



2017-2018 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

Click Here to take/renew the pledge!

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



Dear Mahendra,

If you have a child registering for high school this year (2017-2018), you can receive \$20 just for renewing or taking the Safe Homes Network pledge before August 31st.

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

**One per household please. To be mailed to the home address provided on pledge form. Please allow 45 days. **Funds generously donated by the Verne C. Johnson Family Foundation.*

Please Check Off This TO DO on Your Back to School Check List

As we begin the back to school business, it's important to talk with your children about your expectations when it comes to underage drinking and drug use. This is one of those conversations that can



be tough for parents, but it also pays off. Children that learn a lot about the risks of drugs and underage drinking from their parents are 50% less likely to use those substances. Our goal is to get children through the teenage years without ever trying drugs or alcohol. That puts them at a much smaller chance of developing a problem later in life.

So what do you say? It is important to keep your children's ages in mind: Young children view the world as black or white and are usually satisfied with the statement that underage drinking is bad for you. But don't expect your teenagers to see it that simply. They are more likely to see drinking and drug use as their own choice. Be ready with sound facts and solid examples of the damage alcohol and other drugs can do. Make sure you let your teens know how you feel about drugs and alcohol and what you expect from them. Be relaxed but firm. Here are some examples of what you might want to say to your teen:

- "I'm not trying to ruin your fun. I love you and want you to stay healthy and the best way to do that is to stay away from drugs and alcohol. I need you to promise me that you will."
- "I realize that there is a lot of temptation out there. I also know that you are a really smart, strong person with a bright future ahead of you. That's why I expect you to make healthy choices for yourself- no matter what your friends are doing. Agreed?"
- There is a lot of new science about teens, drugs and alcohol. It scares me to know how easily you could damage your brain or get addicted without even knowing you are. If someone offers you alcohol or drugs what will you say or do?"
- Let them know that they are not allowed to stay at a party where alcohol and/or drugs are being used even if they are not partaking in these substances. Develop a plan and phrase that your child can text you as a cue to go pick them up. Something as simple as a text from them saying 'I forgot to feed the dog' can help get them out of a potentially bad situation.

If you never have these discussions with your child, they will never know your expectations for what is and what is not acceptable. The talk does not have to be long and drawn out. In fact, it shouldn't be. Talking with your child for just a few minutes, can have a huge impact.

Save the Date - Back 2 School Bash!

Fountain Hills students are invited to end their summer on a fun note and attend the annual Back 2 School Bash at Four Peaks Park on Friday, August



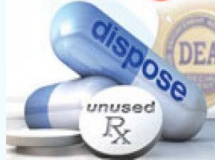
25th from 5 to 8:30pm.

The FH Coalition is proud to be title sponsor of this free, family-friendly event along with the Town of Fountain Hills Community Services Dept. There will be water slides, a dunk tank, inflatable rides, food trucks, music and much more.

Mark your calendar and we will see you there!

A FRIENDLY REMINDER

Got Drugs?



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 through Thursday from 7am-6pm.

Early Action Kits are available at Fountain Hills Family Practice and 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. Simply ask for an Early Action Kit and it's yours. No one will ever ask you for any information. It is 100% confidential.

