



The Coalition Newsletter

April 2013

Our mission is to prevent and reduce youth substance use & abuse in the Pequannock Twp. Community through collaboration, education and community-wide change.

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An Initiative of:



20 Things To Do Other Than Drink

1. Go for a walk
2. Listen to music
3. Take a long shower
4. Write a poem
5. Visit someone in an old folks home
6. Take a nap
7. Climb a tree
8. Volunteer somewhere
9. Write a letter to the editor
10. Play darts
11. Go window shopping
12. Paint
13. Play solitaire
14. Lift weights
15. Bake cookies
16. Go to a movie
17. Groom your dog
18. Play Candy Crush
19. Start a blog
20. Design an e-card
21. Do a jigsaw puzzle
22. Organize your closet
23. Speak only in Haikus
24. Visit an animal shelter
25. Call a friend
26. Watch the clouds go by
27. Sweep the kitchen floor
28. Shoot baskets
29. Hug your parents
30. Do your homework

Surgeon General's Call to Action to Prevent and Reduce Underage Drinking

"Alcohol remains the most heavily abused substance by America's youth. We can no longer ignore what alcohol is doing to our children. This Call to Action is exactly that—a call to every American to join with the Surgeon General in a national effort to address underage drinking early, continuously and in context of human development. Underage drinking is everybody's problem—and it's solution is everyone's responsibility." Acting Surgeon General Kenneth P. Moritsugu, M.D., M.P.H.

So you may ask, what can parents do? Parents help the most by:

- ◆ Talking with children early and often about the dangers of alcohol and other drugs
- ◆ Setting clear rules and following through with consequences if rules are broken
- ◆ Being a positive role model and realizing children pay attention to our actions as well as our words,
- ◆ Enjoying time together and with friends,
- ◆ Emphasize that having fun does not involve drinking or using drugs
- ◆ Discussing misperceptions about alcohol use thus helping teens realize that the true norm in high school is NOT to drink.

THINK YOU'RE THE ONLY ONE IN SCHOOL NOT GETTING DRUNK EVERY WEEKEND?
 WELCOME TO THE PARTY.
 IN REALITY, OVER 70% OF TEENS AREN'T DRINKING EITHER.



Did You Know?

Using alcohol and drugs before the brain has fully developed increases your risk for future addiction to alcohol and drugs dramatically. Young people who start drinking alcohol before age 15 are **5 times more likely** to develop alcohol abuse or dependence than people who first used alcohol at age 21 or older.

Q & A

Can a person be too young to become addicted to alcohol and drugs?

Answer: No. And, research and experience show that the younger someone starts using alcohol and drugs, the greater the chance that they will become addicted.

Why do some people become addicted, while others don't?

Answer: Risk factors for becoming addicted to alcohol and drugs, like other conditions and diseases, vary from person to person. But, the common risk factors include: 1. Genetics--your family history; 2. Age when you start using alcohol or drugs; 3. Family (including abuse, neglect and traumatic experiences in childhood) and Social Environment (including access to alcohol and drugs), and 4. Types of drugs used.

April is Alcohol Awareness Month

Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. It is estimated that as many as 20 million individuals and family members are living lives in recovery.

www.ncadd.org

Do you know Pequannock Township's Alcohol Beverage Code?

http://code.peqtwp.org:88/Chapter_043/index.html

Understanding Your Community!

We have updated our website!! Check it out!

<http://ptcmorris.org>

From there, follow us on Facebook, Twitter and Pinterest!