



**What's New!**

Summer is upon us and with that brings hot weather, cold lemonade and days at the lake. Now while all this sounds fun, where are your children at, who are they with, and most importantly **WHAT** are they doing? Make sure your children know where you stand on Drug and Alcohol use. When Parents Speak up, the positive influences our children listen too increases.

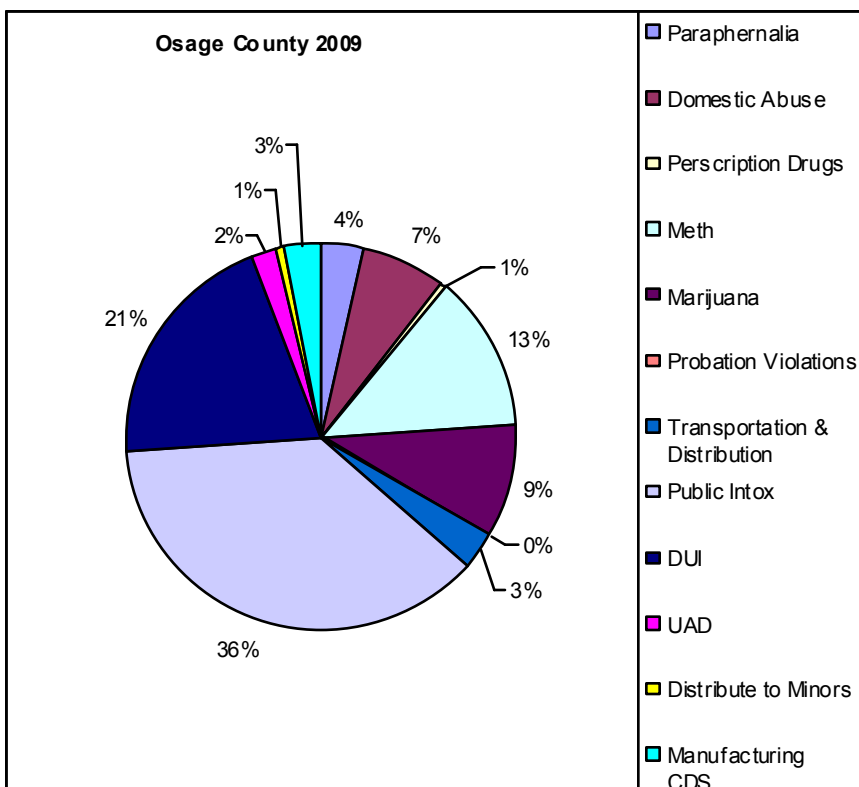
Amber Harris attended a Data Technology Training in Washington D.C. during the dates of June 22 to June 25. Here she learned more ways to document and analyze certain statistical data.

According to data gathered from the Osage County Courthouse, Public Intoxication has the highest percentage of arrests at 36% with DUI's following at 21% since January 1, 2009. When added up, alcohol incidents in Osage county make up 62% of our communities arrests.

If you have any ideas or would just like someone to talk to you, call us at 918.287.5595.

We look forward to any comments or questions you might have, and remember this during Summer Vacation,

**Don't be stupid, learn the facts and stay on tract!**



**Mission Statement:**

The Osage Nation Prevention Program is on the path to a safe and healthy Reservation for our people by reducing substance abuse among our youth and community members.

## Sunny and Safe Summer Days!!!



As teens revel in the long lazy days of summer, parents have a different agenda in mind - how their teens will use all that free time. Research shows that young people with unsupervised time are three times more likely to use marijuana or other drugs, and unsupervised teens are more likely to engage in risky behaviors such as underage drinking, sexual activity, and cigarette smoking than other teens.

Although the statistics are troubling, you can make a difference by setting clear rules about drug use and other risky behaviors. Parents are the first line of defense when it comes to their teen's safety. Be sure to remain in-the-know with your teens by monitoring their activities (using technology and other trusted sources around you, like neighbors, friends, and family) to help keep your teens safe when you cannot be with them.

### **Family time can be fun time**

Whether it's game night, a trip to the park, or time spent together cooking dinner, establishing a regular weekly routine with your teen is essential - and enjoyable! The more involved parents are in their teens' lives, the more valued teens feel, and the more likely they are to involve parents in their world.

### **Follow these steps to help monitor your teens when they are away from home:**

#### **1. Have your kids check in.**

Emphasize the importance of calling or texting throughout the day to know their whereabouts.

#### **2. Address peer pressure.**

Have regular conversations on how to overcome peer pressure and reinforce what's acceptable and what's not.

#### **3. Be firm.**

Enforce rules and consequences pertaining to curfew and drug and alcohol abuse.

# Technology 101



Most teens these days don't know a life without cell phones, blog sites or text messaging. With the evolution of this technology comes a whole new way of communicating. Teens use acronyms and symbols to communicate an entire conversation. Do you know what they are saying? Here is a quick list to help you decipher what your teens are saying online and in text messages.

**PIR - Parents In Room**

**WUF - Where Are You From**

**PAL - Parents Are Listening**

**:\*( - Crying**

**KPC - Keeping Parents Clueless**

**%\ - Hangover**

**ASL - Age/Sex/Location**

**%\*} - Drunk**

**LMIRL - Let's Meet In Real Life**

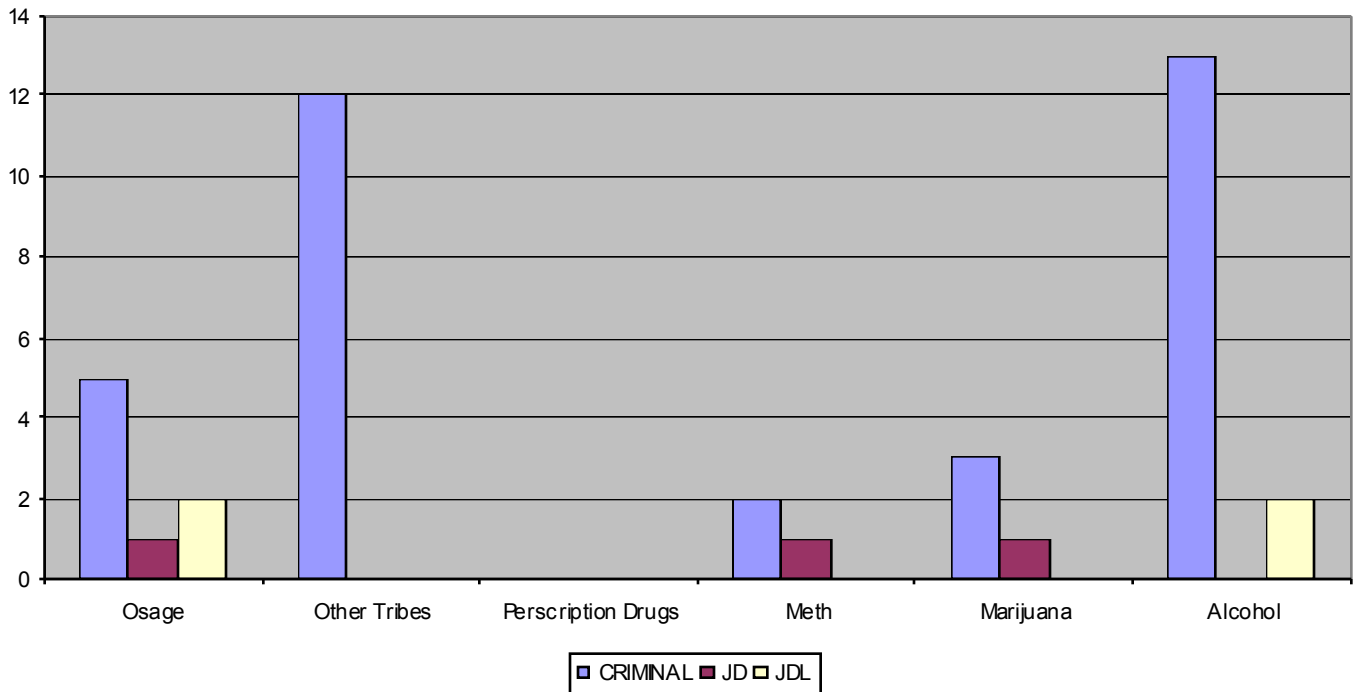
These acronyms and symbols change frequently. Staying connected to your teen's lingo is an important communication skill that should not be overlooked. It lets your teens know you are involved in their lives and that you care about what they are doing!

This information was obtained from the Mendez Foundation. [www.mendezfoundation.org](http://www.mendezfoundation.org)

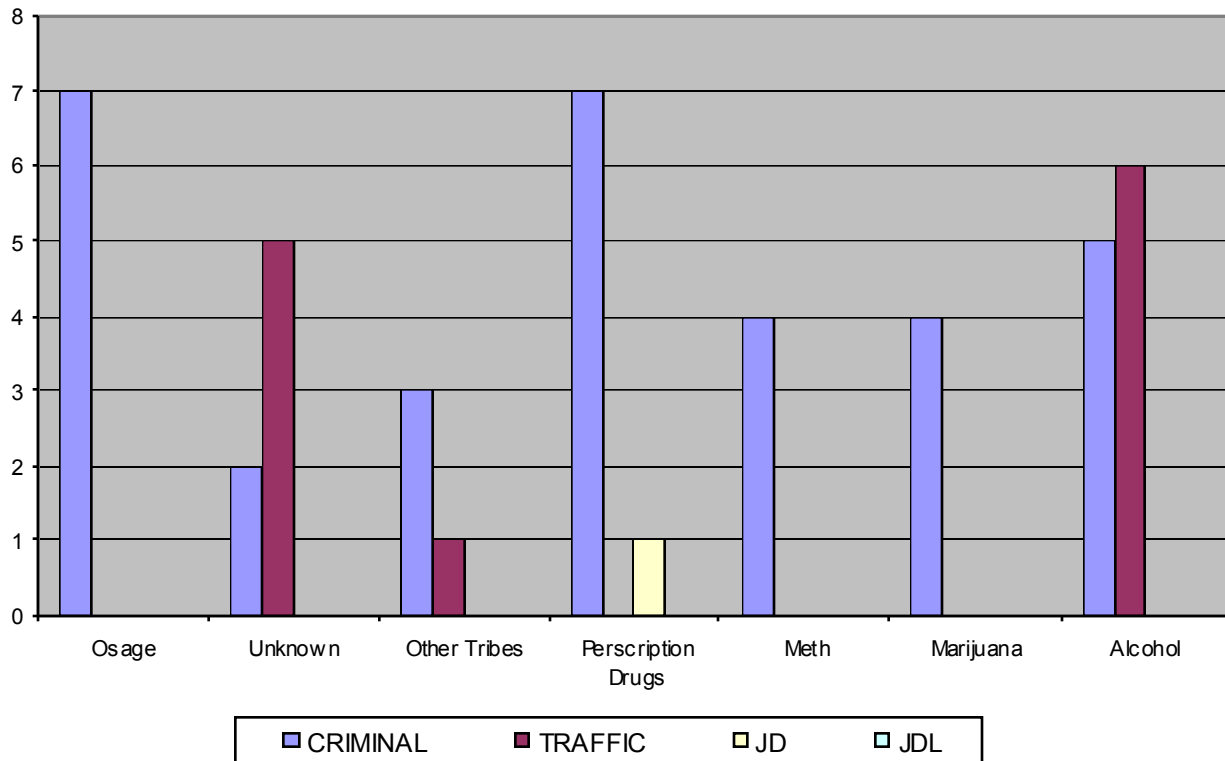


# 2008 Case Totals compared to 2009 Case Totals

Tribal Cases 2008



Tribal Court Totals 2009



In Honor of National Foster Care Month & Substance Abuse Prevention

Osage Nation Social Services & Prevention Program announces

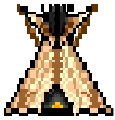
an

Honor Dance

for the Osage Nation Foster/Adoptive Resource Parents

**August 8, 2009**

**Wakon Iron Community Building  
Pawhuska, Oklahoma**



HEAD STAFF

M.C.	Fi Davis, Osage
Co-Host	Osage Gourd Club
Head Singer:	John BigHorse, Osage.
Head Man Dancer:	Scott BigHorse, Osage
Head Lady Dancer:	Lavina Clark, Osage/Ponca

**Schedule**

Gourd Dancing 2:00 pm-4:30 pm

Supper 5:00 pm-6:30 pm



**Contests:** Tiny Tots 0—6 yrs. old

Jr. Divisions: 7-12 yrs. old

Sr. Divisions: 13-17 yrs. old

**Categories:** Straight, Fancy, Traditional/Grass

For more information please call Leah BigHorse @ 918 287-5341 or  
Jenny Rush-Buffalohead @ 918 287-5629





**Osage Nation  
Prevention Programs**

100 West Main, Rm. 204  
Pawhuska, OK 74056  
Phone: (918) 287-5595  
Fax: (918) 287-5586

**We're on the Web!**

[www.osagetribe.com/preventionprograms/](http://www.osagetribe.com/preventionprograms/)

**CONTACTS:**

**Patti Shook**, Director

(918) 287-5692

pshook@osagetribe.org

**Daisy Spicer**, Project Coordinator

(918) 287-5518

dspicer@osagetribe.org

**Peaches McKinley**, Prevention Specialist

(918) 287-5519

pcooper@osagetribe.org

**Amber Harris**, Data Research Specialist

(918) 287-5517

aharris@osagetribe.org

**Penny Estes**, Administrative Assistant

(918) 287-5595

pestes@osagetribe.org

**GET A HEAD  
DON'T DO DRUGS!**



© America's Drug Prevention Network 2000

[WWW.KIDSAGAINSTDRUGS.COM](http://WWW.KIDSAGAINSTDRUGS.COM)

**Upcoming Events:**

**July 3, 2009**—Fourth of July Holiday, Office Closed

**Aug. 8, 2009**—Osage Nation Social Services and Prevention Program Honor Dance for Foster Parents

Is Prevention something that you would like to have more information on? Something you would like to teach your students, youth group, or employees? We want to give you more information on Drug and Alcohol Prevention and would love to come and speak to your group or just provide informative information for you.

Please give us some feedback on our newsletters. Tell us what information you would like to see and what you don't want to see every month.