

FOR IMMEDIATE RELEASE

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Subject: Effective parenting workshop in Surry County

In a workshop series called Guiding Good Choices, parents will learn how to strengthen their bonds with their children and reduce the risk that their youth will use drugs. The five-week workshop is being offered at L.P. Jackson Middle School starting Wednesday, March 2, at 6 p.m. It is for all parents of children in grades 4 through 8.

Sophenia H. Pierce, Director of the Office on Youth, believes that this workshop is highly effective and different from other programs because it offers useful tips and gives parents an opportunity to demonstrate what they have learned with their youth during the workshop. Pierce emphasizes, "Today's youth are being presented with more appealing trends that could adversely affect their futures. Often parents have limited knowledge and understanding of these negative drug trends". Therefore, parents are strongly encouraged to attend this workshop because it is timely and greatly needed", Pierce explains.

Discussion will address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco or alcohol); the use of illegal drugs (e.g., marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs (Johnston et al. 2002). According to the National Institute of Drug Abuse, E-cigarettes are increasingly popular battery-operated devices marketed as a safer alternative to smoking conventional cigarettes. They produce flavored nicotine aerosol that looks and feels like tobacco smoke but without the tar or other chemicals produced by burning tobacco leaves. However, while e-cigarettes do not produce tobacco smoke, it is still unclear how safe they are. They still deliver nicotine, which is a highly addictive drug. Also, vapor from some e-cigarette products has been found to contain known carcinogens and toxic chemicals.

Surry County recognizes that, whether the problem is big or small, being proactive is the best way to prevent and intervene in issues related to drugs. During each workshop, those attending will

receive free dinner and a chance to win several prizes for the family. Childcare and group activities will be provided for youth, 4 to 14 years of age. Adults interested in attending this workshop, must call the [757-294-5278](tel:757-294-5278) by Monday, February 29, 2016 to pre-register. Funding for this program is provided by the 21st Century Learning Center Program, Surry County Office on Youth and the Promoting Safe and Stable Families Act.

Source: National Institute on Drug Abuse. Nationwide Trends Retrieved from <https://www.drugabuse.gov/publications/drugfacts/nationwide-trends> on February 19, 2016

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