



2016-2017 FHHS Parents:

Receive \$20 cash when you renew your Safe Homes Network pledge or take the pledge for the first time!

Join or renew a free **Safe Homes Network** membership by August 31st and receive:

 **\$20 Cash** 
When you take/renew the
pledge by August 31st!

Go to www.FHCoalition.org to sign up. Funds generously donated by 

Dear Maria,

If you have a child registering for high school this year (2016-2017), you can receive \$20 just for renewing or taking the Safe Homes Network pledge before August 31st.

Click [HERE](#) for more details on Safe Homes and to take/renew your pledge.
And don't forget to tell your friends!

**Funds generously donated by the Verne C. Johnson Family Foundation*

Keeping Kids Safe This Summer

With summer now half way over, you may have heard the words, "I'm bored" from



your child. Boredom and more free time without adult supervision are two of the biggest contributors to teen drug use over the summer months. For some teens, having more free time on their hands leads to experimenting with drugs or drinking for the first time. Teens with summer jobs suddenly have their own money to spend as well. Marijuana use jumps 40% in June and July.

Parents who are working, traveling or away from home face the challenge of keeping tabs on teens who want their freedom. Here are a few steps parents can take to reduce the chances that their kids will fill their free time with unhealthy activities:

1. Remind them that you have zero tolerance for drug use, including alcohol and cigarettes. The Arizona Youth Survey found that students whose parents let them know that they think marijuana use is "very wrong" were significantly less likely to use it.
2. Agree on rules for their free time and follow through on the consequences if they break the rules.
3. Sit down to dinner together. Research shows that having family meals together just 2-3 days a week helps keep teens from using drugs.
4. Know where they are, who they are with and what they are doing. Unsupervised teens are more likely to get into trouble.
5. Have them check in throughout the day. Set ground rules for them to respond to your efforts to reach them (when I text or call I expect a response with 10 minutes).
6. Reward your teens for being responsible over the summer. Helping them feel good about making good decisions develops their self-confidence and ability to trust their own judgement.

Lastly, stay connected with your teen by doing an activity they enjoy: dinner at a favorite restaurant, a movie or family activity that shows them that you enjoy spending time with them and that doing so is important to you.

A FRIENDLY REMINDER.....



Please dispose of any unused or expired prescriptions in the permanent drop box located on the first floor in Town Hall. Town Hall is open Monday-Thursday from 7am-6pm.

Early Action Kits are available through Fountain Hills Family Practice and at Fire Station #1 located at 16246 Palisades Blvd.

This free parent resource contains a drug screen and early intervention steps for parents concerned about possible teen drug use.

