

## **Substance Use Prevention**

**Our goal in Monomoy Regional Schools is to keep our children and schools free of drugs, alcohol, and tobacco. Towards this end the district seeks partnerships between our parents and our schools to best support substance-free youth. The following summarizes the School Committee Policy on substance use prevention education and includes the useful links to support families in this effort, as well as prohibitions and enforcement terms found within our school handbooks. In accordance with Mass. General Law 71:96, this information is posted on each school's website and parents are annually notified of this information. These policies and procedures will be reviewed and updated yearly, as needed.**

### **School Committee Policy: IHAMA**

#### **TEACHING ABOUT DRUGS, ALCOHOL, AND TOBACCO**

In accordance with state and federal law, the District shall provide age-appropriate, developmentally based drug and alcohol education and prevention programs in grades K-12. The drug and alcohol education program shall address the legal, social, and health consequences of drug and alcohol use. It shall include special instruction as to the effects upon the human system; the emotional, psychological and social dangers of such use with emphasis on nonuse by school age children and the illegal aspects of such use. The program also shall include information about effective methods for resisting peer pressure to use illicit drugs or alcohol. The objectives of this program, as stated below, are rooted in the Committee's belief that prevention requires education, and that the most important aspect of this policy should be the education of each individual to the inherent health risks and legal consequences of drugs, alcohol, and tobacco.

- To create an awareness of the total drug problem--prevention, education, treatment, rehabilitation, and law enforcement on the local, state, national and international levels.
- To relate the use of drugs and alcohol to physical, mental, social and emotional practices.
- To encourage students to make intelligent choices based on facts and to develop the courage to stand by their own convictions.
- To understand the personal, social and economic problems causing the misuse of drugs and alcohol.
- To understand the relevance and significance of preventing illegal use of drugs in the community. The curriculum, instructional materials and outcomes used in this program shall be recommended by the Superintendent and approved by the School Committee.

LEGAL REFS.: M.G.L. 71:1 and now M.G.L. 71:96

## **YOUTH RISK BEHAVIOR DATA**

In an effort to use data to inform our education and prevention efforts and our community, Monomoy Regional Schools is committed to assessing the prevalence of substance use and abuse by our students. Towards this we administer the Youth Risk Behavior Survey biennially. This survey includes, amongst other topics, use and abuse data for tobacco, marijuana, alcohol, and prescription drugs. The survey will be administered next to students in Grades 7-12 in November of 2016. The survey data will be made available and shared with students, parents, staff, and the community in the Fall of 2017.

The [public presentation of Monomoy's results from the November 2014 Youth Risk Behavior Survey](#) is located on the district website.

**USEFUL CONTACTS AND ONLINE INFORMATION** for students and families in need of support regarding substance use and abuse by one's self, a friend, or family member.

Students and parents are encouraged to talk with any Monomoy Regional School counselor if they are concerned about their own, a friend's, or a family member's use and abuse of substances. This is important. We are here to help you. Working together, we can make things better.

There are also a number of available resources within the area. The Lower Cape Prevention Partnership is a community network comprised of members partnering to raise awareness of drug use and addiction, and the impact on local towns and schools. They are dedicated to creating a safer, healthier and drug-free community. You may contact Sheila House, the Harwich Youth Counselor at (508) 430-7836 or [shouse@town.harwich.ma.us](mailto:shouse@town.harwich.ma.us) for more information.

Other local organization available to support families are:

[Massachusetts Substance Abuse Information and Education Hotline](#) or 800-327-5050  
[Barnstable County Human Services Behavioral Health Portal](#) or 508-375-6628

[Learn to Cope, Tauton](#) or 508-738-5148  
[Barnstable County Regional Substance Abuse Council](#)

Useful websites, compiled by the [Center for Adolescent Substance Abuse Research](#) :

**For Teenagers**

- [TalkListen.org](#) A site from the Boston Public Health Commission about talking and getting help.
- [Girl Power](#) The national public education campaign sponsored by the [U.S. Department of Health and Human Services](#) to help encourage and motivate 9- to 13-year-old girls to make the most of their lives.
- [Partnership for A Drug-Free America](#) Teen treatment stories and answers to common teen questions about drugs and alcohol.
- [Planet Know](#) A teenage anti-drug site with music and celebrity trivia
- [SADD](#) Students Against Destructive Decisions (formally known as Students Against Drunk Driving)
- [TEEN-ANON](#) Help for teens who drink or use drugs and all those who love them!
- [The Cool Spot](#) This young teen site sponsored by the [U.S. Department of Health and Human Services](#) is a rich source for alcohol use prevention information.
- [Web of Addictions](#) Information about alcohol and other drug addictions.
- [What's Driving You?](#) An interactive, thought-provoking, educational experience for young adults who are concerned about drinking and driving.
- [Beacon Street Girls](#) The award-winning Beacon Street Girls book series is committed to the health and well-being of 'tween' girls (age 9 -13). Book 7 in the series, entitled [Freaked Out](#) includes frank discussions about peer pressure and alcohol use, as well as Dr. Knight's [Top ten Reasons why drinking alcohol is dangerous for young people](#).

**For Families**

- [CeASAR's ASAP program](#) The Adolescent Substance Abuse Program (ASAP) is a science-based, family oriented, developmentally appropriate approach to adolescent substance abuse. The program is committed to providing excellent care to adolescents who use substances and their families
- [American Council For Drug Education \(ACDE\)](#) The American Council for Drug Education is a substance abuse prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society.
- [Mothers Against Drunk Driving](#) For moms, dads, young people and other concerned individuals who want to stop drunk driving, support the victims of this violent crime, and prevent underage drinking.
- [Parents. The Anti-Drug](#) Drug information and anti-drug parenting tips.

- [Partnership for A Drug-Free America](#) Guidance for parents on talking to your child about drugs, ways to stay involved in your child's life, and much more.
- [U.S. Department of Health and Human Services National Clearinghouse for Alcohol and Drug Information](#) A resource for current information and materials concerning alcohol and substance abuse prevention, intervention, and treatment.
- [Talk with your Kids](#) Talk with your kids is a national initiative by Children Now and the Kaiser Family Foundation to encourage parents to talk with their children earlier and more often about tough issues like drug abuse, alcohol, sex, HIV/AIDS, and violence, alcohol.

## **DRUGS & ALCOHOL INFORMATION FROM STUDENT HANDBOOKS**

No person shall possess, use, transmit or sell drugs or alcohol on school premises, including school busses, at any time. Drug paraphernalia and counterfeit drugs are prohibited. Below is a guide to Monomoy School's response to drug and alcohol abuse by students. This procedure may be altered based on the circumstances. The discipline identified below refers to a student's first offense. Repeated offenses may subject a student to greater discipline. If a violation of the drug/alcohol policy occurs, the following process generally will be followed:

1. Teacher notifies administrator.
2. Administrator calls parents.
3. School nurse (if available) examines student to determine the physical condition of the student.
4. If the student seems physically impaired, i.e. may be drunk or "high" on drugs, the student is sent home under parental supervision. Disciplinary consequences will be issued.
5. If drugs and/or paraphernalia (including vapor pens) are found, they are turned over to the police by the administrator. Disciplinary consequences will be issued.
6. For drug offenses a suspension/expulsion hearing is scheduled as soon as possible. A treatment plan in which the student and parents agree to participate should be discussed as well as the discipline procedure.

Lockers are the property of the school district and are subject to periodic inspection by administration. They will also be opened at any time for health, safety, and compliance with school rules by students who are in question. As a result of our agreement with the police departments and under the supervision of school administration, the entire school, including lockers, classrooms, book bags and vehicles will be subject to random police search using dogs.

In addition to the random search policy, a search of a student's person or student's personal property (gym bag, handbag, vehicle, etc.) will be made if there are reasonable grounds for suspecting that the student has violated or is violating either the law or the rules and regulations of the Monomoy Regional Public Schools.

Anyone found in possession of drugs or selling drugs or counterfeit drugs will face discipline, up to and including expulsion from school and potential criminal prosecution. This rule applies to all school-sponsored activities including school bus transportation.

Parents must notify the school whenever a student is taking medication which might affect the student's school performance. Non-alcoholic beer and similar drinks and drug-related paraphernalia (including vapor pens) are not allowed in school and are subject to penalty.

**MONOMOY REGIONAL PROCEDURE AND RESPONSE TO DRUG AND ALCOHOL ABUSE BY STUDENTS**

Below is a guide to Monomoy School's response to drug and alcohol abuse by students. This procedure may be altered based on the circumstances. The discipline identified below refers to a student's first offense. Repeated offenses may subject a student to greater discipline.

<b>Behavior</b>	<b>In-School Response</b>	<b>Interaction With Police Student</b>	<b>Intervention &amp; Discipline</b>
Students voluntarily confides a drug or alcohol problem to teacher, counselor or administrator. Teacher, etc. should refer to guidance counselor, nurse or administrator.	Identify community programs. Encourage student to confide in parents and receive counseling.		Counseling – teacher, nurse, guidance or administrator advises student that there is no confidentiality under the law.
Teacher suspects a student is under the influence.	The teacher gives an administrator the specific behavior which led the teacher to come to the conclusion. The administrator in conjunction with the Nurse checks into the situation and contacts		Same as above if student is not under the influence. Parent contacted.

	the parents.		
Student found or admitting to being under the influence of drugs or alcohol. No contraband.	Parent notified by the administrator and outside medical evaluation, if possible. Student sent home under parent or other appropriate supervision. Administrator, student, parents have conference to determine facts and develop options if necessary.	Potential police involvement.	Discipline up to suspension for 10 days.
Student found to be in possession of or selling or distributing alcohol.	Same as above.	Police notified by the administrator. Contraband confiscated and turned over to the police.	Suspension up to 10 days.
Student found to be in possession, selling, or distribution of drugs and counterfeit drugs.	Same as above.	Contraband confiscated and turned over to the police.	Suspension up to 10 days and referral to the Principal for an Expulsion Hearing.
Student found to be in possession of drug paraphernalia (including vapor pens).	Same as above.	Items confiscated and turned over to the police.	Suspension up to 10 days and referral to the Principal for an Expulsion Hearing if paraphernalia (including vapor pens) contains drugs.

### **SMOKING/SMOKELESS TOBACCO INFORMATION FROM STUDENT HANDBOOKS**

The use of any tobacco products, clove products as well as e-cigarettes is prohibited within the school buildings, facilities and school grounds and on school buses and during field trips and school-sponsored events. If discovered, these items will be confiscated. Students will be subject to “restricted bathroom privileges” if violations occur in school bathrooms.

A student who violates the rules on smoking will be subject to discipline, including Saturday School(s) as a consequence. The number of Saturday Schools would be progressively assigned to match the number of smoking violations the student has had. Smoking of vapor pens/products will be treated as drug-related offenses.

## **CHEMICAL HEALTH REGULATIONS FOR ATHLETICS AND EXTRACURRICULAR ACTIVITIES**

The Monomoy Regional High School Chemical Health Rule abides by and exceeds the MIAA CHEMICAL HEALTH RULE.

Throughout the school year, beginning with the first day of school (the first day of Fall sports practice for Fall athletes), a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away:

- a. Any beverage containing alcohol
- b. Marijuana, steroids or any controlled substance as defined in Chapter 94C MGL.
- c. Prescription drugs\*used inappropriately
- d. Aerosol products used as inhalants
- e. Any other chemical substance deemed inappropriate by the school administration
- f. Use or possession of tobacco products including clove products and smokeless tobacco. The SMOKING/SMOKELESS TOBACCO school rule also applies as well as the MIAA 25% nonparticipation rule listed below.

*\*It is not a violation for a student to use a legally defined drug specifically prescribed for the student's own use by his/her doctor. If such a medication must be taken during school hours, it must be done in the Nurse's office under her supervision. Such medication must be kept in the Nurse's Office and not in a student's car, locker, among his/her possessions or on his/her person.*

Penalties:

### **1. First Violation**

When the principal or his/her designee confirms, following an opportunity for the student to be heard, that a violation occurred the student shall be removed from all team participation, for the next twelve (12) consecutive weeks. The student may not practice, dress, or travel with the team. In the case of a club or activity, the student will

be removed from all club meetings and functions for twelve weeks. A student may elect to reduce the above penalty from twelve to six weeks if he/she successfully completes a six-week Monomoy Regional High School approved "Healthy Choices" Program or another similar six-week program pre-approved by Monomoy Regional Middle School administration. ***The MIAA rule of non-participation in 25% of all interscholastic contests will be enforced. If the 25% restriction has not been completed in the current season, the remainder will carry over and be in effect in the next interscholastic season in which the student participates.*** If a student participates in the Healthy Choices option, he/she may practice with the team but may not participate in games, scrimmages and team travel.

## **2. Second Violation and subsequent violations.**

When the principal or his/her designee confirms following an opportunity for the student to be heard, that a second violation occurred, the student shall be removed from all teams, clubs and activities for a period of one calendar year from the date of the hearing for the second offense. The student cannot practice, dress, or travel with any team.

Valid reporters of an offense under these two sections are:

- a. Self-admission
- b. School personnel, parents or any other reliable, verifiable source
- c. An arrest, summons or report by the police department

After the second or subsequent violation, if the student of his/her own volition becomes a participant in a pre-approved chemical dependency program or treatment program\*, the student may be certified for reinstatement after a minimum period of six calendar months from the dates of the second hearing.

*\* Participation in such a program independent of a policy violation is not an admission of guilt.*

### **Regarding 1st, 2nd and/or subsequent violations:**

- Any reports will be confirmed and used in conformance with due process. If disciplinary action is taken, a student may appeal the action and have the case reviewed. An appeal is to be made to the next level of administration. Appeal notification must be made within 2 school days of issuance of the penalty. The Superintendent will only consider



appeals regarding suspensions of 10 school days or more. Appeals will not be accepted if a student admits to the violation and states that (s)he is only appealing due to displeasure with the consequences.

- The penalty periods for athletics and extracurricular clubs and activities will only extend into the next academic year if the penalty is not completed by the last day of the current school year.
- In addition to the clubs, athletics and activities, the following activities covered by this policy include, but are not limited to the following list: theatrical performances, the Prom, extracurricular events, talent shows, student leadership positions. (Band, Chorus and Theatre class performances are not included because these are requirements for credit-earning courses).