

# Raising Healthy Kids

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**Southern Providence County  
Regional Coalition**  
Communities. Prevention. Collaboration.

## Be A Good Role Model

Parents are important role models for their children, even during adolescence. Your attitude towards alcohol, what you drink, how much, when and where you drink are all a major influence on whether or how your adolescent will drink in the future. This influence begins at a very early age. Warning your adolescent about the dangers of drinking will not be effective if you do not **set a good example yourself.**

Summer can be a time for gatherings and many include drinking. If you drink, you should model responsible drinking by establishing and following your own rules for drinking responsibly.

### Tips for modeling responsible drinking:

- Limit your alcohol use, especially in front of your children/teen
- Sometimes decline the offer of alcohol
- Provide nonalcoholic beverages if making alcohol available to guests
- Never drink and drive
- Do not let other adults drive after they have been drinking
- Do not convey to your children/teen the idea that alcohol is fun or glamorous through stories about your own or others' drinking
- Do not portray alcohol or marijuana as a good way to deal with stress, such as saying, "I've had a bad day. I need a drink or a joint."

## Getting Ahead of A Problem

Studies show kids start experimenting with drugs and alcohol as early as **4th and 5th grade.** The American Academy of Pediatrics recommends talking about the dangers of alcohol at 9 years of age. It often takes two years to discover a child's substance use disorder, which means your child could actually become addicted before starting high school.



## Summertime Youth Marijuana Use

According to data from the National Household Survey on Drug Abuse, more teens smoked marijuana for the first time in June and July than any other months of the year, and nearly 40% of teens who first tried marijuana did so during May through August. Each day in June and July, approximately 5,800 teens try marijuana for the first time.

The increase in new drug use is likely due to teens having more unsupervised time in the summer. Research shows that kids with unsupervised time are more likely to engage in risky behaviors. Marijuana is also surprisingly available to youth, even in middle school. In 2019, nearly one-third of 8th graders said it would be "fairly easy" or "very easy" to get marijuana. Nearly 60% of 10th graders and over three-quarters of 12th graders said the same. (*Monitoring the Future*)

## Thank you to our Community Partners

We would like to recognize our partners who donated funds to complete our Mental Health Stress bags disseminated to junior and senior students in Cranston, Johnston, North Providence, Smithfield and Scituate and other community events.

- BJ's – 200 Stone Hill Drive, Johnston
- Coffee Connection – 1744 Mineral Spring Ave, North Providence
- Jersey Mike's – 1401 Douglas Ave, North Providence
- Price Rite – 1450 Hartford Avenue, Johnston
- Shaw's – 15 Smithfield Road, North Providence
- Stop & Shop – 850 Manton Avenue, Providence
- Stop & Shop – 200 Atwood Avenue, Cranston
- Stop & Shop – 11 Commerce Way, Johnston

## Teen Dating Violence

It's important to note that dating violence can take on different forms. Here are four types (according to the CDC):

- Physical - when a person hits, kicks, shoves his or her partner
- Psychological/emotional - could include name calling, bullying and isolation
- Sexual - forcing a partner to engage in a sex act when they don't want to; threatening to spread rumors if a partner doesn't want to have sex
- Stalking - constant, unwanted harassment



Dating violence also occurs over a computer or phone, and includes someone repeatedly texting a partner, or even posting a partner's nude photos online.

### How to Help Your Teen.

Recognize the signs. LoveisRespect.org has a list of warning signs of abuse which include:

- Your teen's partner is jealous or possessive
- Unexplained bruises or marks on your teen
- Your teen is depressed; stops participating in activities they once loved
- You teen is constantly texted by his/her partner

### Talk to your teen.

Set aside some quiet time to talk to your teen, one-on-one, if you suspect they may be having serious issues in their relationship.

### Help them get professional help.

Often, your teen won't feel comfortable talking to you about these issues. If that's the case, point them towards the resource below:

National Teen Dating Abuse Helpline: call 1-866-331-9474, chat via the loveisrespect.org website, or text LOVEIS to 22522 to connect with a peer advocate 24/7

▶ [www.getsmartaboutdrugs.gov/family/teen-dating-violence-and-drug-use](http://www.getsmartaboutdrugs.gov/family/teen-dating-violence-and-drug-use)

## DRUG TRENDS



## What is "Double Cup" or "Lean"?

A true double cup reference is the stacking of two styrofoam cups that combine cough syrup containing drugs with soda (commonly Sprite) and flavored candies such as Jolly Rancher. The prescription drug in cough syrup is Promethazine with codeine, an antihistamine commonly prescribed by doctors to alleviate symptoms of allergies and the common cold. Double cup is often called "Lean".



Two main reasons for stacking two cups: it keeps the ice in your concoction cold and your lean can leak through the pores of the foam, but if you double cup it, it won't.

When taken in high doses it can create a high similar to that of heroin. It can lead to a number of physical and psychological health problems. Taking too much of the concoction can cause overdose or death.

Store your medications in a safe place so your teens do not have access and dispose when you are no longer taking the medication.

