

PREVENTION
comes
FIRST

PARENT GUIDE
TO
PERSONAL SAFETY
FOR YOUTH



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www.gosap.governor.virginia.gov.

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MESSAGE TO PARENTS YOU AND YOUR CHILD'S SAFETY

Our children are our most precious resource. As parents, it is our responsibility to provide our children with the skills to stay safe and protect themselves from potential dangers. This guide is designed to give you a greater awareness about some threats to the safety of our children and assist you in talking to your child about how to protect themselves.

As a parent, you play a critical role in your child's safety. You are the best person to teach your child about personal safety. Begin talking to your child now, building an open relationship that allows for continued discussion as your child grows. The following are some tips on how to get started:

- Keep in mind your child's age and ability to understand and practice personal safety skills.
- Capitalize on "teachable moments" when situations present opportunities for teaching your child valuable lessons.
- Be sure to dedicate the time when your child asks to talk to you. Make it clear to your child that you are paying attention and trying to understand his or her point of view.
- Encourage open communication by assuring your child that it is safe to talk to you about any situation.
- Get involved in your child's life. Take an active interest in your child's daily activities and habits, likes and dislikes. There is no substitute for your attention and supervision.

BASIC SAFETY TIPS FOR PARENTS

- Make sure that your child knows his or her full name, address and phone number and your name.
- Be sure that your child knows how to call 9-1-1 in an emergency.
- Speak openly with your child about personal safety. Children are more likely to come to you if they feel you are comfortable discussing the subject at hand.
- Teach your child never to accept a ride or gift from an unknown person.
- Teach your child to say “no” if someone tries to touch them, or treats them in a way that makes them feel scared, uncomfortable, or confused.
- Lead by example – lock doors and windows and check to see who is there before opening the door.
- Post a phone number where you can be reached at all times. Teach your child to check in with you when he or she gets home.
- Have an emergency escape plan for your home in case of a fire or other emergency and practice it with your family.
- Make sure that your child takes the safest routes to and from school, stores, and the homes of friends by sticking to well-traveled streets and avoiding short cuts.
- Encourage your child to stay alert to his or her surroundings.
- Encourage your child to use a buddy system; always taking a friend along when going places or playing outside.
- Obey traffic laws and drive safely. Your teen’s driving habits will mirror your habits behind the wheel.

FIRE SAFETY

Americans experience the tragedy of fire every day. Each year, about 150 Americans are killed and \$200 million in property is destroyed by children playing with fire.¹ In 2006 alone, 90 Virginians were victims of fire-related deaths and more than 400 were injured.² There are many ways you can practice fire safety at home. In this section, you will learn ways to practice fire safety in your home and the warning signs for fire-setting behavior.

PRACTICING FIRE SAFETY IN YOUR HOME

- Keep matches and lighters in a secured drawer or cabinet.
- Encourage your child to tell an adult immediately if he or she finds matches and lighters.
- Never leave children unattended near operating stoves or burning candles.
- Install smoke alarms on every level of your home.
- Familiarize your child with the sound of the smoke alarms in your home.
- Test all of your home's smoke alarms once a month, and remember to replace the batteries in every smoke alarm at least once a year.
- Develop a fire escape plan for your home and practice it with your family. Designate a meeting place outside of your home as part of your family's fire escape plan.
- Teach your child to stay a safe distance away from grills, fireplaces, wood stoves, radiators and heaters.
- Create opportunities for learning about fire safety at home. For example, when you cook, let your child get the potholder for you. When you change or test the batteries in your smoke alarms, ask your child to help.

PLAYING WITH FIRE

Younger children are naturally curious about fire. However, some children set fires because they are unable to deal with an emotional or stressful situation, or to challenge authority.

Early recognition of fire-setting behavior can prevent a tragedy from occurring. At home, children usually play with fire in their bedrooms, in closets, and under beds. If you are concerned about fire-setting behavior, talk to your child about the dangers of fire. Contact your local fire department about fire-setting prevention programs for youth in your locality.

SEAT BELTS AND CHILD SAFETY SEATS

Wearing safety belts can double your chances of surviving a crash and more than double your chances of avoiding serious injury. Under Virginia law, the driver and all front seat passengers must wear a safety belt. A driver transporting anyone through age 15 must ensure that the child is properly secured in a safety belt, booster seat or child safety seat no matter where the child is seated in the vehicle. Securing a child in a correctly installed child safety seat can significantly reduce the risk of injury or death.

TIPS FOR TRAVELING WITH CHILDREN

- Children from birth to age 12 months must ride facing the rear of the vehicle.
- Children ages one through seven ride facing forward in a child safety seat or booster seat.
- The safest place to install a child safety seat is in the center of the back seat. Never place a rear-facing infant seat in the front seat of a vehicle with a passenger-side air bag.
- Never hold a child in your lap in a vehicle.
- Make sure that all car doors are securely closed and locked before driving. Do not allow children to play with door handles or locks. If you must open a door, pull the vehicle off the road and come to a complete stop.
- Never allow children to ride in the luggage area of hatchbacks, station wagons or vans.
- It is illegal to transport children under age 16 in the bed of a pickup truck, even if equipped with a camper shell.

To learn more about protecting your child when riding in a vehicle, call the Virginia Department of Health's Injury Protection Resource Center at 1-800-732-8333 or visit the Department of Motor Vehicles' website to learn more about Virginia laws at www.dmvnow.com.

INTERNET SAFETY

The Internet has changed our way of life. It provides us with instant information, opens new means of communication, and can provide us with endless hours of entertainment. Unfortunately, the Internet also has its dangers. As your child explores the Internet, it is important that you are aware of the websites your child visits and with whom they are interacting. The following are some safety tips to help you promote Internet safety in your home.

INTERNET SAFETY TIPS

- Place the computer in a common area of the home rather than in a bedroom.
- Become familiar with the people and websites your child is interacting with on the Internet, just as you would get to know your child's other friends. Let your child “teach” you what they can do online, and visit their favorite sites.
- Look into safeguarding programs or options your Internet service provider may offer.
- Talk to your child about what personal information is and why you should never give it to people online.
- If your child uses chat or email, talk to your child about never meeting in person anyone he or she met online.
- Talk about what to do if your child sees something that makes him or her feel scared, uncomfortable, or confused. Teach your child how to turn off the monitor and emphasize that it is not his or her fault if something feels scary or uncomfortable.
- Like any other safety concern, promote open communication and assure your child that he or she can talk with you about things that happen on the Internet.³

PUBLIC PLACES

SHOPPING

Making visits to the store is an opportunity for your child to practice safe shopping skills. The following are tips for safe shopping.

- Teach your child how to use a public telephone and how to find an adult for help if he or she gets separated from you.
- Teach your child to always check with you or the adult in charge before they go anywhere in the store or mall. For older children, designate a meeting spot to go to in case you get separated while shopping.
- Always supervise your child and escort young children to the restroom. For older children, encourage them to go to the restroom with a friend.
- Remind your child not to leave the store or go to the parking lot to look for you or your car.
- If you allow your older children to go shopping without you, have them take a friend. Before allowing your child to go out, make sure that there is a clear plan as to where he or she is going and what time they are expected to come home. Make sure that your child knows to tell you if there is a change of plans.

AMUSEMENT PARKS OR LARGE GATHERINGS

Visiting amusement parks or large gatherings such as concerts, parades or sporting events with your child can sometimes be stressful. The following are some guidelines to help you enjoy your next outing with your child.

- Prior to your trip to a park or large event, review park or event information and guidelines, especially those guidelines related to lost children. Discuss the information as a family, including what to do if you are separated.

- Get a map of the park or venue immediately upon arrival, and identify the help or information centers. Make sure your child knows where to go in case he or she gets separated from you.
- Avoid allowing your child to wear clothing or carry items displaying his or her name.
- Make sure your child carries identification and emergency contact information in case he or she becomes separated from you. The Department of Motor Vehicles offers child identification cards.
- Children wearing brightly colored clothing are easier to spot in a park or in a large crowd.
- Accompany small children onto rides in parks. If you decide to let young children go on rides without you, wait with them in line, watch them get onto the ride, and meet them at the ride exit. Encourage older children to stay in groups and take a friend with them wherever they go.
- Always accompany your child to the restroom in a park. Older children should not go to the restroom alone in a park.
- Report any suspicious or inappropriate behavior to authorities immediately.
- Be sure your child has coins to use public telephones. If you have a cellular phone or pager, make certain your child knows those numbers and be sure you have those devices turned on so your child can call if he or she becomes separated from you.
- Immediately report your child as missing if you become separated at a park or large event, and be prepared to give a detailed description of your child to authorities. You should carry a current photograph and be able to describe the clothing your child is wearing.
- If you are considering giving your child permission to take a field trip to a theme park or large event, make sure there will be qualified supervision by responsible adults.⁴

BULLYING

Bullying among children and teenagers has often been dismissed as a normal part of growing up. However, bullying can have devastating effects on an individual.

WHAT IS BULLYING?

Bullying is “the intention to repeatedly harm someone over time. It occurs in a relationship where an imbalance of power exists. It includes unwelcome physical contact with the intent to harm, embarrass, or demean another student. It can also include verbal abuse (teasing, name-calling, and harmful gossip) and emotional abuse (intimidation, humiliation, exclusion, or social isolation).”⁵

The following are signs that your child may be getting bullied:

- Avoiding certain situations, people, or places, such as pretending to be sick so that they do not have to go to school;
- Changes in behavior, such as being withdrawn and passive, being overly active and aggressive, or being self-destructive;
- Frequent crying or feeling sad;
- Signs of low self-esteem;
- An unwillingness to speak or showing signs of fear when asked about certain situations, people, or places;
- Signs of injuries;
- Suddenly receiving lower grades or showing signs of learning problems;
- Recurrent unexplained physical symptoms such as stomach pains and fatigue.⁶

The following are tips if your child is being bullied or if you or your child witness a bullying incident.

- First, focus on your child; be supportive and gather information about the bullying.

- » Never tell your child to ignore the bullying. Trying to ignore bullying often allows it to become more serious.
- » Do not blame your child for being bullied. Do not assume that your child did something to trigger the bullying. Avoid making comments like, “What did you do to aggravate the other child?”
- » Listen carefully to what your child tells you about the bullying and learn as much as you can about the bullying incidents. Ask your child to describe who was involved, how, and where each bullying episode happened.
- » Have compassion for your child; let your child know bullying is wrong, it is not their fault, and that you are glad your child had the courage to talk to you about it. Ask your child what he or she thinks can be done to make the situation better and let them know what you are going to do.
- Next, contact your child’s teacher or principal.
 - » Parents are often reluctant to report bullying to school officials. However, bullying may not stop without the intervention of adults.
 - » Communicate that you want to work with the staff at the school to find a solution to stop the bullying, for your child’s well-being as well as for the other students.
 - » Stay in control of your emotions. Give factual information about your child’s accounts of being bullied.
 - » Do not contact the parent of the student(s) involved in bullying your child. Allow school officials to contact the parents of the child or children who did the bullying.
 - » Expect the bullying to stop. Talk to your child regularly and with school staff to make sure the bullying has stopped.⁷

WHAT IS CYBERBULLYING?

A child's home should be a refuge from the school or neighborhood bullies. Yet technology has given children and teens a new means of bullying each other.

Cyberbullying can take many different forms online including sending mean, vulgar, or threatening messages or images; posting sensitive or private information about another person; or intentionally excluding someone from an online group. Most often cyberbullying occurs through emails, instant messaging, text messaging, web pages, blogs and chat rooms.

The following are tips on how to help prevent cyberbullying and address cyberbullying.

- Practice and encourage Internet safety in your home.
- Talk regularly with your child about his or her online activities. Talk specifically about cyberbullying and encourage your child to tell you if he or she is a victim of cyberbullying or knows anyone who may be a victim of such behavior.
- Explain that cyberbullying is harmful and unacceptable behavior. Encourage your child not to respond to the cyberbullying.
- Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- Let your child know that you may review his or her online communications if you think there is reason for concern.
- Contact your child's school if the cyberbullying is occurring through your school division's Internet system or from a student.
- If the cyberbullying is coming through email or text messages, it may be possible to block future contact from the cyberbully.

- If you can identify the individual doing the cyberbullying, contact your Internet service provider. Sending inappropriate language may violate your provider's terms and conditions. File a complaint with the service provider. Do not erase the messages or pictures; they may be needed by the service provider.
- If you are uncertain if cyberbullying violates your jurisdiction's criminal laws, contact your local police department.⁸

GANGS

Intelligence sources in Virginia indicate an emergence and growth of gangs and gang-related violent crimes in small cities and communities across the state. Areas once protected from the violent crime evident in larger cities have now become targets, making it an increasingly significant social policy issue.

WHAT IS A GANG?

The *Code of Virginia* (§ 18.2-46.1) defines a criminal street gang as “any ongoing organization, association, or group of three or more persons, whether formal or informal, (i) which has as one of its primary objectives or activities the commission of one or more criminal activities; (ii) which has an identifiable name or identifying sign or symbol; and (iii) whose members individually or collectively have engaged in the commission of, attempt to commit, conspiracy to commit, or solicitation of two or more predicate criminal acts, at least one of which is an act of violence, provided such acts were not part of a common act or transaction.”⁹⁹

WARNING SIGNS THAT YOUR CHILD MAY BE INVOLVED WITH A GANG

Parents, educators and other concerned adults should watch for signs of gang involvement. Changes in a child’s behavior or activities, which may be early warning signs of gang involvement, include:

- Shows an unusual interest in one or two particular colors of clothing or a particular logo (Note: styles change quickly and just because a child wears a certain type of clothing does not mean he or she is in a gang);
- Has an unusual interest in gangster-influenced music, videos, movies, or websites;
- Uses unusual hand signals to communicate with friends;
- Has specific drawings or gang symbols on school books, clothes, walls, or tattoos;

- Comes home with unexplained physical injuries (fighting-related bruises and injuries to hands/knuckles);
- Has unexplained cash or goods, such as clothing or jewelry;
- Carries a weapon;
- Has been in trouble with the police and breaks rules consistently;
- Withdraws from the family;
- Declining school attendance, performance, and behavior;
- Stays out late without a reason;
- Displays an unusual desire for secrecy;
- Exhibits signs of drug use.¹⁰

PROTECTING YOUR CHILD FROM SEXUAL ABUSE

The following are tips to help you protect your child against sexual abuse.

- Always know where your child is and who he or she is with.
- Teach your child that no one, not even a close relative or a teacher, has the right to touch them in a way that makes them feel uncomfortable. It is alright for your child to say “**no**,” leave the situation, and tell a trusted adult.
- Do not force your child to kiss, hug, or sit on an adult’s lap. This gives the child control and teaches your child that he or she has the right to refuse unwanted contact.
- Encourage open communication with your child. Let your child know that he or she can tell you anything and you will be supportive.
- If your child confides in you that he or she has been a victim of sexual abuse, support your child’s decision to tell you. Reassure your child that he or she is not at fault. Notify law enforcement and seek appropriate medical care for your child immediately.

In Virginia, you can contact the Family Violence & Sexual Assault Hotline for help by calling 1-800-838-8238. The hotline is free, confidential, and is available 24 hours a day.¹¹

INHALANT ABUSE PREVENTION

WHAT IS INHALANT ABUSE?

We often hear about the dangers of drug and alcohol abuse; however, we sometimes forget about the potential dangers of common household products. Inhalant abuse is described as “the deliberate inhalation or sniffing of common products found in homes and communities with the purpose of ‘getting high.’”¹² Inhalation is often referred to as huffing, sniffing, dusting or bagging.

A few examples of products that are potentially dangerous when inhaled include paint, paint thinners, glue, air-conditioning refrigerant, computer keyboard cleaner, whipped cream, felt tip markers, spray paint, air fresheners and gasoline.

Inhalant abuse can have damaging, even deadly effects on the body. Inhalant abuse can result in harmful effects on the heart, kidneys, brain, liver, bone marrow and other vital organs. Inhalant abusers can suffer from Sudden Sniffing Death Syndrome (SSDS), during which the individual suffers from heart or lung failure and cardiac arrest. SSDS is unpredictable and can kill a child the first or the 50th time an inhalant is abused.

INHALANT PREVENTION TIPS

- Promote the proper use of products by reading product labels and directions with your child.
- Discuss with your child the dangers of hazardous materials and inhalant use.
- Know what items in your home could be used as an inhalant and monitor their use.

RECOGNIZE THE SIGNS OF INHALANT USE

- Paint or stains on the body or clothing.
- Loss of appetite.
- Nausea or abdominal pain.
- Chemical odor on clothes or breath.
- Red spots or sores around the mouth or nose.
- Anxiety or irritability.¹³

If you suspect your child might be abusing inhalants, call your Poison Control Center at 1-800-222-1222 or the 1-800 number on the label of the product.

DRIVING SAFETY

Motor vehicle crashes are the leading cause of death among 15 to 20 year olds. Driving is a complex task, even for the most seasoned drivers. For young drivers, driving is especially challenging. That is why it is important for parents and guardians to be involved in the first and formative years of your teen's driving. This can be a rewarding experience for you and your teen that will help minimize the risks he or she will face on the road.

SAFE DRIVING TIPS FOR PARENTS

- When you drive, set a good example. Always wear your seat belt; obey speed limits and other traffic laws; avoid distractions; drive drug and alcohol free; and share the road responsibly with other drivers. Your child will likely follow your example.
- Take an active role in your child's early driving years. After your teen is licensed, continue monitoring his or her driving behavior. Your involvement may save a life.
- Know and enforce Virginia laws for drivers under age 18:
 - » No cell phone use, even if it is considered hands-free, while operating a motor vehicle.
 - » No driving between the hours of midnight and 4:00 a.m., unless for an emergency, work or school-related activity.
 - » Only one passenger under 18 is permitted during the first year having a driver's license. After the first year, drivers may carry only three passengers under age 18. Passenger restrictions do not apply to family members.

PARENTAL RIGHTS AND RESPONSIBILITIES

- As your teen's parent or guardian, you know when he or she has the skills and maturity to drive. That is why your permission is required for your child to apply for a learner's permit or driver's license.

- You also have the right to grant or deny your teen's school permission to enroll your child in the in-car phase of driver education.
- Until your teen turns age 18, you have the right to withhold or cancel his or her learner's permit or driver's license for any reason you deem appropriate. If you take this action, remember: you and your child will not be able to reapply for at least six months.
- Before your teen can get a driver's license, you must certify that he or she has 40 hours of behind-the-wheel driving experience, 10 hours of which must be after sunset.

Visit the Department of Motor Vehicles' website for more ways on how to help your young driver develop the skills to drive safely.

UNDERAGE DRINKING

For teens, alcohol is the drug of choice. Alcohol is a powerful, mood-altering drug. Alcohol affects the mind and body in unpredictable ways and teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- Alcohol-related traffic crashes are a major cause of death among young people.
- Teens who use alcohol are more likely to be sexually active at earlier ages.
- Young people who drink are more likely than others to be victims of violent crimes, including rape, aggravated assault and robbery.
- Teens who drink are more likely to have problems with school work and school conduct.
- A person who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

ALCOHOL PREVENTION TIPS FOR PARENTS

- Talk to your teen about the dangers of alcohol and the consequences of underage drinking.
- Monitor alcohol use in your home.
- Build relationships with the parents of your teen's friends. You are not the only parent concerned about underage drinking.
- Be aware of your teen's plans and whereabouts.
- Establish clear alcohol rules and expectations for your teen.
- Set a good example. If you drink alcohol, drink responsibly.

- Teach your teen to never get in the car with someone who has been drinking.
- Support community or school-sponsored after-prom or graduation celebrations.¹⁴

PARENTAL RESPONSIBILITY AND THE LAW

Some parents provide alcohol to minors at parties or fail to acknowledge that alcohol use occurs. If you are a parent who is thinking about providing or allowing alcohol at a party in your home (or elsewhere), you should know the laws. Parents may be held responsible if someone, as a result of alcohol use:

- Gets into a fight and hurts someone.
- Hurts themselves or someone else.
- Sexually assaults someone.
- Damages property.
- Dies from alcohol poisoning.
- Injures or kills someone while driving after leaving the party.

For more information about parental responsibility and hosting responsible teen parties, visit the Virginia Alcoholic Beverage Control website at www.abc.state.va.us.

NATIONAL RESOURCES

Alliance for Consumer Education

Phone: 202-862-3902

www.inhalant.org

National Center for Missing & Exploited Children

Phone: 1-800-843-5678

www.missingkids.com

National Crime Prevention Council

Phone: 202-466-6272

www.ncpc.org

National Institute on Alcohol Abuse and Alcoholism

Phone: 301-443-3860

www.niaaa.nih.gov

National Youth Anti-Drug Media Campaign

Phone: 1-800-729-6686

www.theantidrug.com

National Youth Violence Prevention Resource Center

Phone: 1-866-723-3968

www.safeyouth.org/scripts/teens.asp

Stop Bullying Now! Campaign

<http://stopbullyingnow.hrsa.gov/index.asp?area=main>

U.S. Fire Administration

Phone: 301-447-1000

www.usfa.dhs.gov

VIRGINIA RESOURCES

Department of Alcoholic Beverage Control

Phone: 804-213-4400

www.abc.virginia.gov

Department of Criminal Justice Services

Phone: 804-786-4000

www.dcjs.virginia.gov

Department of Education

Phone: 1-800-292-3820

www.doe.virginia.gov

Department of Juvenile Justice

Phone: 1-866-603-7143

www.djj.virginia.gov

Department of Mental Health, Mental Retardation and
Substance Abuse Services

Phone: 1-800-451-5544

www.dmhmrzas.virginia.gov

Department of Motor Vehicles

Phone: 1-866-368-5463

www.dmvnow.com

Department of Social Services

Phone: 1-800-552-3431

www.dss.virginia.gov

Governor's Office for Substance Abuse Prevention

Phone: 804-786-9072

www.gosap.governor.virginia.gov

Virginia Department of Fire Programs

Phone: 804-371-0220

www.vafire.com

Virginia Department of Health

Phone: 804-864-7001

www.vdh.virginia.gov

Virginia National Guard

Phone: 1-888-483-2682

<http://vko.va.ngb.army.mil/VirginiaGuard/>

Virginia State Police

Phone: 804-674-2000

www.vsp.virginia.gov

Virginia Tobacco Settlement Foundation

Phone: 1-866-332-0368

www.vtsf.org

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- ¹ Source: The U.S. Fire Administration (2006). For more information, please visit: <http://usfa.dhs.gov/citizens/parents/curious.shtm>.
- ² Source: Virginia Department of Fire Programs. Fire Service Statistics Summary Report For Virginia (2006). For more information, please visit: www.vafire.com/fire_data_statistics/index.htm.
- ³ Source: National Center for Missing & Exploited Children and Boys & Girls Clubs of America. Safety Tips for Parents/Guardians. For more information, please visit: www.netSMART.org/safety/safetytips.htm.
- ⁴ Source: *KidSafe Virginia Parent Guide to Personal Safety for Children* (2002).
- ⁵ Source: Virginia Department of Health. Bullying Prevention Tip Card (2006). For more information, please visit: www.vahealth.org/civp/preventviolenceva/pubs.asp.
- ⁶ Source: National Youth Violence Prevention Resource Center. Bullying Warning Signs (2007). For more information, please visit: www.safeyouth.org/scripts/faq/bullywarning.asp.
- ⁷ Adapted from the U.S. Department of Health and Human Resources – Health Resources and Services Administration. Stop Bullying Now! Campaign. “What to Do if Your Child is Being Bullied” Tip Sheet. For more information, please visit: <http://stopbullyingnow.hrsa.gov/index.asp?area=main>.
- ⁸ Adapted from the U.S. Department of Health and Human Resources – Health Resources and Services Administration. Stop Bullying Now! Campaign. What Adults Can Do – Cyberbullying. For more information, please visit: <http://stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=cyberbullying>.
- ⁹ Source: Virginia Code Ann. §18.2-46.1 (2007) (Definition of criminal street gang).
- ¹⁰ Source: U.S. Department of Justice - Community Oriented Policing Services and Office of Juvenile Justice and Delinquency Prevention. Gang Reference Card for Parents. For more information, please visit: www.cops.usdoj.gov/Default.asp?Item=1309.
- ¹¹ Source: *KidSafe Virginia Parent Guide to Personal Safety for Children* (2002).
- ¹² Source: Alliance for Consumer Education. INHALANT.ORG. “What is Inhalant Abuse.” For more information, please visit: www.inhalant.org/inhalant/.
- ¹³ Source: Virginia Department of Health. Inhalant Abuse Prevention Tip Card (2006). For more information, please visit: www.vahealth.org/civp/topics/inhalant.asp.
- ¹⁴ Adapted from the National Institute on Alcohol Abuse and Alcoholism. *Make a Difference: Talk to Your Child About Alcoholism* (Revised 2006). For more information, please visit: www.niaaa.nih.gov.

For additional information about Prevention Comes First contact the Governor's Office for Substance Abuse Prevention (GOSAP) by calling 804-786-9072 or by emailing gosap@governor.virginia.gov.

