

## The Lexington One Community Coalition Presents...

# PARENT POWER NETWORK

**WHAT IS PARENT POWER?** A system developed by parents to build communication and create networks of parents to share ideas and information, set common goals, establish common rules, create parental support and take a proactive role in their children's lives.

**WHAT IS LOCC?** A group of parents, students, business leaders, health organizations, pastors, law enforcement and other community members committed to preventing teen high-risk behaviors, particularly underage drinking.

The **purpose of the network** is to:

- Meet to get to know the parents of your child's friends
- Learn about problem behaviors and plan for how to address them with your child
- Build support networks and plan for future gatherings

*\*\*\*Parent Power is not counseling or a treatment group.\*\*\**

### **Parent Power incorporates prevention strategies:**

- Connect with other parents
- Keep track of your child's activities
- Develop family rules about teen drinking
- Set a good example
- Don't support teen drinking
- Monitor alcohol use in your home
- Help your child build healthy friendships
- Encourage healthy alternatives to alcohol

### **Parent Power helps set baseline expectations for:**

- Curfew Guidelines
- Phone
- Internet usage
- Alcohol, tobacco, and other drugs
- Party Rules

Parent Power Networks **Really Make a Difference!** Hope to see you there!

Want to schedule a training? Please call Leslie Lander Orr at 957-7244.

## Resource List

For more information on **Parent Power Network**, or to become involved in the **LOCC Parent Advisory Committee**, contact Leslie Orr, LOCC Parent Liaison at (803) 957-7244 or via email at [ORRLL@DHEC.SC.GOV](mailto:ORRLL@DHEC.SC.GOV).

For more information on the **Lexington One Community Coalition (LOCC)**, or to become involved, contact Kristy Ackerman, LOCC Program Coordinator at (803) 733-1390 ext. 140 or via email at [kackerman@lradac.org](mailto:kackerman@lradac.org) or [kackerman@lexington1.net](mailto:kackerman@lexington1.net).

For more information on the prevention and/or treatment of substance use disorders, contact **LRADAC, The Behavioral Health Center of the Midlands** at the following or visit our website at <http://www.lradac.org>.

- Richland County: (803) 256-3100 or 1-800-373-0245
- Lexington County: (803) 733-1376 or 1-800-373-0459

Lexington County Mental Health 359-7206

YOU FIRST Lexington Co. Adolescent Pregnancy Prevention 358-9076

National Run Away Hotline 1-800-RUN-AWAY (786-2929)

### Online Resources

- LRADAC [www.lradac.org](http://www.lradac.org)
- Parents. The Anti-Drug. [www.theantidrug.com](http://www.theantidrug.com)
- Family Education: What Your Child Needs to Know. [life.familyeducation.com](http://life.familyeducation.com)
- National Clearinghouse for Alcohol and Drug Information. [www.health.org](http://www.health.org)
- National Institute on Drug Abuse. [www.nida.nih.gov](http://www.nida.nih.gov)
- National Youth Anti-Drug Media Campaign. [www.mediacampaign.org](http://www.mediacampaign.org)
- Parenting is Prevention (PIP). [www.parentingisprevention.org](http://www.parentingisprevention.org)
- SC Department of Alcohol and Other Drug Abuse Services. <http://www.daodas.state.sc.us/web/services.html>.
- SC Mothers Against Drunk Driving (MADD). [www.madd.org](http://www.madd.org)
- SAMHSA [www.samhsa.gov](http://www.samhsa.gov)
- SC Dept. Alcohol and Other Drug Abuse Commission [www.daodas.state.sc.us](http://www.daodas.state.sc.us)

Parent Power is sponsored by the Lexington One Community Coalition (LOCC), in cooperation with LRADAC, The Behavioral Health Center of the Midlands.

