

PARENTING GAZETTE

Parenting Just Got Easier



March 2010

Youth Use of Marijuana Can Damage Young Brains

Researchers at McGill University in Canada found that regular marijuana use by teens can result in depression and permanent brain changes. The study discovered that the interaction of marijuana and brain chemicals created significant brain effects that can lead to irreversible results, including mood changes and anxiety. **Parents are advised to talk with their children/teens about the negative effects of marijuana use.**

Neurobiology of Diseases

Do You Want Your Kids to Eat Their Vegetables? Read on...

Dutch researchers studied the willingness of children, ages 4 to 12 years, to eat two vegetables – carrots and green beans. Their advice – keep the vegetables crunchy by steaming or boiling them. **This research found children were much more likely to eat if the vegetables had a crunchy texture.**

Reuters

Fifteen Percent of Youth Have Received Sexting Messages

A national survey of 800 teens who owned cell phones found that about one in six had received nude or partially nude images in a text message from someone they knew. Four percent of 12 year olds and 8% of 17 year olds had sent sexual images, called "sexting". The study also found that youth whose phones were owned by parents, had limited texting plans, or whose parents monitored usage were much less likely to send or receive sex messages. **Parents were advised to talk with their children/teens about the dangers of sending sexual images, including a reminder that the images can be distributed widely by others, placed on the internet, and accessed in the future by colleges and employers.**

Pew Internet & American Life Project

There is a Connection between Physical Fitness and Academic Test Performance!

A study of 5th, 7th and 9th graders conducted by the University of California showed a link between fitness and performance on standardized tests measuring math, reading, and written language abilities. Students that met fitness standards, including weight, had higher scores than students who were overweight and less physically fit. **Researchers reminded parents that youth need exercise for optimal physical and mental growth.**

University of California/Los Angeles

The Chippewa Valley Coalition for Youth and Families joins parents, school and community in promoting safe, healthy and drug-free youth and supporting families. For more information, please call 586/723-2360.