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## The Drug Of Choice For Youth

### Why It's Important To Take A Stand

Alcohol is the drug of choice for teens and is a serious health concern. There is now science to show the younger children are when they start to drink, the more likely they are to take part in activities that harm themselves and others. They may be more likely to take risks and use other drugs like marijuana or prescription pain relievers or get behind the wheel of a car and drive.

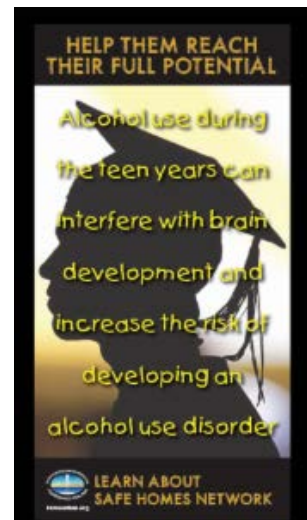
In 1965, the average age of first alcohol use was 17½ years old. In Arizona, in 2016, the average age of first alcohol use was 12 years old. Adults who start drinking before the age of 15 are four times more likely to develop alcoholism.

So how can we get our kids through their teen years without ever using alcohol? Here are some tips:

1. Make it easy for your child to talk honestly with you about alcohol and other issues.
2. Talk to your child about the risks of alcohol use, reasons not to drink and ways to avoid drinking.
3. Keep tabs on your child's activities and encourage healthy friendships and participation in activities that don't involve drinking.
4. Develop family rules about drinking and establish clear consequences.
5. Join the Safe Homes Network and get to know other parents who pledge not to serve alcohol to anyone under 21. [CLICK HERE](#) to take the pledge.

Parents of college kids can take these additional steps:

- Ask the college about its alcohol policies and sanctions
- If your child wants to join a fraternity or sorority, ask about the group's alcohol use and ask your child how he or she will handle situations involving alcohol.
- Stay in touch with your college student and don't be afraid to ask them directly about their alcohol use.



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## Fountain Hills High School THINKFAST Event

On March 7th, FHHS students took part in THINKFAST, a Teen Driving Safety program sponsored by the Governor's



Office of Highway Safety and Nissan.

Students in grades 9-12, through a quick-paced, interactive program, mixing pop culture with national and AZ teen driving facts, became more aware of the driving dangers teens often face. Special attention was placed on topics such as the importance of always wearing a seat belt, avoiding getting behind the wheel or riding with a driver under the influence and the dangers of texting while driving.

While students may not remember every single fact presented, attitudes are shifted towards valuing personal safety and promoting the safety of others.

### Essay Contest Winners Recognized at Town Council Meeting

On April 6th, winners of the 2017 High School Essay Contest were acknowledged by Mayor Kavanagh and the Town Council for their achievement in placing among the 225 entries received in the contest.



From Left: Coalition Board member, Bob Ditta; Davis Smith; Laura Anderson; Mikayla Anderson; Rachel Mahoney; Coalition Director Shelly Mowrey; Mayor Kavanagh and Coalition Board member Dwight Johnson.

**Our most popular teen event is this Friday!**  
It's supervised, FUN and it's FREE!

**Middle School Madness!  
6<sup>th</sup>-8<sup>th</sup> Grade**

**Dodgeball Tournament: Friday, April 21<sup>th</sup>**  
5:00 p.m. – 9:00 p.m.

The fun will begin at 5:00pm at Fountain Hills Middle School (FHMS). Pizza will be provided for dinner as well as refreshments. Make sure to bring all of your friends, *Fountain Hills Falcon Leaders will be assisting with this event!*

1<sup>st</sup> Place - \$20 Gift Card  
2<sup>nd</sup> Place - \$10 Gift Card  
3<sup>rd</sup> Place - \$5 Gift Card

Register at [www.fh.az.gov/recreation](http://www.fh.az.gov/recreation) or at Town Hall or at the Community Center.  
For more information, call 480-816-5170 or email: [cpovar@fh.az.gov](mailto:cpovar@fh.az.gov)

THANK YOU!



SPOTLIGHT

THANK YOU! for your participation in the Community Views Survey. We received over 200 surveys during the month of March!

Your answers will help guide our direction in implementing the programs and education that best serve our youth, parents and community.

For more information [Visit our website](#)