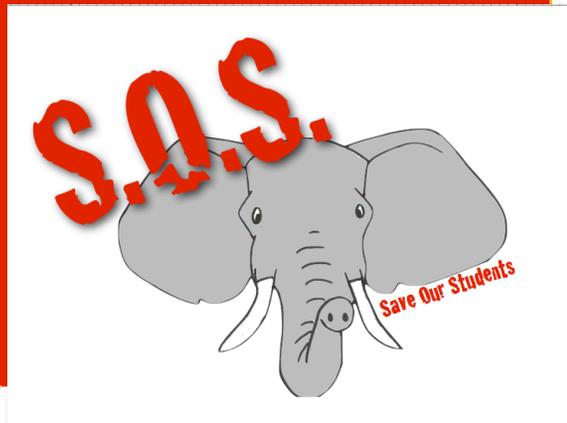


Parent tips to start your teen on the right path

1. Have a close relationship with your teen. Talk openly.
2. Set rules. Drinking and drugs are not acceptable.
3. Know your teen's friends and know your teen's friends parents.
4. Ask questions...where are you going? with whom? How long?
5. Set time limits for your teen. Use a curfew and stick with it.
6. Acknowledge your teens positive qualities and behavior.
7. Have a standing rule. No parents, No party.
8. Model a healthy behavior for your teen.
9. Be the parent, not the friend.
10. Be involved in your teens school.

Mike Darnold 949.395.7275
Student interventions



mascot design by Sophia Esseily

About our Mascot,

“**Elephant in the room**” is an obvious problem or risk no one wants to discuss. An elephant in a room would be impossible to overlook; thus, people in the room who pretend the elephant is not there have chosen to avoid dealing with the looming big issue. In the SOS case, it is about the drugs and alcohol abuse in our schools. This is an issue that seems to be ignored among teens and parents.

Congratulations for taking a step in guiding your teen in being proactive in his/her life. Your teen needs you. Simple fact.

For more information email Mike Darnold at

bajamike1@att.net

Save our Students



Photo courtesy of The OC register

S O S

“**creating a new cool on campus**”

DANA POINT CALIFORNIA

www.sosdp.org

OUR MISSION

- **To promote and celebrate an alcohol and drug free lifestyle for teens by teens.**
- **To provide guidance, education, and assistance to teens and families, with regards to substance abuse issues.**
- **To provide parents and teens education to identify alcohol and drug use within their family and friends.**
- **To help teens overcome peer pressure.**
- **To provide a safe "party" place in which teens can have fun without the pressure to use or drink alcohol.**



Photo courtesy of the OC register

SOS Pledge

- **I promise to demonstrate a positive drug and alcohol free lifestyle.**
- **I promise to be a positive role model for my peers.**
- **I promise to hold myself and my friends to a higher standard.**
- **I promise to obey the SOS Code of Conduct at all times on the campus, in my home and in my community.**

For more information about SOS please visit our website at

www.sosdp.org

ABOUT

In March 2011 a couple of DHHS students decided that enough was enough in regards to the wide spread use of drugs and alcohol use among their peers.

They approached the school's intervention counselor Mike Darnold with an idea to start an organization at the school to promote a drug and alcohol free lifestyle.

These teens were once a part of the drug and alcohol "party" scene too, and succumbed to teen peer pressure themselves. In a long road in finding who they were, they found other's like themselves who wanted to embrace life without alcohol and drug use.

S.O.S. stands for *save our students*. It's an organization run by students with the help of Mike Darnold, a few parent volunteers and the city of Dana Point. Other non profit organizations and local businesses are eagerly embracing the commitment and courage of the members and have committed to support S.O.S. mission in which to promote and celebrate a drug and alcohol free lifestyle.

S.O.S. is all about having fun. We love to party, dance, be at the beach with bonfires or all "hang" and watch a movie together. To embrace and enjoy your teenage years. It's all about goofing off, being silly, talking "teen" stuff among our friends without the use and abuse of drugs and alcohol.