



Spring 2011 Newsletter

Prom and Graduation Season is fast approaching

Work hard, play hard! School teaches us so much more than the three R's. It's also about life's balancing acts: work/play, eat/sleep, and hang on/let go are the top demands in a household with teens. Prom and graduation season certainly highlights the hang on/let go balancing act for parents of juniors and seniors.

While adulthood may seem like a stone's throw away, it's not a reality for older teens. In fact, their judgment is still under construction -- until their mid 20's. Sadly, there are far too many tragic stories of what happens when a teenager's limited judgment is further impaired by alcohol -- beyond drinking and driving, studies show links between alcohol and drownings, falls, assaults and sexual violence.

All Maine's teens are at risk for underage drinking. One of the top protective factors for reducing underage drinking is parents. Talk to your teen about the risks, let them know you do not want them to drink. Ask about their plans, and don't be afraid to ask whether there will be alcohol present -- and to say no if there will be.

There are lots of opportunities for letting go and giving your teen freedom and responsibility. When it comes to alcohol, they just aren't ready.

Read more on this topic in the Portland Press Herald's [April 21, 2011 OpEd piece](#).

Looking for resources? PortlandPreventionTips.org is a great place to start.

April 29: Portland's 30th annual Take Back the Night March



April 30th: 2nd National Prescription Drug Take-Back

The second **National Prescription Drug Take Back Day** will take place on **Saturday, April 30, 2011, from 10:00 am - 2:00 pm** at locations across the state and the nation.

A joint effort between the Drug Enforcement Agency (DEA) and state and local law enforcement agencies, this event follows up on the great success of last September's first ever National Prescription Drug Take Back event. The event provides a safe, anonymous, no-questions-asked option to safely dispose of unwanted and



Portland's 30th annual **Take Back the Night March, Rally and Speak Out** will take place **Friday, April 29th in Monument Square** in downtown Portland, from **6 PM to around 8 PM**. Take Back the Night is sponsored and organized by Sexual Assault Response Services of Southern Maine, long an active community partner to 21 Reasons.

This event helps to break the silence that surrounds sexual assault and promote healing for those who have been impacted by it. The theme for this year's event is "30 Years Strong". Take Back the Night will begin with a rally, an introduction to the entire event of Take Back the Night. This year's Rally will include speakers and performances from local artists and theater groups. For the third year in a row, there will be a powerful public awareness exhibit displayed throughout the day. Come to Monument Square to view the Clothesline Project, a powerful testimonial to victim/survivors strength, courage, and beauty, among other works.

After the rally, there will be a march through the streets of downtown Portland. During the march, people hold posters and chant, our way to tell the community that we're not going to take sexual violence anymore. This will be followed by a Speak Out, an opportunity for those in the public to speak about the impacts of sexual violence in their lives.

Take Back the Night is an amazing community event. 21 Reasons staff will be there, and we hope you will be, too! A big "thank you" to everyone at SARSSM for their important work.

For more information, go to [Take Back the Night on Facebook](#) or contact Leslie LaFrance, SARSSM Education Director (and 21 Reasons Steering Committee member!), at leslie@sarsonline.org.

unused prescription drugs, and addresses a critical public safety and public health issue by preventing increased abuse and theft of prescription medications. During the September event, 121 tons of pills were collected.

Prescription drug abuse has become epidemic in states across the nation. In a 2009 study, the Substance Abuse and Mental Health Services Administration estimated that seven million Americans had abused prescription drugs in the past month. Maine tops the nation in the percentage of residents seeking treatment for addiction to prescription narcotics. The Partnership for a Drug Free America reports that nationwide, as many as one in five teens has taken prescription drugs not prescribed to them. Studies show that the majority of abused prescription drugs are obtained from friends and family, including from the home medicine cabinet.



Click [here](#) to find a collection site near you.

Portland Locations:

Rite Aid Plaza, 290 Congress St.

Rite Aid Parking Lot, 713 Congress St.

UNE College of Pharmacy, 716 Stevens Ave

WGME News 13 Studio, 1335 Washington

Ecomaine Recycling Facility, 64 Blueberry Rd.

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