

Together For Jackson County Kids

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Talking to Your Teen About Marijuana

Picture this: you're driving your child home one afternoon and she turns to you and asks, "Mom, did you ever use marijuana when you were a kid?" Or, you're helping your child with homework and he asks, "Dad, did you smoke pot when you were in high school?"

This is a question many parents hope to avoid. Unless the answer is an unequivocal "no," it may be difficult to know what to say.

How honest should you be?

Phillipe Cunningham, a family therapist at the Medical University of South Carolina, recommends an honest answer when a child asks about your past. Otherwise, you risk losing credibility with your kids. "This doesn't mean you should recount every detail of your high school or college years," says Dr. Cunningham. "But use it as an opportunity to talk with your child. Kids can learn a lot from their parent's experiences."

What if you are afraid of sounding like a hypocrite?

"Do as I say, not as I do" has never been a good method of parenting.

Parents can emphasize that this discussion is about your child's

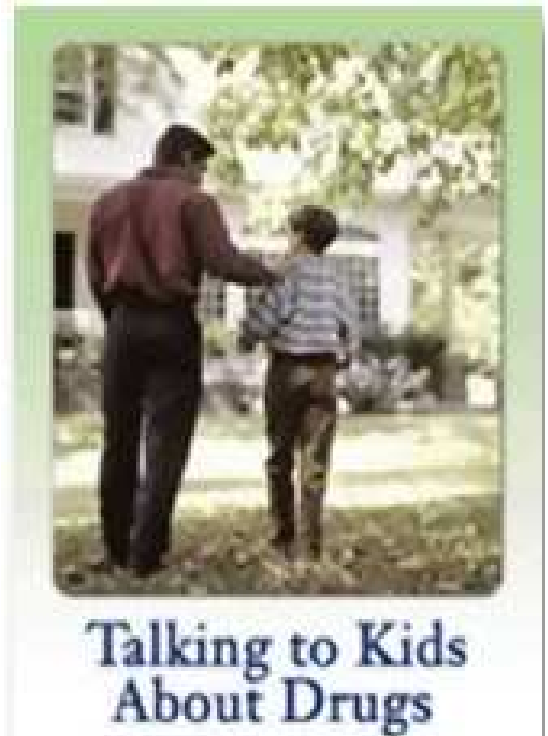
future, and not about your past. Even if you made

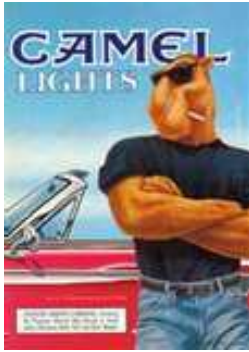
mistakes in the past. Be clear you do not want your child to repeat them.

Most importantly, remember that when your child asks you about your past, he or she has just opened the door of an ongoing dialogue about drugs. Use this opportunity to talk to them about making good choices. Studies show that parents are the single most

powerful influence on their children's decisions about drug use. Research affirms that parents who are involved and talk to their kids about drugs are more likely to keep their kids away from drugs.

Talk about the consequences of drug use is easier than you might think. Learn how to start an ongoing conversation.





An example of a cigarette ad used.

More than 1/3 of all U.S. deaths each year are related to smoking, poor eating habits and physical inactivity.

(<http://seniorjournal.com/NEWS/Health/4-03-10causesofdeath.htm> & <http://www.fightchronicdisease.org>)

Working Together To Help Students Say 'No' to Smoking

In order to help young people avoid using tobacco, experts recommend that parents, teachers, and other adults in the community need to address the issue head-on and work together to keep students smoke-free. To address the powerful factors that influence kids to smoke, teachers, parents and other caring adults can take the following actions:

Show students how cigarette ads and images are designed to manipulate them.

Adults can reduce the powerful impact of all the cigarette ads and positive-smoking images that confront kids every day by talking with children about the ads' false ideas of glamour, maturity, coolness, and beauty, and about how the tobacco companies try to manipulate children into becoming their future addicted consumers.

Make your schools tobacco-free.

Adults can work together to try to make sure that the schools follow effective anti-smoking policies such as:

-Prohibiting all smoking on school property or at school events.

-Not accepting any funding, curricula, or other materials, from the tobacco industry.

-Educating students about the short-and long-term negative consequences of tobacco use, and providing peer-pressure refusal skills.

-Providing prevention education in kindergarten through 12th grade, with intensive education in junior high or middle school and reinforcement in high school.

-Providing tobacco-prevention training for teachers.

-Encouraging parental support of school-based tobacco-prevention programs.

-Offering assistance to both staff and student smokers who wish to quit.

Check out online resources for tips and information.

Another way to take action and keep informed is to visit the Action Center or the Campaign for Tobacco-Free Kids' website. The Campaign's website is at www.tobaccofreekids.org and the Action Center is at <http://tftakeaction.policy.net>.

Needed!

Volunteers Needed!

The coalition needs volunteers for the CMCA Committee. More details to come on these committees, please contact Lisa or Danielle for more information.

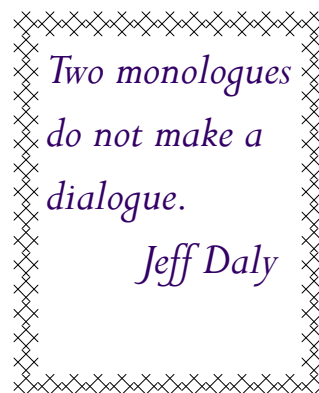
Upcoming Events/Meetings

Area youth ages 8 to 13 are invited to a Junior Olympic Skills Competition on **Saturday, April 25**, from **9 till noon** at the Lunda Community Center at 1202 Pierce Street in Black River Falls. This is the official skills competition of the US Olympic Team. Skill competitions will be held for basketball shooting, tennis serve and rally, soccer dribble and shoot, 50 meter sprint and standing broad jump. Refreshments will be available. Registration will end promptly at 9:30. Ribbons and other prizes will be awarded. Top scores are submitted for consideration for regional and national competitions help by the US Olympic Committee. The local competitions are sponsored by the Boys & Girls Club of Jackson County with help from the local Lions Club. We need youth and adult volunteers. Your help would be appreciated. For more information call the Boys & Girls Club of Jackson County at 715-284-4005 or visit www.bgcbrf.org



A Teen Recreation Night will be held **Friday May 15** at the National Guard Armory from **7 to 9pm**. The armory is located at 441 State Highway 54 in Black River Falls. The evening is open to all area teens. There is no cover charge. Attendees must enter by 7:30 and there is no re-entry. There will be free food, a movie, basketball, and other activities. The Teen Rec Night is sponsored by Together for Jackson County Kids, and the Boys & Girls Club of Jackson County. Youth and adult volunteers are needed and would be appreciated. For more information call the Boys & Girls Club of Jackson County at 715-284-4005 or visit www.bgcbrf.org

Tuesday May 19th, Tobacco Free Coalition will be meeting at Black River Memorial Hospital at **3:30pm**.

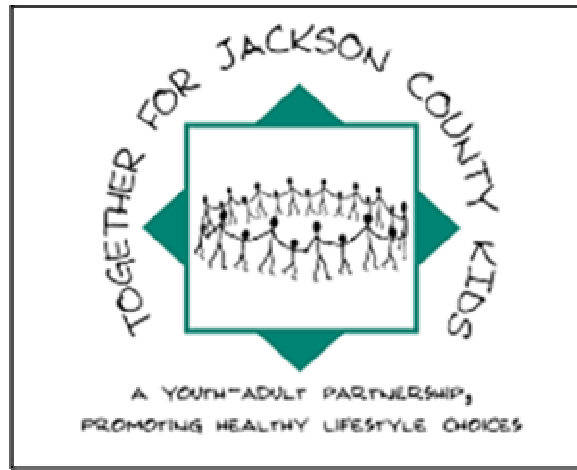


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Our Mission

Together For Jackson County Kids, a countywide partnership of concerned citizens, is committed to enhancing community wellness by promoting positive values and choices and eliminating the negative impact of alcohol, tobacco, other drugs, violence and related youth risk behaviors. We draw upon private, public, adult and youth resources.

News and Notes

We're on Facebook! Together For Jackson County Kids have recently made a group on the Facebook network. There are discussions and notices for members about what is happening for the coalition. Please contact Danielle if you are interested in joining the group. (You must be a Facebook member in order to join).

I'm interested in more information on Together for Jackson County Kids

Name _____

Agency/Organization _____

Address _____

Email Address _____

Office Phone Number _____

Home Phone Number _____

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