



2017 - A Resolution We'll Help You Keep with Your Pre-Teen



The pre-teen years. It's such a great time in kids' lives. They start to consider their place in the world. They become champions of justice. They begin to use complex problem-solving skills, value their friends' opinions much more, and begin to get curious about everything.

In fact, when it comes to the issue of drug use, this is one of the most important times in a child's life. Increased exposure to the "gateway drugs" of tobacco, alcohol and marijuana put children of this age group at immediate risk. Sure, your advice may be challenged- but it is also heard.

Get started this month and use this calendar to help keep the conversation going throughout the year.

January: Make sure your child knows your rules and that you will enforce the consequences if rules are broken. Research shows that kids are less likely to use alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.

March: Act out or talk through scenarios with your child where people offer him/her drugs. Kids who don't know what to say or hesitate with their response are more likely to give in to peer pressure. Let your child know that he or she can use you as an excuse and say, "No, my mom (dad, aunt, etc.) would ground me if I tried that".

June: Tell your child what makes them so special. Puberty can play nasty tricks with a child's self-esteem. He or she needs to hear a lot of positive comments about his or her life and who they are as individuals- not just when they bring home an A.

September: Give your children the power to make decisions that go against their peers. You can reinforce this message through small things such as encouraging your child to pick out shoes he likes rather than the pairs his four friends have.

December: Base drug and alcohol messages on facts, not fear. Kids love to learn fact, both run-of-the-mill and truly odd. Take advantage of their passion for learning. For help log on to FHCoalition.org.

Also, 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 about alcohol, tobacco and other drugs. Check the [Safe Homes Network directory](#) or app to see if the family is a member.

FHHS Speaker Series: In A Split Second....from Carefree Fun to Emergency Room Reality

On Wednesday, December 14th, over 100 students attended a lunchtime campus speaker event that featured Meg Bergeson, RN. Ms. Bergeson has worked for over 15 years as an emergency room nurse with Honor Health.

She spoke to students about the dangers of underage drinking and illegal drug use from her real life experience as a trauma nurse. Students then had the opportunity to ask questions about her cases and the consequences the teen and their family had to face after visiting the ER.



Congratulations to.....

FHHS freshman Mia Renner, winner of the \$100 [Safe Homes Network](#) Boys Varsity soccer drawing!

Our last drawing of the season will take place [January 17th](#) during the Girls Varsity Soccer match. And remember, [Safe Homes Network](#) members receive an additional ticket in the drawing. See you there!

THANK YOU! Spotlight

THANK YOU to all of our 2017 High School Essay Contest sponsors! Their continued support has enabled us to offer this contest to all Fountain Hills high school students the last four years. For more information and contest rules visit [FHCoalition.org](#).



When patronizing the following businesses, please thank them for their participation in this year's contest!

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