

KNOW
THE POWER OF PARENTS.

Minnetonka High School

**Parent Networking Directory
2010-2011**



Working Together to Reduce
Underage Substance Use

www.tonkacares.org

*This directory is a project of Tonka CARES in collaboration with the
Minnetonka High School administration.*

~ Feedback about Parent Networking Directory ~

I am glad that a part of the parental community is taking a clear and public position on the behaviors expected of our children and that with the help of MHS we have a way of identifying each other.

It is such an important tool. We were new to the school, so checking out this publication made all the difference in the world to us as parents.

I think just showing our kids that we care enough to organize this communication tool sends a very strong message.

~ Feedback about other Coalition projects ~

At the September 21, 2010 Tonka CARES coalition meeting, Minnetonka Police Chief Mark Raquet credited Tonka CARES for contributing to a significant reduction in citations issued for underage drinking and curfew violations since 2007.

Citation by Minnetonka Police	2007	2008	2009	% Reduction
Consuming/possessing liquor (18-21)	325	172	167	48.6% reduction
Consuming liquor (under 18)	134	78	61	54.5% reduction
Juvenile curfew violation	104	85	79	24.0% reduction

These Tonka CARES initiatives may have contributed:

- Tonka CARES was instrumental in the passage of **Minnetonka's Social Host ordinance** which makes it illegal to host a gathering where underage drinking takes place.
- The coalition publishes the **Parent Networking Directory** in which parents voluntarily take a pledge to communicate with other parents and to actively monitor teen gatherings.
- **Refrigerator magnets** showing Hennepin County curfew laws have been widely distributed.

Thank you, Minnetonka parents – keep up the good work!



**Working Together to Reduce
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Parent Networking Directory

a project of Tonka CARES

What are the benefits for participating in the Parent Networking Directory?

- Building your own network of parents will help you stay informed. As your kids mature, they will become increasingly sophisticated in making plans independently.
- When adults join together and take a united stand, they feel more empowered to “do the right thing,” and are often more effective than when they act separately.
- Names, phone numbers and addresses of MHS participants are published in a directory, which encourages parents to network.

Parental responsibility when hosting a youth party or gathering:

- Confirm with parents who call about the party that alcohol will not be available nor allowed. (Parent Tip: To facilitate a comfortable call, offer this information before being asked. You may also want to mention media, i.e., your family position on R-rated movies, video game ratings, and/or internet monitoring.)
- Be a visible host. (Parent Tip: Use small snack dishes and replenish often!)
- Encourage “by invitation only” gatherings so you know who is at your home.
- Call the parents of anyone who appears to be under the influence or is in possession of illegal substances. (Parent Tip: If it were your child, wouldn't you want to know?)

Suggested parental responsibility when your child is invited to an activity:

- Call the adult in charge of the activity to verify the occasion, location, and that there will be “active” adult supervision.
- If the activity seems inappropriate, express your concern, keep your child home, and seek an alternate activity.
- Your job is not to just “trust,” but to “verify” your child's plans. BE THE PARENT, NOT A PAL!

Parent Pledge:

- I will actively supervise the activities of my child's friends when they visit our home.*
- I will continue to foster open communication and share accurate information to help my child make good choices.*
- I will establish a clear “family position” on the use of illegal substances and discuss this position with my child(ren) on a regular basis.*
- I will support MHS prevention curriculum and school discipline policies relating to illegal substance use among our youth.*
- I will not serve nor will I allow anyone under the legal drinking age to consume alcohol in my home or on my property.*

Tonka CARES is a community coalition working to reduce the use of drugs and alcohol among young people in our community.

*Thank you for supporting a vision of our community in which youth **choose not to use, and are supported and valued for that choice!***

For further information, please visit www.tonkacares.org or contact Imogen Davis, Tonka CARES Coordinator email Imogen.Davis@minnetonka.k12.mn.us office 952-401-5042.

~ Questions & Some Answers ~

QUESTION: I feel awkward calling a parent I don't know. Any suggestions for how to initiate a conversation about adult supervision at a teen gathering?

ANSWER:

To confirm that alcohol and marijuana (and other drugs) are not available at teen parties – and that parents are, Mark Scharenbroich, a local parent and national speaker, recommends making a “chips call.” The conversation might go something like this: “Hi, I’m Joe, Sammy’s dad ... understand you are hosting a gathering over there tonight.” (pause) “Are you set to go? Need chips or anything?” Providing the parents already know about these plans, from this opener they will likely confirm that they will be home and the party will be monitored. If you’re the one hosting the party, this is where you confirm that drinking or smoking won’t be tolerated. Awkward? Maybe a little, but keep in mind that this is your child, and kids need to know that you’re both trusting and verifying their information – when information checks out, trust grows!

QUESTION: If I hear about underage drinking, drug use or other inappropriate conduct at a home listed in this directory, does it mean the program isn't working?

ANSWER:

While Tonka Cares and the high school administration believe that people who voluntarily sign the pledge will honor their commitment, this cannot be guaranteed. The directory and pledge provide a way for families to publicly commit to a shared set of values, which is intended to help parents talk with other parents and establish ground rules for their children. Although parental monitoring significantly reduces the likelihood of underage drinking or drug use, even “good kids” have been known to make poor choices. The pledge encourages the kind of interaction with your child and other families that could alert you if something is amiss. This personal connection is often your best ally, whether a family is listed in the directory or not. It is recommended that suspected illegal activity be reported to law enforcement for investigation.

QUESTION: If I know about an underage drinking party, what should I do?

ANSWER:

We asked Mark Raquet, Minnetonka Police Chief, and Bryan Litsey, South Lake Police Chief, what we should do if we have information about underage drinking and drug activity.

THEIR RESPONSE: We would strongly encourage parents or anyone with a concern about a juvenile “drinking party” to call us before the party occurs, if at all possible. That gives us the opportunity to make contact with the homeowner and prevent the illegal behavior. If calling before the party isn't possible, the concerned citizen should call at the time of the party and we will investigate to determine what – if any – illegal activity is taking place. **NOTE:** Minnetonka police will respond to reports of juveniles violating curfew ordinances.

When calling the police to report such an incident, citizens can request to remain anonymous and we will do our best to honor that request. There could be circumstances that might require us to contact them after the fact, although those instances are rare.

Concerned citizens in the **City of Minnetonka** could call our Confidential Crime Line, 952-935-8000, to report a juvenile party before it happens. This line is not monitored 24 hours a day and should not be used for situations that are in-progress. As always, residents can call 9-1-1 if they so choose.

South Lake accepts tips (emergency and non-emergency) at 911. If you wish to remain anonymous, let the dispatcher know, and your name can be taken off the report.

QUESTION: What can parents or other caring adults do if they suspect a teen is using alcohol or drugs?

ANSWER:

If you have suspicions and concerns about your teen or your teen's friends, take action. The worst thing to do is to do nothing. Talk with the teen. Tell them what you are observing, and voice your concerns. If that is not possible, discuss your concern with the MHS Chemical Health Specialist, Nancy Olson-Engbreth (401-5740). Your conversations are confidential. Nancy does not report information to school personnel. Consider speaking with the parents of your child's friend. It may take courage to have this conversation – and grace, if you are on the receiving end of a call from another parent. Keep in mind that if it were your child, wouldn't you want to know? The sooner we help a young person deal with a potential problem, the easier the solution.

QUESTION: How might parents or other caring adults react if they overhear young people talking about underage alcohol or drug use at a party or other gathering?

ANSWER:

Again, take action. Let the teens know you noticed their conversation and that you want them to be safe. Remind them of the risks associated with chemical use.

~ Questions & Some Answers (cont.) ~

QUESTION: "Did you drink or use drugs when you were in high school?" How might parents or other caring adults answer this question if posed by a teen?

ANSWER:

"Remain calm. This is one of those teachable moments," advises Michael Borowiak, an expert in the field of adolescent substance use. "Ask a question in response, such as 'Why do you ask?' This will give you information about the purpose of their inquiry – plus a little time to manage any "panic" you may feel at being asked this question! This also gives you a sense of what and how much information to share so you can engage in a meaningful conversation. Kids usually ask this question because they are wrestling with these choices in their own lives. **Remember, if they can ask you this question, you can ask them the same question.** Do your best to maintain a dialogue and not slip into "lecture" mode – your teen has **chosen** to bring this up with you."

How one parent answered this question: "I drank alcohol and smoked marijuana because I was bored and wanted to take some risks, but I soon found out that I couldn't control the risks — the loss of trust of my parents and friends. There are much better ways of challenging ourselves than doing drugs."

Joseph Califano, Founder and Chair of CASA and author of "How to Raise a Drug-Free Kid," says that in answering this question: 1) Learn why they are asking. 2) Be honest. 3) Include the consequences of your actions. 4) Share accurate information. Learn more at www.straightdopeforparents.org

~ MHS Formal Dances ~

HOMECOMING DANCE – Saturday, October 2

SWEETHEARTS DANCE – Saturday, February 19 PROM – Friday, May 13

Formal dances for students are often preceded by a dinner. In addition, the dance invitation is frequently accompanied by an "after party" invitation for an end-of-night gathering at someone's home. Arranging safe transportation for these activities deserves particular attention.

Not all parents allow their kids to accept an invitation to an "after party"; others limit the amount of time at the party based on curfew laws. If you want to keep closer watch, be a host, and be sure to communicate your rules and expectations to teens and parents alike before the party. Some hosts invite other parents to attend the gathering and help with chaperoning. If you give your teen permission to attend a party, review the recommendations offered in the Parent Pledge. And remember, not "all kids are going," despite what your teens might believe!

~ KNOW the Power of Parents ~

As parents we can:

- **Know where our kids are** and make sure they come home when we expect them. (Let your children know that for every minute they are late, you are worrying.)
- **Ask our kids to keep us informed** when plans change.
- **Set family curfews and enforce them.**

IT'S THE LAW!		
HENNEPIN COUNTY CURFEW for JUVENILES from the County Attorney's office		
AGE	WEEKDAYS	FRIDAY & SATURDAY
Under 12	Home by 9:00 p.m.	Home by 10:00 p.m.
12 - 14	Home by 10:00 p.m.	Home by 11:00 p.m.
15 - 17	Home by 11:00 p.m.	Home by midnight
Curfew laws in Chanhassen are the same as in Hennepin County, but for other cities in Carver County , there are variations. Check this specific address for details: www.shouldertoshouldermnnesota.org/?q=node/54		

- Possible consequences for missing curfew: come home earlier next time; do extra chores; lose privileges. Minnetonka police respond to reports of juvenile curfew violations.

~ City of Minnetonka social host ordinance ~

In partnership with the City of Minnetonka, Minnetonka Police Department, and the Hopkins Community Coalition One Voice, Tonka CARES helped initiate consideration of a social host ordinance, and facilitated a forum about this issue with community leaders. The City of Minnetonka enacted a social host ordinance on June 26, 2009. The purpose of the ordinance is to discourage underage consumption of alcoholic beverages. Underage drinking risks the health and lives of youth. Passage of this ordinance in Minnetonka provides support to the majority of parents and young people in our community who do not engage in or enable underage drinking. It also sends a clear message of accountability to those who might consider hosting underage drinkers.

Under the new ordinance, the host of a party where underage drinking takes place is considered criminally responsible; violating the ordinance may be charged as a misdemeanor.

The social host ordinance makes it a crime for a person to host or allow a party where an underage person consumes alcoholic beverages if:

- the host knew that alcohol or alcoholic beverages were going to be present at the party; and
- the host knew that an underage person was going to attend, or was likely to attend; and
- the host failed to take **reasonable steps** to prevent the possession or consumption of alcoholic beverages by an underage person.

Reasonable steps that a person can take to avoid liability include:

- directing, on a one-time basis or as a standing order, that no consumption of alcohol and alcoholic beverages is allowed; or
- controlling access to alcohol and alcoholic beverages; or
- checking identification of attendees to determine age; or
- supervising the activities of underage persons at the gathering either in person or through a responsible adult.

A person can be responsible under the ordinance even if the person is not present at the party. However, an absent person is not responsible if the person did not know that a gathering would occur, or did not know that alcoholic beverages would be present, or did not know that an underage person was likely to be present. Parents who have alcoholic beverages in their homes are not responsible under the ordinance if they have issued a standing order that alcohol is not to be consumed by underage persons while in their home.

For more information, please visit the City of Minnetonka Web site: www.eminnetonka.com

***Teens who learn anti-drug messages at home
are 42 percent less likely to use drugs. www.theantidrug.com***



Sharing family meals has less to do with the food on the plate and more to do with what's happening at the table. The nightly ritual of a family dinner gives families a relaxed, nourishing context for coming together, connecting and communicating, talking and listening, seeing and hearing.

It's where parental engagement happens.

~ Joseph A. Califano, Jr., [How to Raise a Drug-Free Kid](#)

**Don't miss Joseph A. Califano at the Minnetonka High School, Arts Center on 7.
Tuesday, April 12, 7-8:30 p.m. No fee.**

Press Release Spring, 2010:

Tonka CARES Launches "Reveal what's Real" Campaign

Campaign Looks to Reduce Use & Address Misperceptions of Underage Drinking Among Minnetonka High School Students

Minnetonka, MN – 9 out of 10 Minnetonka High School (MHS) students believe that most of their peers use alcohol once a month or more. In reality, this is not the case. Most MHS students do not use alcohol. When surveyed, 7 out of 10 students report they *did not* use any alcohol in the last 30 days.

A new campaign, *Reveal what's Real*, launched by Tonka CARES and funded by a federal Drug-Free Communities grant, is tackling this misperception head-on. Taking a serious, science-based approach to a serious issue, the campaign addresses student and community misperceptions of underage drinking. This kind of approach has been found to have a direct impact on student behavior and lead to fewer students drinking alcohol.

"We really want to debunk the myth that drinking is something every high school student is doing. We want to teach and actually show students that drinking is not the norm and in the process, reduce the number of underage drinkers," says MHS Principal Dave Adney.

While it's true that most high school students can name at least a few students they believe drink regularly, it's also true that drinking behavior is far more noticeable than non-drinking behavior. This leads to widespread overestimation of alcohol use.

"We need a community conversation that honors the healthy choices most kids are making," says Imogen Davis, Tonka CARES Coordinator. "This campaign is a powerful tool that can transform the way we talk about the issue of underage drinking in our community. Together we will increase the number of students choosing *not* to drink."

Tonka CARES is a school and community-based coalition, established in 2005 to play a leadership role in preventing and reducing illegal substance use among youth in the Minnetonka Schools.

For more information, please visit www.tonkacares.org or contact Imogen Davis, Tonka CARES Coordinator at 952-401-5042 or by email, imogen.davis@minnetonka.k12.mn.us.

(See ad on next page.)

IMPORTANT

Minnetonka High School Phone Numbers

MHS Main Office	952-401-5700
Activities Office (Hotline and information)	952-401-5900
Attendance Office	952-401-5800
Booster Store (Open 11am-2pm on school days and 4-7pm on the 2 nd Thursday of the month)	952-401-5841
Chemical Health Specialist Office	952-401-5740
College and Career Center	952-401-5845
Get Connected Program	952-401-5846
Guidance Office (Academic help, counselor)	952-401-5811
Health Office	952-401-5771
Minnetonka District Service Center	952-401-5000
School Psychologist	952-401-5969
Social Worker/Student Support Services	952-401-5763
Tonka Serves (www.tonkaserves.org)	952-401-5766
Transportation Office (Busing)	952-401-5023

www.minnetonka.k12.mn.us/MHS

The information in this directory has been compiled from Parent Networking Directory forms provided by Tonka CARES. It is intended for personal use by families listed herein. Use of this directory for business, political or financial gain is prohibited.