



LAKE COUNTY NARCOTICS AGENCY

JOHN A. GERM, Executive Director

P.O. Box 490, Painesville, Ohio 44077
(440) 350-3333 • (440) 918-3333 • Fax (440) 350-3313



P.L.U.S. Parent's Guide to Week #1

This lesson introduces your child's P.L.U.S. Officer to the class. The officer introduces the acronym P.L.U.S. (Peers Learning Usable Skills) and explains that the purpose of P.L.U.S. is ...To learn skills that are helpful and usable while dealing with one's peers (friends). The P.L.U.S. slogan is "*The POWER of ONE*".

As the classes' progress a two-pocket P.L.U.S. folder will be developed. This folder will be an integral part of the P.L.U.S. lessons and will be necessary during each class to help with your child's participation. Not only do we encourage parent involvement and discussion throughout all of the P.L.U.S. program, but the research is clear "Parents who speak frequently with their children about serious issues have the greatest success in their child not becoming involved in that issue." At the end of the P.L.U.S. program the folder will contain helpful information that can serve as a reference and a building block for future family discussions.

P.L.U.S. Rules

1. **During class discussion please do not identify people by name, and only share information that feels comfortable to you.** We ask the students not to mention first names, for example ... "my Uncle John ..." or ... "my step-parent ...". Instead we ask the children to use wording such as ... "someone I know ..." or ... "a kid I know ...". In this way questions and concerns the students bring up don't turn into story telling or rumors.
2. **No put-downs or bullying.** We want all students to be able to ask questions and participate in class without the feeling that they are stupid because they don't know an answer. We also want the students to communicate with each other in a positive manner, being more open to allow others to have his/her own opinion. By putting other people down a negative and defensive arena is created and closes the door to positive communication. Bullying will not be tolerated and will be turned over to the teacher and principal.
3. If a student misses a P.L.U.S. class we have a web site where worksheets and Parent's Guides can be downloaded: WWW.LAKECOUNTYOHIO.GOV/LCNA/. When you log onto the site, you will need to login (top right-hand corner) in order to access assignments. The lesson link will become available once the lesson is taught. Your login will be:

Username: _____ Password: _____

4. In order for your child to attain a *Participation Certificate* from P.L.U.S. they will need to attend the majority of P.L.U.S. classes. In addition each student is required to write a

final paper about what they learned in P.L.U.S. Failure to write a final paper will keep a student from receiving the certificate.

Introduction Letter

The introduction letter your child brought home was read out loud in class and each paragraph was discussed. Some high points of P.L.U.S. for parents are the *Student/Parent worksheets* and the *Parent's Night* program. The students are a bit apprehensive with the idea of talking with mom and dad "about drugs". We explain to the students that mom and dad have all gone to school, have a lot of life experience, and would have liked some help from their mom and dad on occasion with understanding things that can be a bit confusing. We try to get the students looking forward to discussing the worksheets with mom and dad.

Parent's Night is an evening program developed to speak with parents/caregivers about what is being taught during P.L.U.S. We will also talk about current trends in adolescent drug use, some helpful suggestions on how to help your child be more resilient to drug use pressures, and the basis of P.L.U.S. - *Asset Development*. We have had great response from parents who have attended the *Parent's Night* programs offered by the Lake County Narcotics Agency over the past 20 years.

Student/Parent Assignment (Week 1):

Please sign and return the Introduction Letter your child is bringing home this week from P.L.U.S. This introduction letter gives you information about the P.L.U.S. program.

If you have any questions, please feel free to contact your child's P.L.U.S. Officer, at 440-350-3315 or myself at the Lake County Narcotics Agency, phone 440-350-3302. You can also visit our new web site at WWW.LAKECOUNTYOHIO.GOV/LCNA/.

Sincerely:

Officer Willis

Officer George "Pat" Willis, M.ED.
Lake County Narcotics Agency
Community Drug Education Supervisor