Welcome and Introductions

Aimee Spurbeck-Boian called the DELAC Meeting to order at 6:10 p.m. Ms. Spurbeck-Boian introduced herself and thanked everyone for their attendance.

Superintendent Jason Peplinski briefly thanked the parents for coming, then needed to leave due to illness.

Those present were:  
**Parents:** Alexander Garcia, Lovenia Maldonado, Gabriela Lopez, Mary Martinez, Fernando Solvid, Carmen Velazquez, and Norma Menendez, Micaela Munguia, Erika Currillo, Jose Verdugo.  
**Presenter:** Alejandra Valecor from Straight Up;  
**District Personnel:** Jason Peplinski, Superintendent; Aimee Spurbeck-Boian, Categorical Coordinator; Shannon McCabe, TUPE Representative; Sue Katz, ELD Clerk; Betsy Camacho, District Interpreter;  
**Teacher:** Mikaela Hoolmaa.

Reading and Approval of the Minutes: February 12, 2019  
Ms. Spurbeck-Boian asked for the minutes to be read silently. A motion was made to approve the minutes. All present were in favor of the minutes as written. No Comments.

I. Straight UP Presentation – This is the same presentation that is given at the schools. Straight Up believes rather than teaching “Just Say No”, they need to provide students **reasons why** they should say no.

**Straight Up:**  
- **Purpose**

Straight Up is a contract provider with Ventura County Behavioral Health, Alcohol and Drug Programs, Prevention Services. It is a youth development project for ages 12-25. Their goal is to change social norms that encourage, accept and allow underage and binge drinking, impaired driving, prescription drug and marijuana use, and to reduce the problems and tragedies that result from these dangerous activities.

**Presentation On E-Cigarettes**  
The state has called vaping an epidemic. Straight up believes it is easier to prevent than to intervene.

- This program was created to prevent vaping in adolescents because the use of e-cigarettes is growing like a hurricane in Ventura County schools.
- The schools are seeing that parents don’t have any idea what their kids are bringing home or what e-cigarettes look like.
- When both kids and parents were asked separately what the reasons why people choose e-cigarette products might be, they responded similarly:
• Peer pressure, it's the latest fad
• It's less unhealthy than real cigarettes
• Friends and family do it
• Kids are curious
• The presenter described how e-cigarettes work, that the vapor that comes from e-cigarettes is actually an aerosol, and because there is no filter, e-cigs can have up to 4x as much nicotine as regular cigarettes.
• Because these products are so new, we don’t yet know the long-term effects. However, we know that human brains continue to develop until age 25 and the chemicals in e-cigarettes can accumulate in those still-forming brain which may cause damage.
• We are learning that second hand smoke from e-cigarettes is the same as it is with regular cigarettes but again, we don’t yet know the long term effects of second hand smoke.
• As parents, how can we help:
  1. Get informed/educated. Some on-line resources are:
     a. Teens.drugabuse.gov/parents
     b. Parenttoolkit.com
     c. Drugabuse.org
  2. Talk frequently with your kids
  3. Remember that teenagers think differently than adults
  4. Get your kids to participate in positive activities i.e. Youth groups, community groups, etc.
  5. Stay involved with their social, academic and extracurricular activities
  6. Find out what’s important to them
  7. Model actions you’d like to see in your children

II. Shannon McCabe – TUPE

Shannon briefly spoke about the grant that has been given to the district for the last 15-20 years to let the students know of the dangers of not just tobacco but of vaping too. This program is mostly directed at 6th grade, middle and high school students.
A. 7th & 8th Grade – Project Alert which consists of 12 lessons throughout the year in 7th grade with 4 “booster” lessons in 8th grade.
B. In the high schools they have student leaders that become anti-tobacco (vaping) advocates that use different methods to share what they have learned.
C. They also use different speakers to help teachers supplement what they teach the students

III. Aimee Spurbeck-Boian - Needs Assessment Surveys

Ms. Spurbeck-Boian handed out Needs Assessment Surveys to parents and asked the parents to complete and return them. The parent responses on this survey help us better serve the students.

Meeting adjourned: 7:35 p.m.

Next Meeting: TBD