



When Kids Lie, Withhold Information, or Deceive You

When they're younger, children's lies can sometimes be cute and entertaining. But as they get older, their lies can wreak a lot of havoc in your life and in theirs. Being honest—even when it's hard to tell the truth—is an important lesson to teach your child over and over. The more you model and emphasize living an honest life where your words match your actions, the more kids will see that honest truly is the best policy. Here are some tips for talking to your kids about being honest:

- ☑ Talk about lies and withholding information at a neutral time—when no one has actually done it, so no one feels targeted. Explain when you're tempted to lie and why. Discuss how you make decisions to be honest instead of deceitful.

To read the full article go to:

<http://www.mvparents.com/archive/when-your-kids-lie#allparents>



For more information on HCTC, Youth Development and for the latest on upcoming HCTC Meetings and Activities Go To: <http://www.gvhp.org/Home/OurProjects/HealthyCommunities/tabid/102/Default.aspx>

National Survey Finds More Youth Having Conversations with Parents about Substance Use

A new national report found that more young people are engaging in substance abuse-related conversations with a parent, which has been associated with lower rates of drug and alcohol use among youth. The report, based on a series of national surveys, shows a significant rise in 2007 in the level of adolescents who engaged in substance abuse-related conversations with at least one parent (from 58.1 percent in 2002 to 59.6 percent in 2007). The report shows that these conversations are associated with lower rates of current substance use by an adolescent. To read the full article go to: <http://www.cadca.org/CoalitionsOnline/article.asp?id=2158>



FOCUS ON ALCOHOL AVAILABILITY

It is illegal in all 50 States for youth under the age of 21 to buy or publicly possess alcohol. In communities where proven law enforcement techniques to stop underage alcohol purchases have been used, many of the problems linked to underage drinking have been reduced. The effective management of alcohol availability is a community problem. In practical terms, it means placing reasonable limits on the retail distribution of alcohol, on the operation of alcohol outlets, and on the management of events at which alcohol is sold.

Facts

- ☑ Since 1975, minimum purchase age laws have prevented more than 24,000 traffic fatalities by reducing the availability of alcohol to young people (National Highway Traffic Safety Administration)
- ☑ Nearly 90 percent of 10th graders and 75 percent of 8th graders think that alcohol is either fairly easy or very easy for them to get (National Institute on Drug Abuse)

What To Do:

- ☑ Participate in Project Sticker Shock, a program where a group of youth place stickers on multi packs of alcohol in local stores that warn adults of the legal consequences of providing alcohol to minors.
- ☑ Have youth develop messages to increase their peers' awareness of the effects of alcohol on their health, academic performance and athletic abilities.
- ☑ Participate in *Reach out Now*: a curriculum put together by Scholastic, Inc for 5th and 6th grade complete with lesson plans and activities to teach middle school youth about the dangers of underage drinking
- ☑ Engage youth in a discussion about where they think underage drinkers in your community get alcohol. Ask them for suggestions about how to make alcohol less accessible to youth. Publish the report/story in the local paper.

How to Do it: Simple! Just Contact Rachel Pena, HCTC Coordinator: 585-227-0279 to help