



### Salt Lake City Garbage Trucks Spread Prevention Message

“Alcohol can trash your kid’s brain.” That is the message newly wrapped garbage trucks from Salt Lake City and Salt Lake County will bear as they travel throughout the community everyday. The effort is part of a statewide campaign to educate the community about the dangerous effects that underage drinking can have on the developing brain—and marks the first time Salt Lake City area garbage trucks have been used to display drug abuse prevention messages.

Click here for the full story: <http://cadca.org/CoalitionsOnline/article.asp?id=1546>



For more information on HCTC go to:

<http://www.gvhp.org/orgMain.asp?storyID=119&orgID=12&sid=>

For more information on Youth Development: <http://www.gvhp.org/orgMain.asp?storyID=142&orgID=12&sid=>



### Online Teens Openly Chat About Drug Use

If you want to know about your child’s use of alcohol and other drugs, check out their MySpace page or their instant-messenger conversations, where kids are often recklessly open in discussing their drinking and drugging. A new study from the Caron Treatment Centers analyzed more than 10 million online messages written by teens and found a number of conversations about drinking, taking drugs, and having sex.

Click here for the full story: <http://www.jointogether.org/news/headlines/inthenews/2007/online-teens-openly-chat.html>

### Navigating the Teen Years: A Parent’s Handbook for Raising Healthy Teens

A guide developed by the anti drug and the American Academy of Pediatrics highlights 4 principles to raising healthy teens: Tune into Your Teen, Guide and Monitor your Teen, Respect you Teen and Be a Good Role Model. This easy to read guide offers tips for parents on using each of the principles as well as providing a “self-check” for each principle. Below is a Busy Parent’s Checklist of Daily To Dos:

#### Try to do Daily:

- Know your teen’s main activities and plans for the day.
- Know where your teens are when you are at work or not otherwise with them, and who they are likely to be with.
- If appropriate for that day, remind your teen about relevant rules.
- At the end of the day, ask about your teen’s activities.
- Praise and thank your teen for good behavior.
- Check that homework and other responsibilities have been completed.
- Try to have family meals together or engage in a family activity on a regular basis.

Click here for the full Parent Handbook

Want to know what is happening in each of the 6 HCTC communities? Click here: <http://www.gvhp.org/orgMain.asp?storyID=117&orgID=12&sid=>

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