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Regrets that Never Go Away

By Marilyn Morris, Founder/President

Some choices can have a life-long impact. Like the recent actions of the college students in the fraternity from Oklahoma University. The devastated parents of one of the boys was quoted as saying their son, “would suffer the consequences of his actions for life.”

Or what about Dallas Cowboy, Josh Brent who was convicted of manslaughter after a car wreck that killed his best friend and team mate, Jerry Brown. Josh said, “I miss Jerry. He was my best friend. To know that he’s not here because of a mistake I made hurts me every day.”



Or what about the high school student who sat down on a couch just as an inebriated classmate staggered over and collapsed practically on top of him. When his two buddies encouraged him to “take advantage of the opportunity” he did – at least momentarily and then he decided to walk away as his two buddies finished the job. But what was the big deal? The girl was unconscious; she would never know what actually happened. But when all three boys were convicted of rape and sent to prison – they no doubt began to realize this was a very big deal.

So what do these three scenarios all have in common? Every person mentioned was drunk.

So, let’s say it’s Friday night and your 14-year-old daughter is at a sleepover with four friends. It appears, however, she neglected to inform you the parents of the girl hosting the sleepover are out-of-town. Neither did she reveal this particular house comes equipped with a fully stocked bar.

After the first sip, your daughter is disgusted with how horrible the alcohol tastes. But that doesn’t stop her. It’s not the taste she’s after. She wants the experience of being totally out of control. Before long her vision blurs as her speech slurs. She stumbles and falls to the ground. Of course, her friends are doing the same thing and everyone laughs and giggles as they consume more alcohol.

Okay, at this point I can hear some of you saying, “Oh, well. What’s the big deal if a few girls sneak around and get tipsy from drinking? At least they’re in the safety of a house and not on the streets with a bunch of guys.” Oh – did I neglect to mention it wasn’t just girls at the sleep over? . . . Let’s continue with the story.

It’s eight o’clock on that same Friday night when Sam’s parents realize a six-pack of beer is missing from the refrigerator in their garage. They laugh at the fact their 17-year-old son thinks he can sneak beer out of their house and then spend the

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night with two of his buddies without his parents noticing. The parents discuss whether they should confront their son, ground him or just let it go. After a lengthy discussion, they assure each other this is just another phase their son is going through and agree the less they make of it the better. Besides, how much harm can six beers do to three boys?

But perhaps there were a number of additional questions Sam's parents should have asked before they decided to blow this off as a whimsical, boys-will-be-boys situation. Let's continue.

Around 10:30, Sam's mother is having second thoughts and asks her husband, "Are we sure the one six-pack of beer is all the three will drink tonight? How do we know the other two boys aren't bringing additional alcohol or other drugs? What if the six-pack is what Sam plans to consume and the other boys are bringing their own. What if they decide to drive somewhere after they consume the alcohol? Come to think of it, how do we even know Sam's really over at Andrew's house?"

The father shrugs his shoulders and says, "If it will make you feel better, call Andrew's mom and make sure the boys are okay."



It's two o'clock in the morning when your phone rings and awakens you from a deep sleep. The voice on the other end is the mother of one of your daughter's best friends. She's asking you to join her at the house where the girls are having their sleepover. She says the details she received are sketchy, but what she's been told is that everyone at the sleepover is seriously drunk – including three older boys by the name of Sam, Andrew and Jake.

You're suddenly hit with a mix of emotions – confusion, anger and fear for what your daughter may have experienced over the past eight hours since leaving your home, not to mention what consequences might be lurching after the drunken escapade.

Unfortunately, many parents can identify with this situations all too well. And that's why it's really important to raise your children with strong family values regarding alcohol and drugs.

1 in 4 American teens who used addictive drugs before 18 became addicted compared to 1 in 25 young adults who started using after 21 or older.

<http://www.casacolumbia.org/addiction-research/reports/adolescent-substance-use>

Family Discussion:

As a family think through this story and make a list of various consequences the different young people might be facing as a result of their actions on this particular Friday night.

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A Student Speaks Out About Drug Use

Written by Lindsay Bevers

At the conclusion of an Aim For Success presentation at **St. Vincent de Paul Catholic School** in **Houston, Lindsay Bevers** wrote a paper describing what she learned from the drug prevention program, **Power to Succeed**. The following are a few of the highlights from Lindsay's paper.

"The Aim For Success speaker, Angela Smith, discussed the consequences of taking drugs and other harmful substances... She showed us the amount of tar that accumulates in a smoker's lungs after just one year of smoking. The amount was unbelievable! ... She also showed us what a person's brain scan looks like after using drugs. The change in the scans was noticeable after only using drugs once!

She also shared some true stories... One of the stories had a huge impact on me. A girl had tried synthetic marijuana with some of her friends. When she went home that day, she developed a migraine headache and decided to lie down. She awoke screaming and ran around her house like a wild and frightened animal. Her parents rushed her to the emergency room. The doctors found... her brain was swelling as a reaction to the drug. The surgeon had to drill a hole into her skull to relieve the pressure on the girl's brain. Miraculously, she survived. However, she became blind and paralyzed on one side of her body. Her decision to try drugs was a terrible one. She can never get her prior life or her prior healthy body back. She is permanently trapped inside herself.

That story made me think about how I will act in situations where I am offered drugs and other harmful substances. Ten years from today, I plan to be finished with college and moving on to bigger and better things. I plan to have a family and lots of friends. I also wish to have a well-paying job that helps me provide for my family...



If I had not learned about the consequences of using drugs, I would not be aware of the problems they can cause. I might have chosen the wrong path without thinking about the negative consequences of my choice..."

[Click here to see the Power to Succeed outline.](#)

We still have a few openings left for this school year. If you want programs this school year please call or email ASAP!

And it's not too early to schedule your programs for next year. By scheduling now, you'll have a far better chance of getting your desired dates.

Call or email Stacey at

ssheehan@aimforsuccess.org

or Call 972-422-2322, ext. 223

If you appreciate the work of AFS, your tax-deductible donations are greatly appreciated. Every penny you donate will go directly toward reaching more students and improving our programs.

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