

About Crime Activity Prevention...

CAP was formed through a concern brought forth by Councillor Margaret McCarthy and a few local businesses in the community regarding crime. FICS applied for and received funding from the National Crime Prevention Strategy for the creation of CAP. CAP's intent is to address crime in the Flamborough community through a grassroots approach to address the social determinants of crime before it happens.

CAP partners closely with Hamilton Police Service.

Check our interactive website for detailed information on CAP and what we are doing in the Flamborough community.

F.I.C.S. (Flamborough Information & Community Services) is a charitable organization dedicated to improving the community, through information and referral services, identifying unmet needs, providing social services and liaising with the community.

Working in Partnership with:
Flamborough Information & Community Services (FICS)
Hamilton Police Service
Local businesses and Community Members
City Councillor Margaret McCarthy
Funded by the National Crime Prevention Strategy

People Helping People



Crime Activity Prevention (CAP)

Building Safer Communities



Parent Tips on Parties, Drugs, and Alcohol



Putting the CAP on crime.

**For more information
Call FICS 905-689-7880
www.infolam.on.ca/cap**

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Parent's Party Pamphlet

Parties and your children

- When your pre-teen/teen is going to a party, obtain address and phone number of host. Contact parents of the party giver
- Verify the occasion and location
- Offer assistance and support (if you wish)
- Make sure the parents will be present
- Be certain that alcohol and other drugs will not be permitted
- Discuss a curfew with your child that you can both live with.
- Agree that you or someone you trust will come and get your child if he/she calls you for a ride, no questions asked.
- If you find out that alcohol was served (particularly with parents there) call and discuss your feelings with the parent. Discuss legal ramifications if necessary. Be awake or have your child wake you and talk to you when he/she arrives home. Youth are less likely to abuse their privileges, drugs/alcohol when they know they will need to talk to you when they come home. This is also a great opportunity to bond and communicate while things are "fresh" for him/her. (It may be late but its worth the 5 minutes it will take with LIFE lasting results!) This sends your pre-teen/teen a very powerful message. Don't miss the opportunity
- Express thanks and support to parents and students who give parties within safe guidelines.

Hosting a party? You are responsible for an intoxicated person until they sober up or until you can deliver them to a responsible adult.

Even if they didn't drink at your event. Your responsibility encompasses the actions of your guests.

- Serve food . Avoid salty foods.
- Offer plenty of non-alcoholic drinks.
- You can hire supervision for a party, ex: paid duty police officer, paramedic, lifeguard.
- Ignorance is not a defence. What reasonable steps were taken to safeguard the party?

If you are going to be away from home for a vacation, weekend or overnight, you need to be aware that your teen may be having a party at your house. Most house parties that parents do not know about start off innocently. Your son/daughter tells a few friends you're going away, invites them over and the next thing you know the whole school knows about it. What a nightmare! **As parents, know the ramifications of leaving your teenager alone during your holiday time.**

Liability ? An occupier is anyone who controls the premise and has power to admit or exclude entrants.

- Occupier must take steps for reasonable safety.
- If anything were to happen to a guest as a result of what they were doing at your party/house, **you are held liable.**
- Underage drinking is illegal. You could be held personally responsible for injuries and damage caused by underage drinkers.
- Home insurance will not cover claims for damage or injuries in this case.

Bush Parties

- Dangerous because there is no easy access to where they are. Cell phones usually do not work in remote areas. If you know of a bush party happening or suspect one, phone other parents, You may want to investigate the area but call police.

The following factors *may* be indicative of drug use:

- Possession of a roach clip (to hold small ends of a joint)
- Visine eye drops.
- Small plastic packages used to hold marijuana and usually sold in these packages (called “dime” packages).
- Excessive cologne/perfume (to mask the strong smell of marijuana).
- Strong odour on clothing.
- Rolling papers (used to roll a joint).
- Money going missing around the house.
- Small scissors (to cut marijuana and papers).
- New friends that aren’t brought home and parents have never met.

Signs of Drug Abuse

- Acting especially angry or abusive or engaging in reckless behaviour
- Acting withdrawn, depressed or apathetic
- Getting into trouble at school, negative changes in schoolwork, missing school or declining grades.
- Neglecting appearance or hygiene.
- Possessing unexplained valuables or cash.
- Subtle changes in conversation with friends, eg. using “coded” language
- Violating curfews or running away.

Physical Signs

- Constant flu-like symptoms
- Dilated pupils, pinpoint pupils; droopy eyes
- Dry skin, itching, skin infections
- Elevated body temperatures
- Fast heart beat; irregular heart beat
- Hyperactivity
- Loss of appetite or sudden or unexplained weight loss
- Repetitive behaviours
- Shaking, sleep deprivation, slow gait, slowed reflexes, loss of coordination
- Track marks

Drugs & Alcohol

Educate yourself

Tips for Parents;

- Educate yourself about medications and other drugs that kids are abusing and using and share this information with others. Speak with your child’s school principal. They are usually informed as to what they see happening in his/her school and what the trend is.
- Phone your pre-teen/teens school and find out who the school police liaison officer is assigned to that school. You can call them directly to ask questions.
- Communicate with your kids. Discuss this subject with your pre-teen/teen. See what your kids know about peers using drugs and/or alcohol.
- Set a clear expectation with your pre-teen/teen. Let them know that under no circumstances should they ever take medications, drugs or alcohol without your knowledge and reasons why.
- Safeguard your medications at home.
- Ask your healthcare provider if any medications prescribed for you or your family have a potential for abuse.
- Keep an inventory of what medications you have at home and how many.

Over the Counter Medications

There are some over the counter medications that are being abused by youth.

- Any cough medicines that have DXM, such as Robitussin Max. Strength or Vick’s Formula 44, Drixoral cough liquid caps, Coricidin Cough and Cold, Screts cough drops and Sudafed.
- Ritalin. Some youth sell theirs.

These innocent medications are bought in large quantities and used to get high.

Drugs

Ecstasy (E), marijuana, cocaine (crack) and acid are the most common drugs being used by our children.

- Discuss openly with your children about drugs. Let them know where you stand. Ask them to educate you on this subject. They probably know more than you think.
- Look to the internet for information on such drugs. Just type in a search engine the above drugs and hundreds of sites will come up. Contact Hamilton’s Public Health & Community Services, they have a lot of information and classes.
- You can speak to your child’s school principal or student services dept. for information. Attend school council meetings and request that information on this topic be discussed.
- Go to the library and educate yourself .
- Speak to other parents about it.

Usually students tend to smoke off school property in alleyways, behind strip malls, or forested areas. Marijuana is still the most popular drug among youth, and it is usually done at lunch hour in groups.

- Kids start experimenting as young as 10 years old.
- **You set the example.** If you smoke, your son/daughter is ten times more likely to imitate you and try smoking themselves. Don’t be naïve!
- **Don’t rescue.** If you have been told that your son/daughter has been suspected of or caught smoking, drinking or doing drugs, be open to having your friends, acquaintances or school personnel share this information with you and keep a further eye on your child. It does take a village to raise a child! Allow others to

help you out. You may find you are not alone.

Alcohol

This seems to be a more socially acceptable drug. Discuss at length with your child your views, values and beliefs about alcohol, what it can do, the effects of it, possible consequences and the responsibility that goes with drinking alcohol. There is lots of information available about drinking and driving and alcohol in general. Look at the MADD website for some good information. You can also speak to your high school guidance councillors or your elementary school Physical Education teacher, principal or the Hamilton Wentworth District School Boards (private & separate) for information and what is taught at what grade level.

These tips do not imply that your student is in fact using drugs or alcohol or is otherwise involved . The tips in this pamphlet are designed to educate parents, open up dialogue and communication between you and your child and to increase awareness of common factors surrounding parties, smoking, drug and alcohol use in youth.

For further information contact Hamilton Police Service
General Police Inquiries **905-546-4925**
School Liaison Officer **905-546-3889**
(Division 3)

OR Contact the CAP office 905-689-7880

Learn how to become a crime prevention partner. Your resources are valuable to us and your community. For more information and to contact CAP, check out our website.

www.inflam.on.ca/cap