

Thea's Page...



YEAH!!! SUMMER IS COMING!!!

So let's prevent summertime underage drinking!

Did you know that more young people try alcohol for the first time during the summer months than at any other time of the year? Keeping teens occupied and supervised helps to ensure they have a safe summer. By involving teens in a variety of alcohol free activities — such as sports, summer camps, and outdoor recreational activities — you can help prevent underage drinking. One such summer event that is FREE in Garfield County is the Summer Youth Program for current 6th, 7th, and 8th graders. For more information check out this month's newsletter for the number to call for additional information or for a registration packet to sign up!



Here are a few other tips for busy families to consider for the summer months and beyond:

Establish and maintain good communication with your child. Get into the habit of talking with your child every day. Building a close relationship with your child when they are young will make it easier for them to come to you when they have a problem. With a closer relationship to you, they will be less likely to experiment with alcohol, tobacco, or illegal drugs.

Get involved in your child's life — it really does make a difference! Young people are much less likely to have substance use problems when they have positive activities to do and when caring adults are involved in their lives. Your involvement and encouragement tell your child that they and their activities are worthwhile. Additionally, you will be better able to see changes in your child that may indicate a problem.



Find out what your child is listening to and how they are spending time with their friends. Talking with your child about their interests opens up an opportunity for you to share your values. And research says that monitoring your child's activities is an important way to lower their chances of getting involved in situations you don't approve of, especially those that can be harmful. Unsupervised children simply have more opportunities to experiment with risky behaviors, including the use of alcohol, tobacco, and illegal drugs, and they may start substance abuse at earlier ages.

For more information, go to: www.preventionfirst.net

