



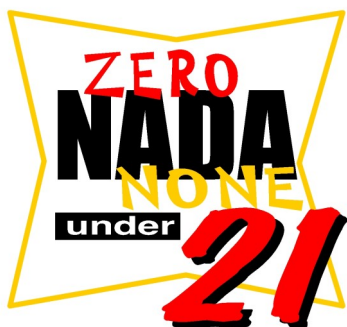
*Working for a Healthier
Community*

The Valley Prevention News

June 2017

Code Word

Help Kids Get Out of Sticky Situations



**Providing to Minors
is Illegal**

You may have seen this
message at:

- *Wilmington House of Pizza,
- *Pizza La Toscanella
- *NorthStar Pizza
- *7-11
- *Mobil Shortstop
- *C&S Beverage and Dairy
- *Whitingham Store
- *Jacksonville Store

This Sticker Shock Activity was
conducted by middle and high
school students— members of the
Twin Valley Above the Influence
Group and Twin Valley Pride
Group as part of an Alcohol
Awareness campaign to prevent
underage drinking.

In Vermont, 30% of high school
students reported drinking alcohol
in the past 30 days, according
to the 2015 Vermont Youth Risk
Behavior Survey. Thanks go out
to these students and businesses
for helping to spread the word
and prevent alcohol abuse among
youth in Vermont.

If they can't buy it— don't provide it!

If you have a teen or a tween, you want to give them the independence they deserve and need, but at the same time keep them safe. As children reach their teen years, they can easily get into situations which make them feel uncomfortable or unsafe. Increasing peer pressure, coupled with their undeveloped frontal lobe (part of the brain involved in reasoning, planning, decision making, problem-solving and slowing down or stopping reckless behavior) may cause them to be impulsive, which can put them in situations where they should not be. Sometimes just bad luck can land them in a sticky situation where others are drinking or using drugs, where they are being bullied, or where they feel endangered in some way. That is the time for them to use a parent or other caring adult as an excuse to get out of there.

While it can be difficult for a teen or a tween to get out of these situations, you as parents, grandparents or another caring adult can help to keep children safe. Come up with a common single word, such as “tree” or “wow,” that your child can text to you or to another designated person. The code word means, “I need to get out of this situation immediately. And I need you not to judge me, at least not this second.”

You then immediately call and say something like, “Hey, did you forget that we have to get up early tomorrow for? You need to come home now.” Or, “I am coming to pick you up now.” The teen can then lay all the blame on you and escape the uncomfortable situation. See a useful one-minute video from Dr. Debora Gilboa on her site: <http://askdoctorg.com/2013/07/01/how-to-keep-kids-safe-when-theyre-away/>

If this strategy is to be effective, it is important to put off any third degree interrogation. The child has made a good choice in contacting you in order to be safe. You can talk about the situation later, with many valuable resources to help with those conversations. We recommend the Parents Empowered website at: <http://parentsempowered.org/how/> and the Vermont Parent Up site: <http://parentupvt.org/how-can-i-help-prevent-it/talk-about-it/>



Pride members pictured left to
right: Kassidy Walkowiak, Caitlin
Hunt, Kendall Howe, Gracie
Russell, and Casey Sibilia

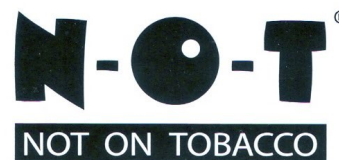
Programs:**Not on Tobacco (NOT) - Smoking Cessation Program for 14-19 Year Olds**

Not On Tobacco (N-O-T) is the American Lung Association's voluntary program for teens who want to quit smoking. It is the most researched, most widely used and most successful such program in the United States. Research from US Center for Disease Control and Prevention (CDC) shows that without intervention, most current teenage smokers can be expected to continue smoking into adulthood.

The goals of the NOT program include:

- ♦ Reduce the number of cigarettes smoked per day by those who are unable to quit
- ♦ Increase healthy lifestyle behaviors such as physical activity and nutrition
- ♦ Improve life skills such as stress management, decision making, coping and interpersonal skills

Dawn Borys, Student Assistance Program professional and certified NOT facilitator, is implementing the program at Twin Valley Middle High School during school hours this spring. The ten 50-minute sessions are held in small groups and use teen-friendly language. Topics include motivation, stress management, the effects of smoking, preparing to quit, relapse prevention, dealing with peer pressure, media awareness, support networks, and healthy lifestyles. For more information, please contact Dawn Borys at TVMHS, 368-2880.



Family Fun Frenzy Substance Free Family Event

Thursday, August 3rd from 5:00pm-8:00pm
Twin Valley Elementary School Field

Bring the family for a FREE evening including:

Huge Inflatable Water Slide!



Fun Games, Entertainment, and Ice Cream Sundaes.

Bring a picnic for your family and towels!

Serving ice cream at 7:30pm. Bring a topping to share!

Sponsored by the Deerfield Valley Community Partnership

Wondering what camps, programs and activities are available for your children this summer? Check out the 2017 DVCP Summer Events for Youth Calendar at:

<http://www.dvcp.org/events.php>

Congratulations Graduates!



**TODAY IS A PERFECT DAY
TO START LIVING YOUR DREAMS.
CONGRATULATIONS GRADUATES.**



Parents:

With graduation comes celebration. Help your kids celebrate their accomplishments safely with tips from ParentupVT.org and they'll be off to accomplish their dreams!

DVCP recognizes all Graduating Seniors, especially those in our DVCP sponsored programs:

***Twin Valley Pride Group members:**

Brett Swanson, Caitlin Hunt, Kassidy Walkowiak, Hailey Howe, Morgan Wheeler

***Wildcat Community Service Club members:**

Chad Bernard, Kassidy Walkowiak, Karlee Walkowiak, Caitlin Hunt, Kyla Lavoy, Hailey Howe, Morgan Wheeler, Brett Swanson, Thomas Marchionna, Skyler Boyd

DVCP 2017 Community Survey

Please participate in our community survey.

The results will assist us in evaluating our work and obtaining grants to further our mission.

<https://www.surveymonkey.com/r/FW77NH6>



Steering Committee & Program Staff:

Carrie Blake
Dawn Borys
Courtney Burrows
Bob Edwards
Keli Gould
Cindy Hayford
Andy Hauty
Dario Lussardi
Karen Molina
Jen Nilsen
Shelley Park
Helena Queenie
Lynn Redd
Rebecca Sweeney

Upcoming Meetings:

August 21, 2017

September 18, 2017

October 16, 2017



Dinner is served at 5:30pm

Meeting 6:00-7:30pm

Everyone is Welcome

Please RSVP to:

info@dvcp.org

or 464-2202



Ready to quit?

802Quits provides free support to quit tobacco. The help and resources include nicotine replacement therapy, and phone, online, and in-person counseling. www.802quits.org | 1-800-QUIT-NOW

Deerfield Valley
Community Partnership
Cindy Hayford,
Coordinator

P.O. Box 1688
Wilmington, VT 05363
(802) 464-2202

Email: info@dvcp.org

www.dvcp.org



From the Coordinator's Desk...

When addressing the issue of marijuana legalization, DVCP has first and foremost been concerned about the effect this would have on our youth. In states like Colorado, where marijuana has been legalized, the perception among youth that marijuana is harmful has decreased. It can be assumed that over time, this will lead to increased youth use.

As most of you know by now, Governor Phil Scott vetoed the bill that would legalize recreational marijuana in Vermont. I appreciate his concerns for public safety and protecting our children. I would agree with the governor and advocate that if marijuana is to be legalized, there needs to be strong penalties for the dispensing and sale of this drug to minors. In addition, research shows that secondhand marijuana smoke can negatively impact a child's brain development, so laws to prevent usage in the presence of minors are needed. I strongly believe that more time is needed for public education, addressing youth access, and evaluating effective policy and regulations before legalization is considered.

Throughout this legislative session, our youth have been exposed to many opinions about marijuana. I would suggest to parents that you have a dialogue with your middle and high school children about your expectations about alcohol, marijuana, tobacco and other drug use. Many believe that peers have the greatest influence when it comes to substance use, but research (through student surveys) has shown that **parents are the #1 influence**. Teens whose parents talk to them about the risks of substance use are less likely to use substances. For tips on youth drug prevention and information on how to start the conversation with your teen, visit: ParentUPVT.org

Cindy

**PARENT
UP**
ParentUpVT.org

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