

Class of 2021 Parent Coffee

Presented by Scott Williams, Jerry Sarabia, and Tiffany Myers

Roles and Resources At New Trier

- Scott Williams, Assistant Principal for Student Services
- Jerry Sarabia, Winnetka Police School Resource Officer
- Tiffany Myers, Social Work Department Chair

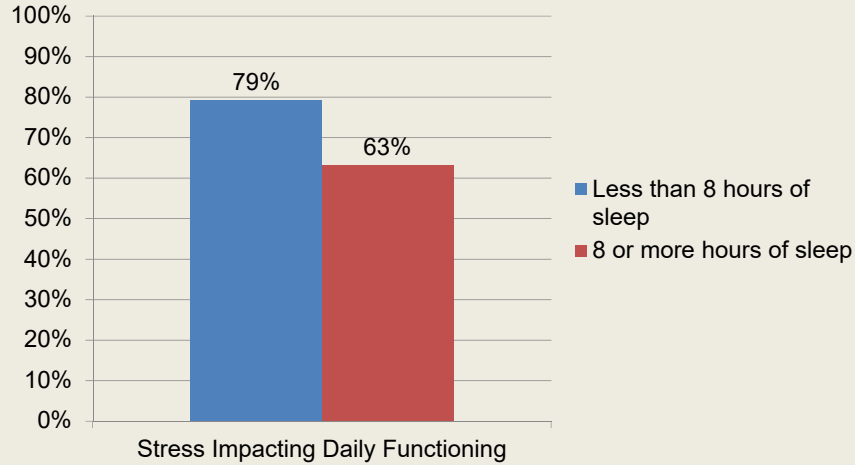
Stress

Sleep

On an average school night, 24% of NTHS students reported getting 8 or more hours of sleep.

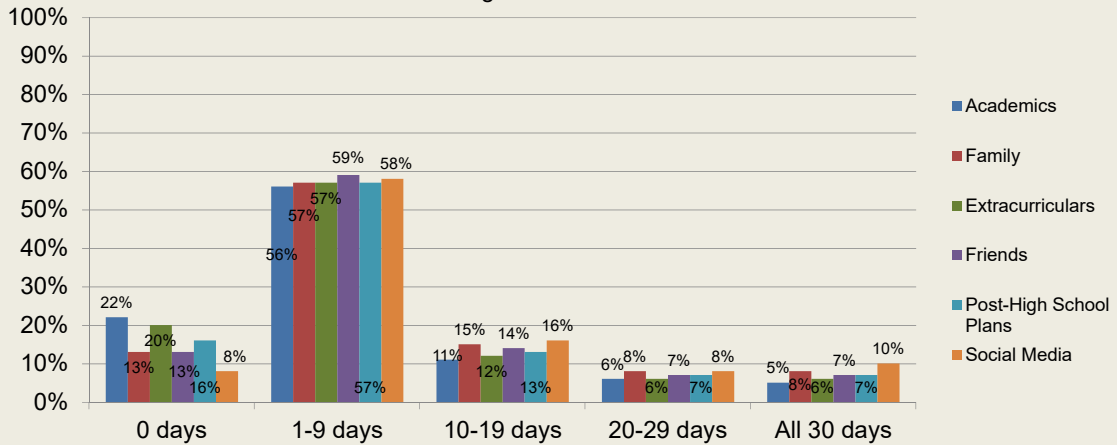
Less sleep increases stress levels in daily functioning by 16%.

Stress Impacting Daily Functioning and Hours of Sleep



Source of Stress and Stress Impacting Daily Functioning

This data shows on how many days in the past 30 days students reported feeling stress/anxiety that impacted their daily functioning by source of stress: Academics, Family, Extracurriculars, Friends and Post-High School Plans



Substance Use

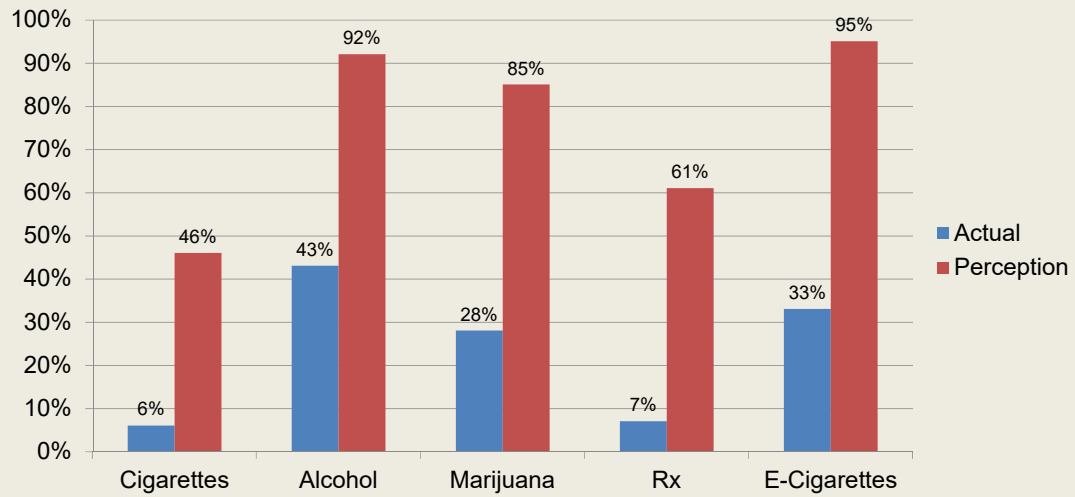
Alcohol, Tobacco, and Other Drugs

Use Rates
Attitudes/Perceptions
Situational Use

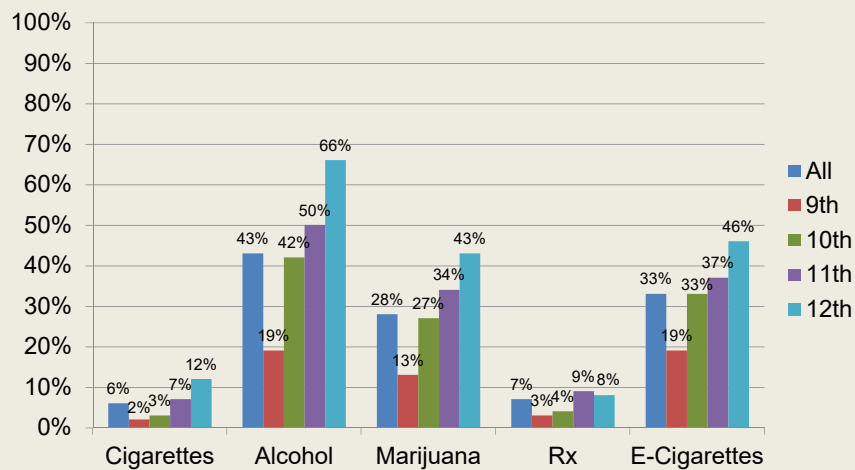
Top reasons NTHS students choose NOT to drink, it is because...

1. Control of one's body/actions
2. Parents' rules/expectations
3. Affect on grades/future
4. Against the law
5. Lose activity eligibility
6. School policy
7. Will lose license

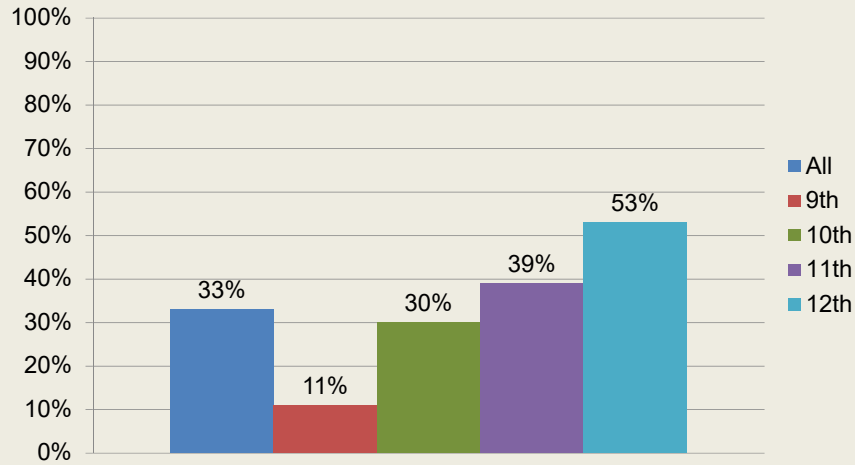
30 Day Substance Use: Actual vs. Perception



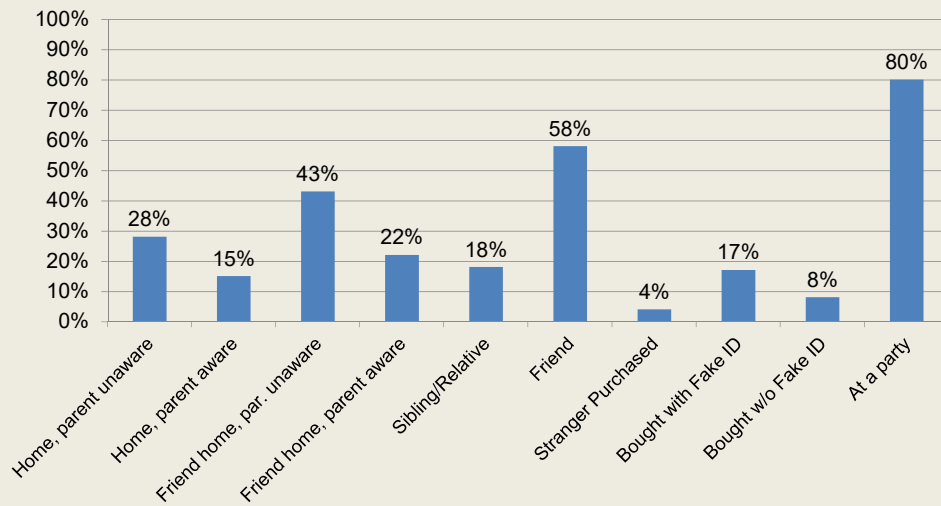
30 Day Substance Use: By Grade



30 Day Binge Drinking: By Grade

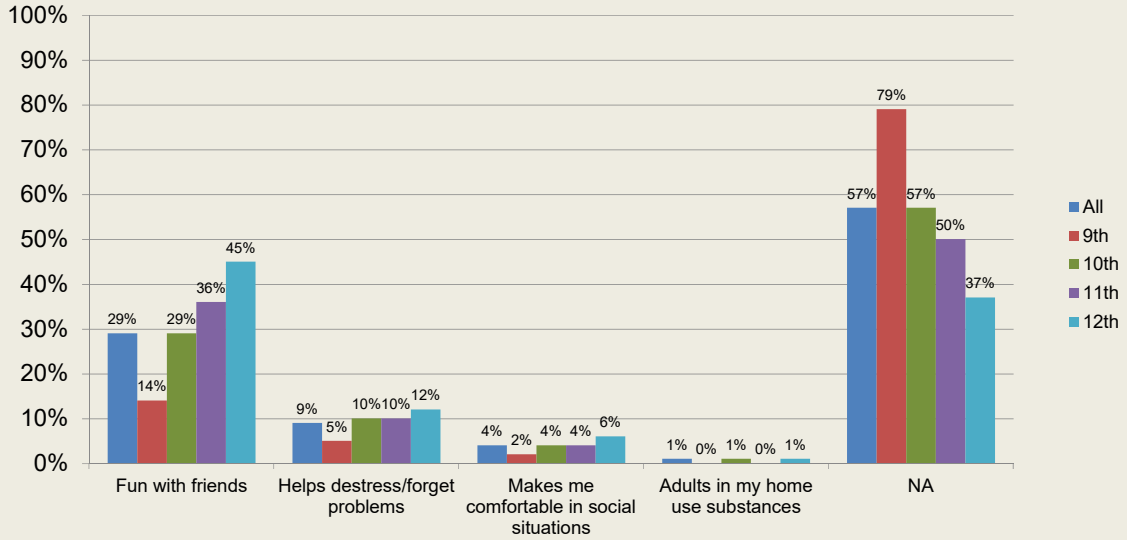


Source Among Drinkers

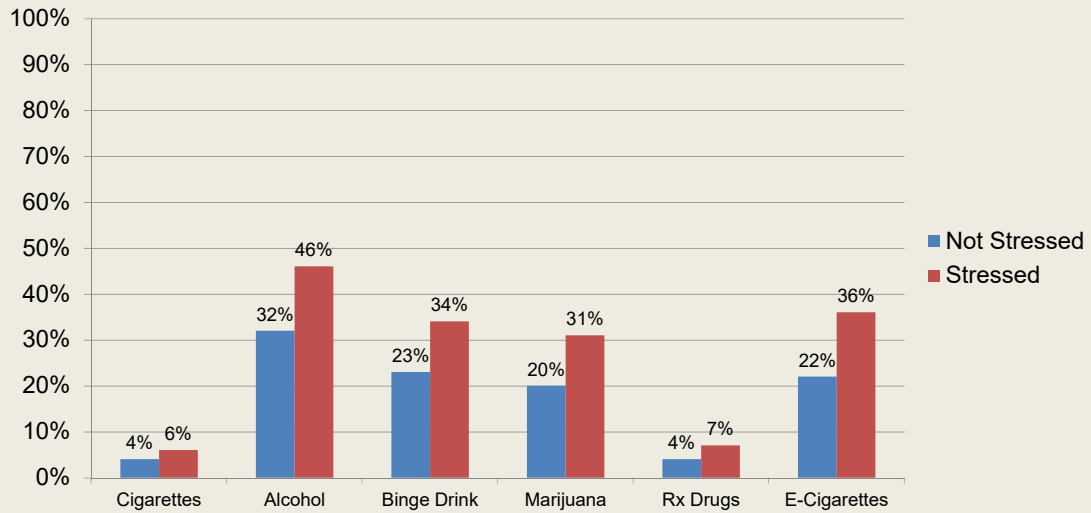


Primary Reason for Use: By Grade

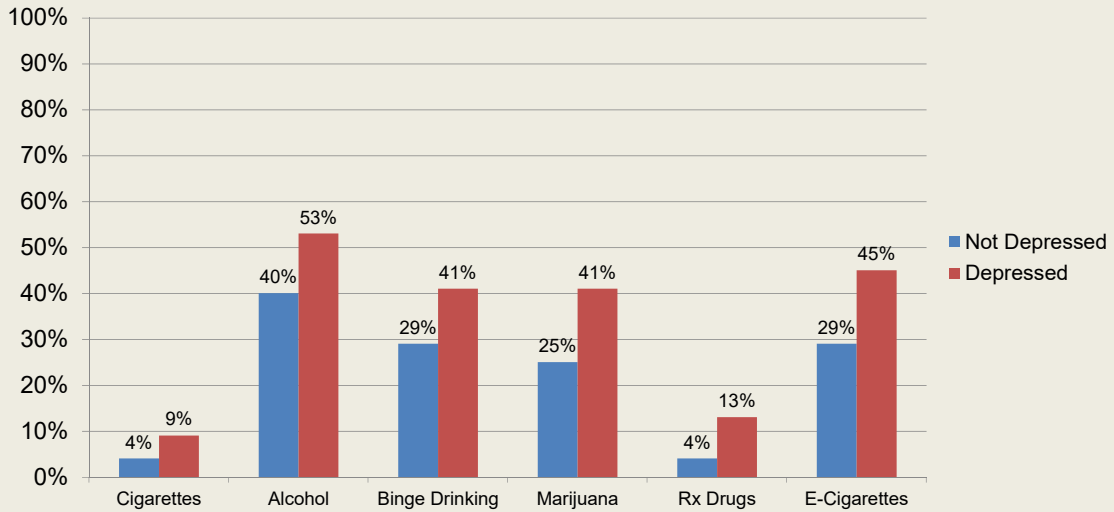
If you used drugs or alcohol, what was your primary reason for use?



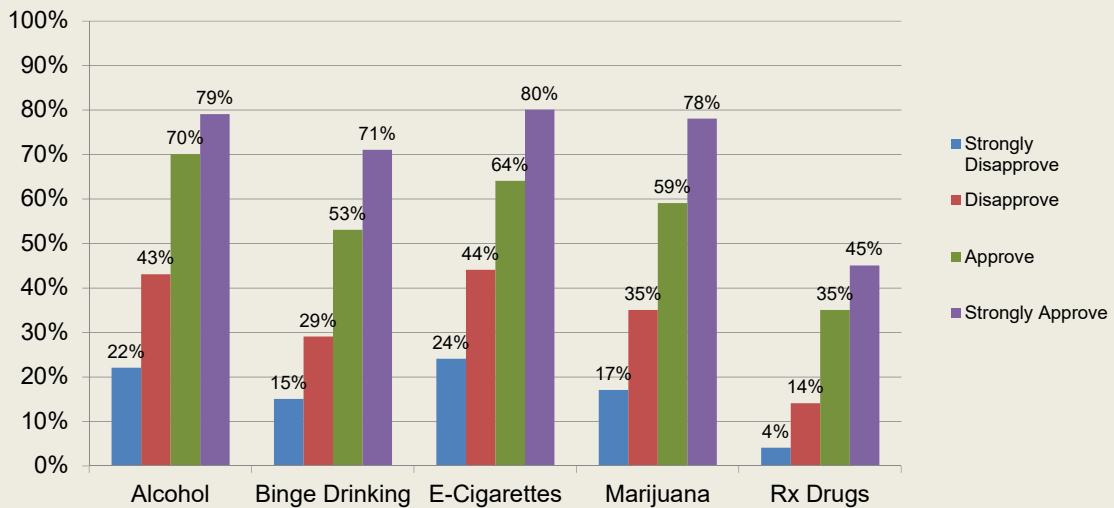
30 Day Use and Stress



30 Day Use and Depression



Impact of Parent Approval



Parent Survey -1658 responses

- 70% of NT parents believe “youth drinking is never a good thing”. (6% more permissive in 2018 than 2017)
- 86% of parents think NT students have had at least 1-9 drinks in the past 30 days.
- 96% of parents believe youth marijuana use “is never a good thing”.
- 68% of parents think NT students have used marijuana.

Parent Survey Results Continued

- 83% of parents want other parents to call to see if they will be home, but, only 10% of NT parents think another parent will actually call them.
- 46% of parents would take no action if they were aware a parent was allowing teens to drink at their home.
- 88% of our parents do not allow underage alcohol use at home.
- 50-80% of parents think other parents knowingly allow their children to attend parties with underage drinking.

Hosting Law

- In Illinois, the Social Host Law, which went into effect January 1, 2013, holds adults accountable for underage drinking that occurs in the home
- If you allow or host a party at your house and provide alcohol to people under the age of 21 (or if you know or should have known that they are drinking alcohol), you are guilty of a Class A misdemeanor. This will result in a fine. Note that you are held responsible regardless if you are the one who provides the alcohol AND regardless if you are home or not.
- If a minor who was drinking at your house injures or kills someone, you are guilty of a Class 4 felony. This could result in both a fine and/or jail time. You will not be guilty of violating the law if you request help from the police to help remove the underage drinkers and stop the gathering.

Hosting Law

- Depending on local community ordinances, you may also be held responsible for the costs of emergency services/law enforcement that respond to a call, attorney fees and other costs associated.
- In 2006, a Lake County teenager was paralyzed as the result of a one-car accident where both the driver and the passenger had been drinking at a party. The court awarded \$33.2 million to the injured passenger. A \$2.5 million settlement was also reached between the injured youth and the homeowner parent, who did not know the teens were drinking alcohol while in her home.
- Early on the morning of April 22, 2007, a NT student and four teenage friends went up on the roof of a carpet warehouse on Chicago's Goose Island. A skylight gave way, and the girl fell more than 40 feet to the concrete floor, dying instantly. The teenagers had been at a hosted party in the suburbs.

Impact of Illinois Marijuana Legalization

- People will begin to accept the use of marijuana socially (similar to alcohol)
- The cost of legal purchases in dispensaries will be higher than if purchased on the street corner. There is concern about illegal sales rising along with criminal activity associated with such sales.
- Legal purchases from dispensaries will funnel their way to young adults and teens.
- Surrounding communities with licensed medical marijuana dispensaries will be authorized to sell adult-use sales in 2020.
- Evanston, Deerfield, Highland Park, Skokie, and numerous more in Chicago

Current Marijuana

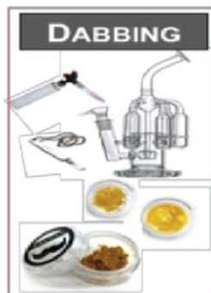
NOT THIS...

~5-25%
THC



BUT THIS...

~20-95%
THC



*Smart Approaches to
Marijuana (SAM)

Vaping Update

- What we see at NT.
- Pods that are available.



Safety Updates

New Safety Precautions

Before (until 8:15 a.m.) & After school hours (after 3:25 p.m.)

- Students can only enter through authorized entrances
- All can exit using any exterior door

During school (8:15 a.m.-3:25 p.m.)

- *Students can only exit through authorized entrances (North, East and South doors)*
 - Exiting from any other door will send a silent alarm to security
- *Visitors can only enter through authorized entrances*

Other safety measures

- Secure vestibules
- Reviewing procedures with staff and students

Social Media

Some Impacts of Social Media

- Vault Apps
 - https://www.google.com/search?q=vault+app&rlz=1C1GCEV_e_nUS863US863&oq=vault+a&aqs=chrome.1.69i59l2j69i57j0l3.6717j0j8&sourceid=chrome&ie=UTF-8
- Explicit Photos
- Students can go outside of family values in order to be accepted by peers
- NT response