

# PROJECT LEAP

FALL 2011



Above, students and teachers at Villa Maria Academy participating in *Protecting Me, Protecting You*.

## What's new at Project Leap

*Project LEAP presents only programs that have been researched, proven effective in impacting students' behaviors and attitudes, and approved by NYS OASAS (Office of Alcoholism and Substance Abuse Services).*



We have added two new programs to our roster of offerings. **Protecting You, Protecting Me** was

developed by MADD (Mothers Against Drunk Driving) for grades one through five. Its goal is to "reach children before they have fully shaped their attitudes about youth alcohol use." It utilizes the

latest brain research on underage alcohol use and teaches important safety skills.

**SPORT** for grades 6, 7, and 8 uses a short survey to ask students about their health and fitness habits. A brief individual consultation with the Health Educator reinforces healthy habits and identifies behaviors that the student might be willing to modify. Parents receive three letters highlighting healthful messages they can discuss at home.



### NEW FOR PARENTS:

**Connect with Kids:** *Refuse,*

*Remove, Reasons* is a multimedia high school curriculum to help students develop refusal strategies for alcohol, tobacco, marijuana, steroids, prescription and over-the-counter drugs. You will be able to download a 12 month calendar, watch videos and get tactics, tips and questions to help get a conversation started with your child. When you visit our website, [www.adapp.org](http://www.adapp.org) click on Connect with Kids and then click on the Parents link.



**This information is helpful for parents with children ages 10 and older!**

**CAN WE TALK?** We at Project LEAP love the opportunity to meet and present workshops on timely issues to the parents of our students. For one thing, parents are the most influential and important teachers of their children. Therefore, it is imperative that parents both understand and support the concepts that are taught and promoted within the Project LEAP curriculum. Second, learning that is confined to the classroom is not sufficient to change behaviors and attitudes. Students need to have the same positive,

growth-enhancing messages echoed in their homes and their communities, not just in their schools.

The Project LEAP Health Educator can discuss your needs and ideas for a **Parent Meeting** in your school. In the past, topics that we have presented to parents have included **Cyberbullying and Internet Safety, Talking with your Child About Drugs, and Your Child and Alcohol.**

For more information, visit our website at [www.adapp.org](http://www.adapp.org) or call (718) 904-1333.



Archdiocese of NY Drug Abuse Prevention Program  
2789 Schurz Avenue, Bronx, New York 10465 (718) 904-1333 [www.adapp.org](http://www.adapp.org)

# The Influences All Around

We may be educators, administrators, parents, in fact, *anyone* who is concerned with the well-being of children and teens. We watch with alarm the ever-growing onslaught of messages directed at children that glorify and celebrate drug experimentation and use, and we worry, ***How can we best protect our children from the many destructive influences all around them?***

There is plenty to worry about. Apart from the usual suspects, alcohol, tobacco and marijuana, new substances are being concocted from readily available ingredients that are dangerous, if not lethal. "***Lazy Cakes***" look like brownies but contain high levels of melatonin, a sleep-inducing hormone available over the counter; children have overdosed and been rushed to the hospital after ingesting it. A synthetic alternative to marijuana, known as ***K-2***, mimics marijuana's effect on the brain while being sold legally as incense. A substance sold legally as ***Bath Salts and/or Plant Food*** has been used with serious side effects, such as brain and kidney damage, along with the "high" it delivers.

Less exotic substances remain a source of concern. Thanks to clever advertising by the tobacco companies, use of smokeless tobacco products such as ***Skool*** and ***Snus*** has increased 36% among high school boys. The national survey on drug use and health shows that drug use in the U.S. has risen since 2002 and that teens' attitudes toward drugs' negative effects are softening, especially regarding over-the-counter and prescription drugs.

Ongoing education aimed at our students and their parents is critical if our students are to be equipped to make decisions that promote their happiness, health and optimal functioning in this increasingly complex world. There is no substitute for reasoned discussion that engages teens to consider choices, consequences, and their present and future goals.

We at *Project Leap* hope that you will continue to allow us to be a part of this most important, ongoing dialogue.

*For services, please call us at (718) 904-1333.*

## What our students say...

"I loved the Stop and Think song and I will always remember what you said to us. STOP AND THINK!"

"You have been a great friend to me. Hope you teach us next year. PS How is Wagner doing?"

"You teach me all about smoking. You were right. Don't smoke. It could hurt your brain. Thanks for your help."

"Thank you for teaching me how to deal with conflict. I'm not fighting with my brother anymore."

"I just want to thank you for everything. Now I am a much better person." "You are the best! You helped me when I was being bullied. You helped me to stand up and speak up for myself."

