

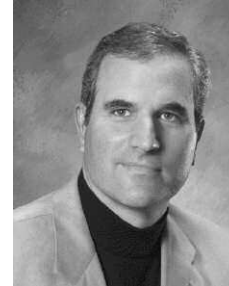


## Expert on Gender Differences Speaks at Parent University

Dr. Leonard Sax, one of the country's leading experts on the differences between boys and girls, will be the keynote speaker at LEAD's Parent University on March 3, 2007.

Dr. Sax, who is a practicing pediatrician and a psychologist in the Washington, DC area, has studied the scientific data on the physiological and psychological differences between the genders. The author of the book *Why Gender Matters, What Parents and Teachers Need to Know about the Emerging Science of Sex Differences*, Dr. Sax will present the implications of these findings on parenting boys vs girls as the keynote address at Parent U. Dr. Sax has been quoted numerous times in the *Chicago Tribune*, *The Washington Post*, the *New York Times*, and other papers around the country, and he has been a spokesperson at workshops across the country on the subject of gender differences and implications for parents and teachers.

Parents will attend the keynote address plus numerous other workshops on the morning of March 3rd, as part of the 10th annual Parent University. Dr. Sax and other presenters will address parents of PreK through 12th graders on a variety of issues facing parents today in mini-workshops; attendees can choose programs that fit with their interests and the age of their children. For more information about registering for Parent U, go to [www.leadweb.org](http://www.leadweb.org).



Keynote speaker:  
Dr. Leonard Sax,  
nationally known expert  
and author of "*Why  
Gender Matters: What  
Parents Need to Know  
About Sex Differences*"

## PARENT UNIVERSITY

### Save the Date for LEAD's Parent University!

**Saturday March 3, 2007  
from 8:45am - 12:45pm**

New speakers and topics in 2007 for parents of children in grades PreK-12.

*[www.leadweb.org](http://www.leadweb.org) after February 1st for a complete list of sessions and electronic registration.*

## Teen Drinking & Driving Still An Issue

Do you think teens have gotten the message about not drinking and driving? Recent events, such as the tragic death and injuries suffered by local teens in automobile accidents, brings home the truth: we still have work to do making sure all youth are driving safely and not drinking or using drugs.

The good news is the majority of LFHS seniors recently surveyed don't drink and drive. However, over a third of them stated that on more than one occasion they had driven a car having consumed alcohol. And over half had ridden in the car with someone under the influence of alcohol or drugs. This poses a clear risk to our youth and to others on the road as well.

So what is the solution? First, adults in the community need to be

firm about underage drinking. Not only is this illegal (for young adults to drink and adults to provide), but parents and young adults face the risk of significant loss or liability if kids do drink and then drive. Second, we need to continue to reinforce the message as kids are learning to drive and when they finally get their license. Like seat belt use, which has become automatic for kids, driving with absolutely no alcohol in their systems must be emphasized. Third, we need to address the broader issue of underage drinking and drug use. LEAD has announced the formation of an Underage Drinking and Drug Use Community Task Force (see article at right). Those interested in joining this effort should contact LEAD at (847)295-9075 or [lead9075@aol.com](mailto:lead9075@aol.com).

### Task Force Formed To Address Underage Drinking/Drug Use

Like many communities around the country, the issue of dangerous teen alcohol and drug use has continued to concern parents. Our community has indicated that it is time to do something about it!

The formation of the Lake Forest/Lake Bluff Underage Drinking and Youth Drug Use Task Force was announced a recent meeting of community leaders sponsored by LEAD and Lake Forest Hospital. Dr. Harry Griffith, superintendent of Districts 115 (LFHS) and 67, presented a summary of the results of a recent survey among high school students that showed alcohol use and binge drinking is high among our teens. In fact, the percentage of senior high school students who drink is higher than neighboring Lake County communities and the national average. The

*Continued on page 4*

Talked to  
your kids  
about alcohol  
& drugs?  
Do it!

[www.leadweb.org](http://www.leadweb.org)

## Did You Know?

### Police & Legal Issues of Note

- 1) Did you know that a new law was passed in July making it illegal for a minor (under 18) to use a cell phone while driving? Students should pull over to make that call or risk getting a ticket.
- 2) Did you know that you can anonymously report underage drinking or an establishment selling liquor to those underage 24 hours a day? Just call (847)234-2601 for Lake Forest or (847)234-2153 for Lake Bluff and provide the information, requesting that you'd like to report anonymously. Your wishes will be honored and you might be saving lives.
- 3) Did you know that seatbelt use is now required by all passengers who are under 16 and the driver no matter what age he/she is? And that children under 8 and under 40 pounds must be in a booster seat or a carseat? Failing to comply will result in a ticket.
- 4) Did you know that the most common date-rape drug is in fact, alcohol? Alcohol is the cause of the majority of drug-facilitated sexual assaults, not other drugs such as GHB or Rohypnol.

## Book Review

By Stephanie Cook, District 67 APT Exec Board

So many parents on the North Shore are involved in charitable causes, but we often struggle to create meaningful charitable opportunities that involve our children. It is easy to go out and buy mittens and hats to put on the holiday giving tree, but a lot of children seem more preoccupied with buying new gadgets or outfits than living a charitable life. Well look no further; Carol Weisman, the author of *Raising Charitable Children*, offers a variety of inspirational ideas to make "giving" a joyous event that becomes a family tradition.

*Raising Charitable Children* is full of moving stories from a variety of people who have done just that . . . created traditions of giving in their family. What I loved about the book is how it shows us that no matter what age our children are, we can begin to create memorable traditions that will last a lifetime. One of my favorite stories is how a grandmother who needs nothing asks her grandchildren each birthday to do something for someone else. *What* a memorable gift! Or maybe you have a group of your children's friends that would love to start a Giving Club. Trust me, there will be a story that works perfectly for your family!

Whether you want to rethink a birthday approach or just add something special to your family's life, this book will help you find the way. Give yourself the best gift you can give for 2007; a gift of inspirational family traditions.

For more information about volunteering, contact the LF/LB Volunteer Center at (847)234-8876.



## Letting Go

By Kim Bagnoli-MSW

"Mom—I forgot my homework can you bring it to school right now? I need it for next period." "Yep, I'll be right there." Does this sound familiar? Letting go is a lifelong process starting in infancy, continuing on through toddler-hood, adolescence and eventually young adulthood. It is a series of experiments on both the parent and child's part, and by trial and error parents and children learn to properly separate from one another.

The steps taken by our children are small and we can help them be more responsible by encouraging more decision making and becoming more independent. As parents we need to take into account that each child is unique in their own way and may be able to accept different levels of responsibilities based on their emotional maturity.

Have you heard the term "helicopter parenting"? This refers to hovering above our kids and swooping in to rescue them in difficult times. It is easy to see how this can happen—we love our children and want them to be successful. The idea that our children might "fail" can cause fear and anxiety. But if we are too involved in the decision making process our children may not accept

ownership for the consequences—good or bad. So the next time your child calls asking for gym shoes, homework, or help on completing college applications, ask yourself how you can best help him or her **help themselves**.

Parenting is a difficult job. There's no manual, no set instructions to follow to develop self-confident, independent, caring young adults. Mistakes will be made on both sides and hopefully we, along with our children, will learn to be better people as we grow older!

*Kim Bagnoli, a social worker and a local parent, has been assisting LFHS with monthly Parent Networking meetings.*

### Suggested reading:

- \* *The Sacred Flight of a Teenager*  
-Susan Smith
- \* *Loving and Letting Go*  
-Carol Kuykendall
- \* *Give Them Wings*  
-Carol Kuykendall
- \* *Letting Go: A Parents' Guide to Understanding the College Years*  
-Carol Kuykendall

**District 67 PARENT AWARENESS PRESENTATION**

**For Dads Only! The Middle School Years: Gain Control by Giving Control**

Saturday, January 20, 2007

8:30-10:30 am

District 67 Administration Center, Baggett Room  
(Located at the far East end of Deer Path Middle School)

Would you like to raise responsible children who "own" and solve their own problems? Come hear Mary Carolyn Embry, trained and experienced Love & Logic facilitator, present Love & Logic strategies. All Lake Forest and Lake Bluff dads with middle school-aged children are welcome. Coffee and bagels will be provided.

**Teaching Kids to "Deal With It!"**

For parents of children in grades K-5

Monday, February 5, 2007

9:45-11:00 am

Gorton Community Center, 1861 Room

Speaker: Dr. Karen Williamson, PhD

It's inevitable that things won't always work out as kids expect them to. How can we help our children learn how to cope better with disappointments? This presentation will offer tips on defusing both anger and anxiety-induced tantrums, encouraging flexibility, and teaching frustration tolerance.

**Sibling Rivalry: Tips for Building Cooperation and Respect Among Siblings**

For parents of children in grades PreK-6

Monday, March 12, 2007

9:45-11:00 am

Gorton Community Center, 1861 Room

Speakers: Lauren Bondy, MSW; and Karen Jacobson, MA, LCPC, LMFT

Attend this workshop to gain insight into why siblings fight. Specific tips will be given to lessen sibling rivalry by teaching you what to avoid, and what to do to strengthen your children's relationships. Also, learn new tools for managing sibling conflict when it does arise. Strategies will be provided for parents that have a new baby and older sibling.

**Holding The Line On Risky Behavior**

For parents of children in grades 8-12

Monday, April 16, 2007

9:45-11:00 am

Gorton Community Center, 1861 Room

Speaker: Linda Kurtzman

Learn from a master how and why you should set family rules about alcohol, drugs, and other risky behavior in a world where rules are being broken all around us. And, find out how to confidently maintain these rules even when the going gets tough. You will hear about research confirming the key role that parents play in shaping teen behavior, and why "holding the line" is the best thing you can do for your children in the long run.

**Lake Forest High School Parent Networking**

Mondays, 2/26, 4/23, and 5/21

10:00-11:30 am, Publick Room

Lake Forest High School

1285 N. McKinley Rd., Lake Forest

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? Join parents, social workers Jenny Jacobs (LFHS) and Kim Bagnoli, MSW, and LEAD to explore the topic of "Bullying & Harassment" at the 2/26 meeting. The 5/21 meeting will allow parents of 8th graders to join high school parents for the last Parent Networking session of the school year.

**LEAD SPECIAL EVENTS**

**College Drinking 101--The Syllabus!**

Open to all interested parents and students.

Thursday, April 19, 2007

7:30-9:15 pm

Faculty Dining Room, Lake Forest High School

LEAD, CROYA, and LFHS APT have invited representatives from four popular universities to address the thorny issues of college drinking or drug use, and how they are helping kids through the maze created by use and abuse. Staff and students from schools such as Lake Forest College, Miami University, University of Illinois, and Northwestern will talk frankly about school policies, support programs, and advice they would give to incoming freshmen and their parents.

**Staying Safe At College: A Seminar for Young Women and Young Men**

Open to all high school seniors

Saturday, May 19, 2007

11:30 am-1:45 pm

Gorton Community Center, Community Room

This is an interactive seminar for college bound students regarding the issue of personal safety and sexual assault. In separate presentations by representatives from the Illinois State's Attorney's office, boys and girls will learn about sexual assault and the law, and then together they will learn self defense moves that will help keep them safe in a multitude of environments. This is a must for kids heading off to school in the fall, although current college students are also welcome. Sponsored by LEAD, CROYA, and the YWCA.

**Love & Logic for Parents of Teens**

*Fees as noted*

For parents of children in grades 6-12

3 sessions (Saturdays) April 14, 21 and 28, 2007 from

9:30-11:00 am

The Northern Trust, 1907 Room, 265 E. Deerpath  
(Deerpath and Bank Lane), Lake Forest

\$60.00 includes booklet and handout materials

This Love & Logic three-week program helps parents acquire skills that shape thoughtful, resilient, and responsible teenagers. Learn to set firm limits in loving ways without anger, threats or lectures. Teens will develop self-discipline and gain a healthy self-concept when parents use the "consultant" approach to parenting. Receive practical, easy-to-use ideas and techniques that are immediately usable. Love & Logic parenting lays the groundwork for building a relationship that lasts a lifetime. Join certified instructor Nan Barrett for an informative and inspiring workshop.

**Registration Form - For Love & Logic only**

Name(s) \_\_\_\_\_

Home Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Saturday Mornings: Number of Adult(s) attending \_\_\_\_\_ @ \$60.00 each= \$ \_\_\_\_\_

PAYMENT METHOD—Circle One: Cash    Check    Visa    MasterCard

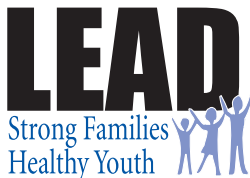
CC# \_\_\_\_\_ Exp. Date \_\_\_\_\_

CCV# (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

Please make your check payable to LEAD. Mail this form to LEAD, 400 E. Illinois Road, Lake Forest, IL 60045; or fax to (847)295-9076. Additional forms available at www.LEAD.web.org. Questions? Call LEAD at (847)295-9075.

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.



400 E. Illinois  
Lake Forest, IL 60045  
(847)295-9075  
www.LEADweb.org

### LEAD Board

Dorothy Chantler  
Betty Frank Bailey  
Heather Hale  
Ellen Leemputte  
Susan Lyman  
Kathy O'Hara  
Julie Pawl  
Jane Schaller  
Ellen Young

Stacy Vermylen,  
*Executive Director*  
Lydia Backer,  
*Program Director*  
Cheryl Pettit,  
*Administrative Assistant*  
Cathy Keller,  
*Communications*

NONPROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 119  
LAKE FOREST, IL 60045

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



Save The Date  
Friday, February 9th, 2007  
at 6:30 p.m.

Surprise Location to Be Announced  
Enjoy a light supper & seminars

*An Evening of Fun, Food,  
and Facts for Women!*

Call (847)295-9075 for info!

This event is sponsored by LEAD, Lake Forest Hospital, and Bank of America.

Proceeds will benefit parent education programs at LEAD.

### UNDERAGE DRINKING TASK FORCE; Continued from page 1

Task Force will work on discovering why and developing strategies for reducing this level in order to keep youth safe.

Participating in the Task Force will be: Parents in the community, Lake Forest Hospital, LEAD, School Districts 65, 67, 115, Woodlands, Lake Forest Academy, Lake Forest Country Day, Lake Forest College, Lake Forest and Lake Bluff Police Departments, CROYA, Network for Youth (church youth groups), Representatives Karen May, Kathy Ryg, and State Senator Susan Garrett, representatives from the Lake Forest City Council and the Lake Bluff Trustees, and youth participants. Those interested in joining the effort should contact LEAD at (847)295-9075 or lead9075@aol.com.

### Parents of Middle School Students—Take Note!

Think of risky behavior such as alcohol use or smoking marijuana as a high school or college issue? Not really! Recent national and local data confirms that many students begin their experiences with risk taking in middle school, at ages 9 and up!

When local high school students were surveyed, nearly 40% first used alcohol in the years before entering high school, some as young as 9 or 10. And 1 in 6 local students first tried marijuana while still in middle school.

Parents are encouraged to talk to their younger students about the risks of alcohol and drugs well before they are presented with the opportunity. By educating kids early and often, and by making family attitudes towards alcohol and drug use clear, parents are arming their children with the instinct that this behavior is dangerous and would disappoint the family. Recent research done by Harvard University indicated that this "gut instinct" that a behavior is wrong or would be upsetting to one's parents is one of the best deterrents there is!

So start talking and keep talking! For hints on how to talk to young children about drugs and alcohol, go to <http://www.leadweb.org/resources.html>.