



### Sunny and Safe Summer Days

As teens revel in the long lazy days of summer, parents have a different agenda in mind - how their teens will use all that free time. Research shows that young people with unsupervised time are three times more likely to use marijuana or other drugs. And unsupervised teens are more likely to engage in risky behaviors such as underage drinking, sexual activity, and cigarette smoking than other teens. You can make a difference by setting clear rules about drug use and other risky behaviors. Parents are the first line of defense when it comes to their teen's safety. Be sure to remain in-the-know with your teens by monitoring their activities (using technology and other trusted sources around you, like neighbors, friends, and family) to help keep your teens safe when you cannot be with them.

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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>

### No More Excuses!

You want your child to do something. Your child doesn't do it, and when you ask why, she's full of excuses and reasons why she can't. All the while you're thinking that if she just did it instead of making up excuses, it would be done by now. Here's how to move kids to action.

#### Tips for all parents:

- Figure out consequences for when your child refuses to take responsibility.
- Create routines in which responsibility comes first.
- Keep a sense of humor.

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### FOCUS ON ALCOHOL AND THE SECONDHAND EFFECTS OF DRINKING

As a society, we are beginning to realize and accept the fact that alcohol use affects not only the drinker but others *who do not drink* as well. Just as smoking tobacco has secondhand effects, alcohol affects people close to the user and the public at large. Secondhand effects include the tragedies of drunk driving, fetal alcohol syndrome, failed family relationships, and rising healthcare costs. Society's tolerance for these secondhand effects is changing and can be seen in new approaches to workplace policies, laws, and interpersonal relationships. This month, see how you can incorporate this issue into your organization's messages and activities.

#### Facts

- Alcohol related problems cost every person in the United States \$633 per year, whether he or she drinks or not (National Institute on Drug Use, 1998)
- 21% of workers report that their productivity has been affected by co-workers' drinking, including being injured or put in danger, having to re-do work, or having to cover for a co-worker
- As many as 87% of non-binge drinkers at college experience one or more secondhand effects of other students' misuse of alcohol. These effects include having sleep interrupted, having property vandalized, or being the victim of a physical or sexual assault (Weschler, H, et. Al. 1996)

#### What to Do:

- Speak out about your concerns about secondhand alcohol effects. Send the message that alcohol use does effect everyone. Write a letter to the editor of your local newspaper about the costs of underage drinking to the community as a whole. These costs include potential vandalism, litter, injury or death from drunk driving, interpersonal violence, and loss of one of the community's most valuable resources—the health and future of the youth.
- Sponsor a college preparation workshop for parents of high school juniors and seniors. Encourage them to learn about the alcohol culture on and off campus before sending their children off to school. Advise parents to look at advertisements around campus that offer cheap alcohol or discounts to students, note articles in the school news paper about the school's alcohol policies. Encourage parents to ask college officials tough questions like: How many alcohol violations were handled in the past year? How many students were medically treated for alcohol violations? Are there ample alternative activities for students?

**How to do it:** Simple! Just Contact Rachel Pena, HCTC Coordinator: 227-0279 to help you arrange any of these activities