



## #WE TALKED AT DINNER and Win A Target Gift Card!

If you want to prevent your teenager from abusing alcohol or other drugs, then eat dinner with him or her on most days of the week. Research consistently shows that teenagers who eat dinner more often with their families are less likely to drink, smoke cigarettes or use other drugs.

A recent study compared two specific groups: teenagers who have two or less family dinners per week and those who have five or more per week. Those who ate two or less family dinners were:

- Three times more likely to try marijuana
- Two and a half times more likely to smoke cigarettes
- One and a half times more likely to drink alcohol

In addition, researchers also correlated more frequent family dinners with:

- Lower levels of family tension
- Teens who more often said that their parents are proud of them
- Teens who more often said that they can confide in their parents about a serious problem

Show us you talked by including a **#WeTalked** hashtag on our [FH Coalition Facebook page](#). Everyone who posts #WeTalked will be entered to win a Target gift card. Share your voice and support underage drinking prevention by using the #WeTalked hashtag today!



See our ad in the April 13th edition of the Fountain Hills Times!

### APRIL EVENTS YOU DON'T WANT TO MISS!

Friday, April 15th: Middle School Madness - FREE Dodgeball Tournament, FHMS 5-9PM  
The fun begins with pizza and refreshments provided for students in grades

6-8. The tournament will follow with prizes awarded to 1st, 2nd and 3rd place teams. This free event is sponsored by MCSO, Town of FH and the FH Coalition. Pre-registration is not required. Call Corey at (480) 816-5170 for more information.

**Tuesday, April 19th: FHHS Speaker Event**

Local author of Live CAREfully and motivational speaker, Jerry Traylor will address FHHS students during a special lunchtime presentation. Jerry will discuss how to achieve greatness even in our imperfection and the importance of finding who we *are* rather than becoming who others want us to be.

**Saturday, April 30th: National Rx Take Back Day**

There will be a Prescription Drop Off site at Fountain Hills Town Hall from 10AM-2PM. The Fort McDowell Yavapai Nation Police Department will also have an Rx Drop Off at the Fort McDowell Public Safety Building located at 10755 North Fort McDowell Road. Any unused prescription medication will be collected and then destroyed. Please no liquids, needles or inhalers.



Remember to *Call & Confirm* when your child is going to a house party. Accessing the Safe Homes Network directory is easy!

Login at [FHCoalition.org](http://FHCoalition.org) or through your mobile app. The password is "fh2016".



THANK YOU SPOTLIGHT!



AZ Chapter of SADD and Nissan  
THINKFAST INTERACTIVE



Thanks to the efforts of Jessica Smith, Executive Director of the AZ Chapter of SADD (Students Against Destructive Decisions) and Nissan, the FH Coalition presented ThinkFast Interactive to the ninth grade class on March 22nd. ThinkFast is a high-energy, fast-paced professional production that gets teens thinking about their decisions while educating them on ways of staying safe while driving. Check out [thinkfastinteractive.com](http://thinkfastinteractive.com).

Fountain Hills Coalition, PO Box 19687, Fountain Hills, AZ 85269

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