

JUNE JULY 2012

ALCOHOL & KIDS... **(Information for kids and their parents)**

Underage drinking is the nation's largest youth drug problem, killing 6.5 times more young people than all other drugs combined. Unlike the progress that has been made in reducing the use of other illicit drugs by youth, there have been no significant changes in the rates of underage drinking since 1994.

“Hey, who wants a drink?”
**“Oh, come on, just one drink won't hurt you...
it's fun!”**
“It's cool... everybody drinks, right?”

WRONG!!

All kids want to be cool, but most kids who responded to a kidshealth.org survey don't think drinking makes a person cool... in fact, most of the kids (86%) said they are very uncool, and 89% said that drinking alcohol at their age (9-13 years, the “tween” years) was never OK. That shows that a lot of kids are pretty smart about the dangers of alcohol. But what about the kids who didn't agree? Although 90% of the kids said they'd never tried alcohol, or only tried it once, 6% of kids said they often drink more than a sip – every week or every month.

It's easy for kids to get the wrong message about alcohol. They may see their parents drink or watch TV or movies that make drinking look like a lot of fun – people drinking and watching sports together or having a big party.

4,500 teenagers die each year in the US from excessive alcohol use. Underage drinking is related to the amount of exposure to alcohol advertising. Parents should assume their kids are exposed to alcohol ads, both in print and on TV, and should make a point to talk with them – often – about the dangers of drinking.

MMWR – Aug. 2007 – “A Cup of Health with CDC”



But alcohol is actually a depressant, meaning it's a drug that slows down or depresses the brain. Like many drugs, alcohol changes a person's ability to think, speak, and see things as they really are. Alcohol can cause a lot of serious problems, like

- making you sick (throwing up, passing out, or worse)
- hurting your ability to make good decisions
- making you do things that are embarrassing
- getting you in trouble with parents, school, Police (like, drinking and driving!)

Drinking alcohol can lead to alcohol poisoning, which can kill a person. Over time, people who abuse alcohol can do serious damage to their bodies – the liver, which removes poisons from the body, is especially at risk. Long term drinking can also damage the heart and brain.

All of this information can be confusing, because kids see grownups drinking alcohol and enjoying it, with no problems. But some people can develop problems because they lose control over their drinking, and alcohol takes control of them... a person who starts drinking at a young age is more likely to develop alcohol addiction.

WHY DO KIDS TRY ALCOHOL?

The top three reasons kids gave when asked why they try alcohol were

- to look cool
- to see what it's like
- other kids were doing it

Sometimes it can be hard for kids to say “no” if someone offers them alcohol. They might feel peer pressure to do what someone else is doing, even if they know better. Other kids might act as if drinking alcohol makes a person grown up or say that a kid who refuses to use alcohol is uncool or immature. But kids can say “no” when they know their own minds and know that alcohol can be dangerous to them.

SAYING “NO” IS COOL!!

It's normal to be curious about new things, especially if it seems like everyone else is doing it. But everyone is NOT drinking alcohol. Don't believe it if someone says you're immature for not drinking... you're actually more grown up when you say “no” to something harmful... you're being strong and smart!

If you are concerned about a friend who's drinking, you should tell one of your parents, a school counselor, or another trusted adult. That way, someone can talk with your friend before alcohol causes a big problem. Good friends won't stop being your friends just because you don't want to drink alcohol... if you feel this kind of pressure, talk to someone you trust, and get help for your friend. Read more about kids and alcohol at...

http://kidshealth.org/kid/stay_healthy/body/alcohol.html www.cdc.gov/youthcampaign/.../LifesFirstCrossroads

Short Term Volunteer Medical Mission Service needs your skill...



We need You!

www.lcms.org/mercyteams



LCMS

Short Term Volunteer Medical Mission Service needs your skill in...

Kenya:

June 7-17, 2012 (especially needing physicians and LCMS pastor)

Madagascar:

August 26-Sept. 4, 2012

LCMS Mercy Medical Teams are currently accepting applications for medical professionals and hard working laity to provide voluntary service in a short-term, primary care, clinical setting. These traveling, temporary, off-site rural clinics will bring desperately needed healthcare to some of the most underserved rural areas on the island nation of Madagascar.

We need you...yes you!

Please consider making that leap towards a life changing



Our team will travel to surrounding villages for free, one-day primary care health clinics.

How to Sign Up:

If you are interested in volunteering with either of these teams, let us know promptly because we will begin working soon on necessary travel arrangements and visa applications, sending out the team handbook, advising on CDC immunization and health recommendations, and sending out your paperwork to sign and return. **Contact Maggie Karner or Jacob Fiene if you are interested in this opportunity!**

Thanks again for your spirit of service to assist the needy. We greatly appreciate your devotion to the care of both body and soul. If you have questions about this or other opportunities for mercy in Christ's name, visit: www.lcms.org/mercyteams or feel free to call.

experience.

We need dedicated medical professionals (all specialties welcome); including physicians, NP's, PA's, RNs, pharmacists and hard-working laity.

Ground expenses: \$1500 (for all inclusive food, lodging, ground transportation, and additional clinical supplies and meds.) plus airfare (@ current rates).

(Don't have the funding now? Contact us for flexible payment options and fund development strategies and tools for raising your support!)

ITINERARY AND WORK:

Join us as we serve the undermet needs of rural villages in some of the most remote areas on the globe. You will never forget the beautiful faces and lovely smiles you meet. However, the national economy and often primitive resources keep many villages without adequate healthcare. Most of these villages have no regular medical services and many rarely--if ever--have access to healthcare.

Please pray and respond to:
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We will confirm your acceptance to the team by email and follow with additional travel details and orientation materials. We ask that you prayerfully consider these opportunities and we thank you for your service. Remember, you **MUST** respond to this email if you are interested in this opportunity for service.

Thanks and God bless!
LCMS Office of International Mission

