



## US Teens and Addiction

A recently released report found that one-third of high school students who use drugs, alcohol or cigarettes meet the medical criteria for addiction. The report from the National Center on Addiction and Substance Abuse (CASA) at Columbia University is based on surveys of high school students, parents and school personnel. Susan Foster, the report's lead researcher, calls teen substance abuse "the number one public health problem any way you look at it...This is an epidemic." It is estimated that 1.6 million US high school students meet the criteria for an alcohol or drug use disorder while only 100,000 received treatment in the past year.

According to the CASA report, nearly half of US high school students currently drink, smoke or use other drugs and 25% of the teens who responded to the survey viewed marijuana as harmless. One in six viewed marijuana as medicine. The report also noted that people who start using before the age of 18 are six times more likely to develop a substance abuse disorder than those who do not start using until they are 21 or older. Read the article at <http://www.msnbc.msn.com/id/43569095/ns/health-addictions/>.

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## News & Updates

Summer is flying by! Here in Fremont, we are in the middle of the National Baby Food Festival (Fremont is the home of Gerber Baby Food). Our usually small town is bustling.

In honor of our 35<sup>th</sup> anniversary, we will be including conference trivia in upcoming newsletters...35 facts, to be exact. Since this happens to be our 35<sup>th</sup> anniversary newsletter, look for the first three below.

Special thanks to the teams who sent in their May activity reports: Rochester PRIDE, PRIDE of Bethel Park and PRIDE of Newaygo County! Thanks also to Rochester PRIDE and PRIDE of Newaygo County who have sent in their June activity reports! We look forward to adding your team to the list next month.

## Cyber Bullying

On July 17, ABC Family premiered a new movie, *Cyberbully*. This movie brings to light one of the harshest forms of bullying and also one of the hardest types of bullies to confront. Cyber bullying can start with something as simple as a post on a Facebook wall calling someone stupid to full-on threats of life endangerment. Cyber bullying can be defined as when a minor is threatened, tormented, harassed, humiliated, embarrassed, or otherwise targeted by another minor by the use of the Internet, digital and interactive technologies and mobile phones. Cyber bullying is said to be more harmful and long-lasting than regular bullying because once something is out there, it cannot be taken back. Cyber bullying is a serious offense that has led to suicides and death. While there may not be laws in every state to prevent cyber bullying, there are still ways to prevent it. It's important to know that if you or someone you know is being cyber bullied, you can get help by talking to someone like a parent, teacher, guidance counselor or principal. Also, look for help in websites such as [www.stopcyberbullying.org](http://www.stopcyberbullying.org).

-Christopher Sills, Trainer

## Conference Trivia

1. The first PRIDE Conference was held in Atlanta, Georgia. Conference was initially geared toward adults-the youth component expanded steadily over the years.
2. As recently as 1997, there were separate youth and adult General Sessions.
3. The 1989 program guide, the oldest one we have at the office, was 101 pages long and included photos of workshop presenters and America's PRIDE teams (including PRIDE of Polk County) and lyrics to PRIDE songs.