



# *Alliance for Safe Kids, Inc.*

## **NEWSLETTER**

Issue No. 4, January, 2009

In the last two editions of our newsletter, you might have noticed several articles from the Partnership for a Drug-Free America. The Partnership has graciously allowed us to reprint their articles, and you'll find two more in this month's newsletter – "Your Child, the Preschool Years", and "Your Child, Kindergarten through 3<sup>rd</sup> Grade". These articles, and those which will follow in future newsletters, are offered as supplemental tools to the information shared in the ASK Heart2Heart booklet, written with the object of helping parents and other adults to keep our kids – and families – safe.

Please try to attend some of the upcoming programs listed on the calendar below. And if you have an event or other item you'd like to see in future newsletters, or have questions about any programs listed here, please let Cathy know at (914) 736-1450 or [cadlerask@yahoo.com](mailto:cadlerask@yahoo.com).

Tricy Cushner, President    Cathryn Adler, Director

### **Calendar**

**Tuesday, January 13<sup>th</sup>:**

**10 AM, ASK coalition meeting,**  
*Seven Stars Restaurant, Shrub Oak*

**Wednesday, January 14<sup>th</sup>:**

**7 PM: Youth Court training,**  
*Yorktown Town Court*

**Wednesday, January 21<sup>st</sup>:**

**7 PM: Youth Court training,**  
*Yorktown Town Court*

**Wednesday, January 28<sup>th</sup>:**

**4 PM: ASK coalition meeting,**  
*location TBA*  
**7 PM: Youth Court training,**  
*Yorktown Town Court*

### **Teen Night at JV Lanes**

On December 28<sup>th</sup>, Jefferson Valley Lanes hosted ASK's most recent Teen Night; the Yorktown High School SADD (Students Against Destructive Decisions) Club cosponsored the event. Many thanks to Vito Giordano and his staff for providing a great evening for our teens!

### **Red Ribbon Week Thanks**

This year, several local businesses donated prizes for use during Red Ribbon Week at Lakeland Copper Beech Middle School. Many thanks to:

Asian Chao  
Burger King  
Desert Moon  
Trademark Cinemas  
Walmart

Additional thanks go to the Lakeland Central School District Food Services.

Red Ribbon Week is the oldest and largest drug prevention campaign, and is held during the last full week in October. The mission of Red Ribbon was started in honor of Enrique "Kiki" Camarena, a U.S. drug enforcement agent who was kidnapped and murdered in 1985 while investigating a drug gang in Mexico. During Red Ribbon Week, students throughout the US work to raise public awareness of the dangers of drug use.

*SRO Julie Vicinanza  
Lakeland Copper Beech Middle School/Yorktown Police Dept.*

### **Youth Court**

This year's class of the ASK Youth Court is full. To reserve a space on the waiting list for the 2009-2010 Youth Court, please contact Youth Court Director Art Lander at (914) 736-1450.

*The Alliance for Safe Kids, Inc., is a not-for profit 501(c)(3) corporation dedicated to keeping our kids out of harm's way. For further information, please email the Alliance at [Alliance4SafeKids@yahoo.com](mailto:Alliance4SafeKids@yahoo.com), or write to PO Box 106, Yorktown Heights, NY 10598. Please visit our website, [www.AllianceForSafeKids.org](http://www.AllianceForSafeKids.org)*

## ***Upcoming Events***

**Michael Nerney**, nationally-known presenter on substance abuse and current trends

January 21<sup>st</sup> and 22<sup>nd</sup>

Presentations for:

Faith Leaders

Secondary School Health Teachers

Secondary School Principals and Assistant Principals

Secondary School Pupil-Personnel Professionals

### **Wednesday, January 21<sup>st</sup>**

*9 AM – 11:30 AM*

*For Faith Leaders*

Substance Abuse Prevention - the Faith Connection

Did You Know: Young people with a connection to a faith community are less likely to use alcohol and other drugs? Maximize Your Influence

- Gain new information on myths and facts about current drugs of abuse such as Sparks, Strawberry Quick and Cheese.
- Share with other faith leaders about effective prevention strategies.
- Get resources to take back to your community

*Noon – 3:00 PM*

*For Secondary School Health Teachers*

Cheese, Sparks, and Strawberry Quick: Myths and facts about current drug trends

### **Thursday, January 22<sup>nd</sup>**

*8:30-11:30 AM*

*Secondary School Principals and Assistant Principals*

Current Alcohol and Drug Trends

*12:00 — 3:00 pm*

*Secondary School Pupil-Personnel Professionals*

Current Alcohol and Drug Trends

For more information, call (914) 332-1300. There is no registration fee, but space is limited and registration is required by Thursday, Jan. 15th. For possible weather related cancellation, please call 332-1300 on January 22nd. Sponsored by the Westchester Coalition for Alcohol and Drug-Free Youth.

Student Assistance Services Corp.  
660 White Plains Road  
Tarrytown, NY 10591

## Your Child: The Preschool Years

*From Partnership for a Drug-Free America*

<http://www.drugfree.org/Parent/YourChild/Articles/Preschool.aspx#>

Since the foundation for all healthy habits — from nutritious eating to proper hygiene — is laid down during the preschool years, it's a great time to set the stage for a drug-free life. The following tips will help you work with your preschooler so that she'll grow up happy, healthy, and drug-free.

- **Talk to your child about the joys of healthy living.** Discuss how good you feel when you take care of yourself — how you can run, jump, play and work for many hours. A great conversation starter: "I'm glad I'm healthy because I can..."
- **Celebrate your child's decision-making skills.** Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- **Stress the need for your child to take personal responsibility for his own health, well-being and personal environment.** Your instructions should be concrete, relate to your child's experiences, and stated positively. Turn chores like brushing teeth, putting away toys, wiping up spills, and caring for pets into fun experiences that your child will enjoy. Break the activities down into manageable steps so that your child learns to develop plans.
- **Help your child steer clear of dangerous substances that exist in her immediate world.** Point out poisonous and harmful chemicals commonly found in homes, such as bleach, kitchen cleansers and furniture polish. Read the products' warning labels out loud to your child. Explain that she should only eat or smell food or a prescribed medicine that you, a relative, or other known caregivers give to her. Also, explain that drugs from the doctor help the person the doctor gives them to, but that they can harm someone else.
- **Help your child understand the difference between make-believe and real life.** Preschoolers give meaning to things they don't understand in order to make sense of their world — but their meaning doesn't necessarily reflect the real world. Ask your child what he thinks about a TV program or story. Let your child know about your likes and dislikes. Discuss how violence or bad decisions can hurt people.
- **Turn frustration into a learning opportunity.** If a tower of blocks keeps collapsing during a play session, work with your child to find possible solutions to the problem.
- **Tell your child how proud you are of her when she helps you with things.** There's never a bad time to give your child a boost of self-esteem.

*Substances in your preschooler's world can include:*

*Tobacco, Alcohol, cleaning supplies.*

## Your Child: Grades K - 3

*From Partnership for a Drug-Free America*

[http://www.drugfree.org/Parent/YourChild/Articles/Grades\\_K-3.aspx#](http://www.drugfree.org/Parent/YourChild/Articles/Grades_K-3.aspx#)

5-to-8-year olds are still tied to family and eager to please but they're also beginning to explore their individuality. In addition, your grade-schooler begins to spend more time at school and with peers and to collect information (including messages about drugs and alcohol) from lots of new places like the media and popular culture. It's very important that you continue talking to your child about a healthy drug-free lifestyle and stress that of all the voices your child hears, yours should be the guiding force.

Here are 9 tips to help you help your child live a healthy, drug-free life:

- 1 **Keep your discussions about tobacco, alcohol, and other drugs factual and focused on the present.** Long-term consequences are too distant to have any meaning. Let your child know that people who drink too much alcohol then get sick and throw up, or that smoking makes clothes stink and causes bad breath.
- 2 **Talk to your kids about the drug-related messages they receive through advertisements, the news media, and entertainment sources.** Some TV shows or movies may even glamorize drug use. Remember to ask your kids how they feel about the things they've heard — you'll learn a great deal about what they're thinking.
- 3 **Consider the following topics when discussing drugs with your child: what alcohol, tobacco and other drugs are like; why drugs are illegal; what harm drugs can do to users.** You should also consider talking about the differences between the medicinal uses and illegal uses of drugs, and how drugs can impact the families and friends of users.
- 4 **Set clear rules and behave the way you want your kids to behave.** Tell them the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your children.
- 5 **Help your child explore new ways to express their feelings.** Kids who feel shy in one-on-one conversation might open up through painting, writing, or emailing a friend or relative.
- 6 **Work on problem solving by focusing on the types of problems kids come across.** Help them find long-lasting solutions to homework trouble, a fight with a friend, or in dealing with a bully. Be sure to point out that quick fixes are not long-term solutions.
- 7 **Give your kids the power to escape from situations that make them feel bad.** Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also let them know that they don't need to stick with friends who don't support them.
- 8 **Get to know your child's friends — and their friends' parents.** Check in by phone or a visit once in a while to make sure they are giving their children the same kinds of messages you give your children.
- 9 **Sign your kids up with community groups or programs that emphasize the positive impact of a healthy lifestyle.** Your drug-free messages will be reinforced — and your kids will have fun, stay active and develop healthy friendships.

*Substances in your K-3 child's world can include:*

*Tobacco, Alcohol, Ritalin.*