

# Facing Teen Challenges Together

NPHS parent volunteers compiled this information to assist our Panther Families

## Ventura County Parents

Parents can seek local information to help in dealing with their teens. This site will link parents to county and private resources, articles, counselors, group meetings, schools and parent forums. Take parent quizzes, learn proactive tips, watch a video depicting the current drug / alcohol party culture. [www.vcparents.org](http://www.vcparents.org)



The City of Thousand Oaks and the Thousand Oaks Police Department have created ongoing classes to assist parents in dealing with their challenging teenagers. Topics include harmful behaviors, defiance, peer pressure, drugs, and more. There is a \$22 fee for a workbook. [www.parentproject.com](http://www.parentproject.com) or call (805) 371-8362.

**Action Parent / Teen Support Groups** offers hope in this free weekly support group at NPHS. Trained parent facilitators share limit setting techniques with love and other useful tips while teens are encouraged to make better choices in their support group. Topics include substance abuse, truancy, gangs, anger, defiance, etc. ACTION offers a safe place for families to talk, cry, laugh, and to discuss teen behavior with others who can offer practical solutions. Weekly evening meetings at Newbury Park High School. No reservation required. Visit the NPHS website for specifics. [www.nphs.org/news/pdf/ActionFAQ.pdf](http://www.nphs.org/news/pdf/ActionFAQ.pdf) or call (805) 551-7843.

California Highway Patrol's **Start Smart Program** is a free informative class offered throughout the year that covers eye opening driving safety tips and trends for parents and new drivers. CHP officers will discuss traffic collision avoidance techniques, collision causing factors, driver / parent responsibilities, and seatbelt usage. Additionally, testimonies will be provided by officers who have investigated fatal collisions involving teens, and by family members who have lost love ones in traffic collisions. Class space is limited, so call for reservations. Thousand Oaks CHP: (805) 494-8271 [www.chp.ca.gov/community/startsmart.html](http://www.chp.ca.gov/community/startsmart.html)



**What Our Kids Know** - Visit a pro drug website to see what our teens are reading. [www.erowid.org](http://www.erowid.org)



**Got a Bored Teen?** Plug them into the T.O. Teen Center on Janss Road. Visit the website for the activities calendar. There are planned field trip excursions, dances, concerts, league play, classes, workshops, and even a band room to rent for free. Want more? Teens can volunteer and serve on advisory committee! [www.ThousandOaksTeenCenter.com](http://www.ThousandOaksTeenCenter.com) or call 805-494-5156.

**Sheriff's Teen Traffic Offender Program** encourages all citizens to call in and report dangerous teen drivers. This program's intent is not to prosecute, but to intervene, correct and educate the offender and the driver's parents. Getting the parents involved is the key to this program. An experienced, uniformed law enforcement officer from the community visits the home, unannounced, conducts an intervention with the driver and his/her parents. The impact of this program is unrivaled. Visit: [www.sttop.net/program.htm](http://www.sttop.net/program.htm) to learn more. Please support this program by reporting unsafe teen driving by calling: (877) 310-STOP.



**Drug Testing Kits** are available for purchase at the NPHS front office during school hours 7 AM - 4 PM. Each kit costs \$7.00 (cash only, please). From a urine sample, each drug test card can detect 5 drug types: Cocaine, Amphetamine, Marijuana, Opiates, and Benzodiazepine (Xanax, Valium). Test requires urine sample.

<u>Hot Line Numbers:</u>	Alcoholic Anonymous	(805) 495-1111	Marijuana Anonymous	1-800-766-6779
	Narcotics Anonymous	(805) 641-0451	Anonymous Tips	1-800-473-7847
	Youth Crisis Line	1-800-843-5200	Nat'l Drug & Alcohol Referrals	1-800-454-8966
	Resource/Crisis Help Line	1-800-339-9597		
		or just dial 211		