



LAKE COUNTY NARCOTICS AGENCY

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P.L.U.S.² Parent's Guide to Week #1

This lesson introduces your child's P.L.U.S.² (pronounced *PLUS Squared*) Officer to the class and helps establish an overview of the P.L.U.S.² lessons. The officer reacquaints him/herself with the students and tells the children a little about him/herself and his/her career.

Survey Form

The students are given a survey to complete during the first class. The students are told;

1. No names – this is an anonymous survey (no one knows who answered what).
2. Be honest – it's important information for yourself and your friends so you need to be honest.
3. The data – the results will be shared during our following classes.

The survey asks the students *how many 7th graders they think have ever tried, used, or are currently using drugs (several are listed)*. The survey also asks *have you ever tried, used, or currently use drugs (again several are listed)*. From the results of the survey the officers will facilitate discussions about drug use based in what the students perceive to be the *norm* verse the *actual or real* use rate.

FYI

1. As with all of our P.L.U.S. programs **parent involvement in our 7th grade P.L.U.S.² program through the homework assignments and discussions with your child is an important part of the program.**
2. Your child will be asked to find and write about information on certain drugs. We will stress the importance of using *credible resources* for these papers and that a person's opinion does not make it a *credible resource*. Many InterNet resource sites will be offered by the P.L.U.S. Officer as places to find such information. Just because it's posted on the web doesn't make it credible. If your child does not have access to the InterNet the information is available at the library.
3. **If a student misses a P.L.U.S.² class it is up to the student to ask the teacher or a classmate for his/her assignment or go to the newly designed P.L.U.S. web site (*see bottom section of letter*). It is not up to the teacher or the P.L.U.S.² officer to make certain the student is caught up and prepared for the next class.** Our goal is for the students to become more responsible for his/her own growth and development.
4. **Certification requirements from P.L.U.S.².** In order for students to graduate from P.L.U.S.² it will be necessary to complete homework assignments. A student failing to complete 2 or more

homework assignments will not be eligible to receive a certificate of completion. In addition to the requirement homework each student is required to write a final paper about what they learned through talking to parents, having discussions in class, information they researched, and any new perspectives that will help them stay drug free.

Societal Rules

The officer defines *societal rules* as: *Expectations for living together as a group in situations requiring that we deal with one another.* An example of a *societal rule* would be: being polite by saying "please", "thank you" and "you're welcome". This example certainly isn't carved in stone, but if more people were polite it would certainly make it easier for us all to get along. We explain that many of our **laws** come from long established *societal rules*. The officer has the students brainstorm what our societal rules are regarding tobacco and alcohol use. Some examples are: *Tobacco*; don't let adults see you (youth) smoke; don't sell tobacco products to youth. *Alcohol*; know your limit; be a responsible drinker; don't drink and drive; drink to celebrate. We make the point that society is changing its stand on tobacco and because of this we have seen changes in *societal rules* regarding tobacco use. Are we noticing any changes in *societal rules* regarding alcohol?

Introduction Letter

The introduction letter your child brought home is discussed in class. Some changes in P.L.U.S.² have to do with the *Parent's Night* program. We will be happy to provide a *Parent's Night* program if parents want it. If you would attend a *Parent's Night* program at your school please indicate this on the Introduction Letter. *Parent's Night* is an evening program developed to speak with you (parents) about what is being taught your children during P.L.U.S.². We will discuss the outcome of the student survey and talk about current trends in adolescent drug use including the group of drugs known as "Club Drugs". If you attended your child's 5th grade P.L.U.S. *Parent's Night* then you have an idea of what to expect. We have always had great response from parents who have attended the *Parent's Night* programs offered by the Lake County Narcotics Agency and we are certain you will find it time well spent.

Student/Parent Homework this week:

We ask that you discuss the ven diagram your son/daughter completed. Talk about 3 societal expectations common to both tobacco and alcohol use. Feel free to have your child include your observations on the worksheet.

Please sign and have your child return the Introduction Letter your child is bringing home this week from P.L.U.S.².

P.L.U.S. Web Site: www.lakecountyohio.gov/lcna/

We have spent a great deal of time this summer to develop a web site as a resource for both parents and students. The web site will have homework assignments and Parent's Guides available. Students no longer have the excuse "I forgot to take my homework home". You will need the *P.L.U.S. username* and *password*, given to the students during the first class, to access the homework and Parent's Guides. This site is new to us so if something is not working or you have suggestions of things we can add please feel free to contact Officer Willis at the Lake County Narcotics Agency, 440-350-3302.