

PREVENTION POST

MAY/JUNE • 2024

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WHAT TO KNOW

As the brain develops, judgment improves. Teens, full of energy and emotion, might not always foresee consequences or plan ahead. This can lead to choices like using drugs or alcohol, which can have lasting negative effects.



WHAT TO DO

Get involved in your child's life. Spend at least 15 minutes a day doing an age-appropriate activity that your child enjoys, such as reading a book, watching a TV program together, riding bikes, going to the library, or playing a game.

www.samhsa.gov

Publication: [Keeping Youth Drug Free](#)

AN EFFECTIVE WAY TO SUPPORT YOUR CHILD

Checking-in with your child helps you keep track of their social activity, set rules about their free time, and tune in to when something might be wrong. These simple questions and actions can have a BIG effect on their decisions, including whether or not to try e-cigarettes. A few rules about their free time can prevent opportunities for risky behavior. Use the list below to identify easy ways for you to check-in with your child.

WHERE, WHO, WHEN?	MAKE CONNECTIONS	KEEP THEM BUSY	ATTEND SCHOOL EVENTS	SET RULES
Ask where your child is going, who they're going with and when they will be back.	Know the names and contact information for their friends and parents of friends.	Encourage and help your child enroll in after school activities they enjoy.	Be sure to keep in touch with teachers, coaches, and staff.	Require adult supervision. Be consistent in enforcing fair consequences.

CAREFULLY CONSIDER HOW TO HYDRATE

Many kids drink sports and energy drinks. They're advertised to help with sports or give you more energy. Sports drinks are meant to help with sports by giving you fluids and minerals lost when you sweat. Energy drinks claim to give you more energy and help you focus better. Sports drinks and energy drinks are different. Sports drinks usually have carbs, minerals, and electrolytes like sodium and potassium. Energy drinks usually have stimulants like caffeine, along with carbs, protein, vitamins, and minerals.

It's important to choose the right drink for kids and teens, especially when they're being active. Too much sugar from these drinks can cause tooth decay, weight gain, and other problems. Kids who play sports might benefit from sports drinks with carbs or electrolytes. But for most kids who are just active during the day, water is usually enough. Energy drinks with stimulants like caffeine are not safe for kids or teens. Drinking too many sugary drinks can add a lot of calories without giving much nutrition.



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Scan here to learn about what our OUT Maine Partners are doing.



Scan here to access support, education and advocacy.



Scan here to learn about the Thriving Kids Project.

WHO ARE YOU? ACTIVITY - NOT JUST FOR YOUTH!

Parents/Guardians, this activity isn't just for your youth! All too often we can forget who we are because we are dealing with the everyday routines of work, family, friends, etc. Take a few moments of your day and start listing all the things that make you, you!



It's important to remember who you are and who you want to be vs. what everyone else around you is saying. One way to remember who YOU are is to grab a notebook and a pen and start listing everything you are. Example: I am a Father, I am a golfer, I am a teacher, etc.

After doing this activity instead of using I am, use I like and follow with the same idea, I like to draw, I like going for walks, I like to drink coffee. This is a great opportunity for you to remember who YOU are and what YOU like. Remember one of the most important things in life is to always be yourself!

UNDERSTANDING YOUR FEELINGS HELPS TO BUILD STRONGER RELATIONSHIPS

Emotions can feel annoying and overwhelming, but they communicate useful information to us and everyone around us. It is important to talk to your kids about emotions. Our bodies know how we are feeling, and respond in different ways. Is your child having a hard time to breathe? Is their heart pounding? Do they feel overwhelmed? Give your child a good first step to help them learn how to handle their emotions. Tell them to take a deep breath and observe what's happening in their body, name it, and rate the intensity of the emotion/emotions from a scale of 1-10. Give them a journal, writing down emotions helps them understand what might be going on, then give them space to explain their emotions to you or to other trusted adults. The goal is to have a broad range of emotions, understand what they are, how they are affecting your child and learn how to deal with them together.



What is the DFA coalition?

The coalition is an alliance of individuals and/or organizations working together to achieve a common purpose. When this type of alliance forms to address the needs and concerns of a particular community, it is often referred to as a community coalition.

What is the DFA goal?

This collaboration with community partners provides education, resources, and evidence-based programming to reduce the underage use of alcohol, marijuana, and other drugs.

Interested in joining?

The DFA Coalition meets monthly via Teams. To learn more, reach out to Malori at mhomquist@acap-me.org.

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Aroostook County Action Program