenges, and hear suggestions on how others have addressed this topic.

Deerpath Middle School 7/8 Parent Networking Meeting

January 31 10–11:30 am
 District 67 Administration Office, Baggett Room
 No Fee

Save the date for the first in a series of networking meetings for parents of students in grades 7/8. Check www.leadweb.org for more information on this meeting.

Core values in everyday life

Rae Kyriazis, Life Coach
 February 6 9:45–11:15 am
Speaker starts at 10:00 am
 Gorton Comm. Center, Room 1861
 No Fee

Rae Kyriazis will discuss the way clear core values empower each of us and our families, and how they create clarity about what works and what doesn't in social situations. Many people talk about core values but putting them into practice daily is not as easy or clear. This presentation will be extremely practical and immediately applicable for every participant ... with a few "ah ha" moments along the way.

Parent University

Saturday, February 11 9 am–1 pm
 8:30 am registration
 Gorton Community Center
 Fee: \$25 before February 3rd, \$30 thereafter

Keynote: Seven Principles of Highly Effective Parenting

Dr. Bruce Colston, Keynote Speaker
 Participants attending the 9th annual LEAD Parent University Saturday, February 11, 9 am–1:00 pm at Gorton

Community Center will have an opportunity to listen to a keynote speaker and attend workshops designed to give parents insights into a variety of issues. The cost is \$25.00 in advance and includes workshops and a continental breakfast. See page 6 for registration form.

Raising resilient kids—Roots & wings

for parents of 4th–8th graders
 Peggy Kubert, L.C.S.W.
 Wednesdays February 15, 22, March 1, 8, 15 and 22
 9:15–11:15am
 CROYA, 400 Hastings Road, LF
 Fee: \$75.00—Six sessions

Raising Resilient Children is a fun, interactive series for parents that combines effective parenting skills with an exploration of family standards and beliefs. The program teaches parents to influence their children in positive ways, with ideas on how to prevent problems, protect children from danger, and help them develop resiliency.

Please join the class that everyone has been talking about as we learn about, and practice the skills which can help foster resilience in our middle school children.

The latest information on drugs being abused by youth

Officer Darren Baker, Gurnee Police Officer
 March 6 9:45–11:15 am
Speaker starts at 10 am
 Gorton Comm. Center, Room 1861
 No Fee

Officer Baker will teach parents about new and existing drugs, including dangerous inhalants (huffing), that our local youth are experimenting with. Become familiar with the vocabulary, the paraphernalia, and the effects in order to keep your kids safe. You will find out where to go, what to do, or what to say if you suspect your child or a friend's child might be experimenting. Q & A session to follow.

Fostering self reliance

Alice White, L.C.S.W., B.C.D.
 for 8th through 12 grade parents
 Monday, April 10 9:45–11:15am
 Gorton Comm. Center, Room 1861
 No Fee

It is important to teach young people to learn how to handle challenges effectively before they leave home. Parents will learn tips for helping older adolescents become more capable of managing their own lives NOW. This workshop will provide specific strategies to help their children feel more competent and prepared for the real world.

For information regarding our 2005/2006 programs and to register for any of the programs, contact Lorelei Beaucaire, LEAD Program Director, by phone, 847-295-9075, fax 847/295-9076, email to LEAD9075@aol.com. Or visit our website at www.leadweb.org.

LEAD Raising Resilient Kids Registration Form

Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____
 Email _____
 February 15 & 22 and March 1, 8, 15 & 22 No. of Adult(s) _____ @ \$75 = \$ _____
 PAYMENT METHOD—Circle One: Cash Check Visa MasterCard
 CC # _____ Exp. Date _____
 CCV# (on back of card) _____ Signature _____

Please make checks payable to LEAD. Mail this form to LEAD, 400 E Illinois Ave., Lake Forest, IL 60045. or fax to 847/295-9076. Additional forms available at www.LEADweb.org. Questions? Call LEAD at 847-295-9075.



LEAD

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Lake Forest, IL 60045
847-295-9075
www.LEADweb.org

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*We are grateful to the Church
of the Holy Spirit's Mission
and Outreach Committee
for funding our newsletters!*

In this issue: Programs for 2006 & Parent University

LEAD's Mission

LEAD is a community organization dedicated to parents and other adults and their role in the promotion of healthy family relationships and the prevention of alcohol, tobacco, and other drug use and risky behavior by youth.

LEAD Board

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ONLINE AT
www.LEADweb.org



United Way
North Shore

Project Safe Prom

By Paige Ryder, LFHS Junior

Lake Forest High School's Prom 2006 is on its way! The Junior Class Student Council has already started planning and organizing the big event. It's an exciting thing to be a part of, and we encourage the community to get involved. But we need to take special care to make the Prom evening safe. Why is this so important?

National statistics show that...

- Traffic fatalities rise dramatically during prom season.
- 5,200 teenagers are injured in automobile accidents on prom night every year.
- Motor vehicle crashes are the leading cause of death for people from 15 to 20 years old with major events like prom.
- Eight young people a day die in automobile crashes, many of these deaths occurring in the spring and summer months when youth activities, including prom night and graduation, take place.
- 208 fatalities took place on prom nights in 2002 across the nation.

Everyone can build assets in youth

Many things you personally do—or could do—every day make a big difference for children and teenagers. Whether you're a parent, grandparent, neighbor, aunt, uncle, friend, mentor, volunteer, or someone who just sees young people in the mall, in the neighborhood, or on the street corner, there are many ways you can help young people succeed.

How? By building **developmental assets**—positive relationships, experiences, and inner strengths that all young people need to grow up healthy, caring, and responsible. Search Institute research on thousands of young people has shown that having these assets can make a tremendous difference in young people's lives, giving them strength to make positive choices. Below are several ways you can build developmental assets in youth. For a complete list of assets, go to www.LEADweb.org.

- SUPPORT** young people with your caring and attention.
- EMPOWER** them to use their abilities to help others.
- Set reasonable **BOUNDARIES AND** have high **EXPECTATIONS**.
- Help them find activities that make **CONSTRUCTIVE USE OF** their **TIME**.
- Spark their **COMMITMENT TO LEARNING**.
- Guide them toward a life based on **POSITIVE VALUES**.
- Help them develop **SOCIAL COMPETENCIES** and life skills.
- Celebrate their uniqueness and affirm their **POSITIVE IDENTITY**.

Search Institute, MN

To keep students safe, all LFHS Prom attendees are required to travel by bus to and from the party with chaperones. The Jr. Class is responsible for raising the \$14,000 needed for the 20+ buses. LFHS considers the bus transportation to be an integral part of making prom night a positive experience for students and the community.

There are two ways to support Project Safe Prom. An individual donation can be made or an organization or club can be a bus sponsor (\$500 and up). Please send donations to Project Safe Prom, LFHS, 1285 N. McKinley Road, Lake Forest, IL 60045.

Thanks for your support!