

# Raising Healthy Kids

SPCPrevention.org



Southern Providence County  
Regional Coalition  
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## EDUCATION

### New research highlights the dual nature of teenage marijuana use:

for enjoyment or coping, both with negative consequences. Teens using marijuana for pleasure or to escape problems are consuming more and spending more on it. They also report increased anxiety, memory issues, and academic or work-related challenges. Lead researcher Nicole Schultz emphasizes the importance of understanding contributing factors for early intervention. With weed being the most popular drug among teens, the study investigates why they're drawn to it. Encouraging substance-free activities could potentially reduce use and its adverse effects, suggests senior researcher Jason Ramirez from the University of Washington.



Product: 1 gram Mixed Berry Flavored Vape Pen at 78.66% THC for a total of 786mg THC.

Purchased: Oct. 10, 2023 for \$40.00 + 26.4% tax in Colorado

### Expert Chat: A New Way to Communicate With Your Kids



## DID YOU KNOW?

This 5-gram biscotti-flavored vaporizer **contains 84.9% THC potency**. That means it contains over **4000 milligrams of THC** while easily fitting into the palm of a hand or in a pocket.



This vape device's estimated number of **hits is more than 1,400**. Although there are no standardized serving sizes, with a total price to the consumer of \$64.02, including state and local taxes, the cost is potentially



less than a nickel per high. The amount of THC consumed is dependent on multiple variables, including how hard the draw, how long the draw, and how long the vaper is held in the lungs.

Vaping (both THC and nicotine) among our youth is at epidemic proportions. Sweet and fruity flavors, social acceptance, low cost, and the ease to conceal make it attractive to kids, enticing them to use vaping devices they might otherwise avoid.

# EDUCATION continued

## How to Raise a Moral, Responsible Child – Without Punishment

How do you raise a child who assumes responsibility for their actions, including making amends and avoiding a repeat, whether the authority figure is present or not? You....



- ✓ Give guidance about moral principles and expected behavior,
- ✓ Stay connected so they WANT to do the “right” thing,
- ✓ Give them the tools to manage their emotions and therefore their behavior, and
- ✓ Empower them to see the results of their actions, so they can choose whether to repeat them.

Hard? Yes! But that’s how we teach children to use reason instead of force, to make choices from love instead of from fear.

 [Click here to read more!](#)

## ZIGAZOO Zigazoo – A Safer TikTok Alternative

Zigazoo is an app that’s quickly gaining traction as the “safer TikTok alternative” for kids.

Designed with the younger audience in mind, Zigazoo offers a platform where kids can explore, create, and watch videos in an environment that prioritizes safety and educational content.




**To prevent youth suicide, we must tackle it as a community.**

### Research reveals key strategies:

- Restrict access to lethal means like firearms and medications.
- Foster strong friendships, in person or online, to provide support and hope.
- Cultivate hope through encouragement and assistance.
- Provide support at home and school, especially from parents.
- Offer psychotherapy, such as CBT and DBT, along with family therapy.
- Conduct routine depression screenings and refer to psychiatrists for early intervention.
- Monitor technology use, particularly social media, to combat cyberbullying.
- Educate adolescents about mental health and available resources.
- Provide intentional follow-up and ongoing support after a suicide attempt.
- Embrace and accept youth identity, especially for LGBTQIA+ individuals.

By implementing these strategies collectively, we can mitigate the tragic impact of youth suicide and foster healthier, more resilient adolescents.

 [How to Access Your Child For Suicide Risk](#)

# REGIONAL HIGHLIGHTS

- **Media Ready Program** being implemented in health classes – 8th grade at Ricci and 6th grade at Birchwood. Johnston Ferri Middle School – 6th and 8th graders selected by teachers.
- **Keepin' it REAL** began in North Providence Ricci Middle School - 6th grade students
- Scheduling **Incredible Years Teacher Classroom Management** training for 11 daycare teachers
- **Tobacco Compliance Checks** in all 5 towns are ongoing
- Distributed 82 tobacco certificates of recognition to retailers across all five towns and published the names of retailers in local newspapers
- **SPC Regional Prevention Coalition Drug Take Back advertisement highlighted in nationwide CADCA Calendar of Resources** <http://spcprevention.org/cadcaspc/>
- Channel 10 Barbara Morse – Health Check segment on Johnston students implementing Sticker Shock [Channel 10 Health Check](#)
- Social Host PSA targeting adults airing on Recovery Radio
- **Think Fast** presentation to 750 Smithfield students and 805 Johnston students
- Superintendents in Johnston, North Providence, Scituate and Smithfield signed an agreement to implement **Sidelined (Injuries and Pain**

**Management)** in their high schools. The Parent Sidelined document was embed in all athletic documents required for parents to sign at the beginning of the sports season for present and future years.

- SOR3 coordinator working with Rhode Island College and Bryant University – Stimulants and Fake Pills
- Charging stations with Opioid/Stimulant messaging at both RIC and Bryant along with posters in all dorms, student centers, cafeterias and other common areas.
- **InShape curriculum** was facilitated to RIC Athletes 2nd semester working with Bryant University

## RESOURCES



Mental Health Resources – **SPCRC**  
[spcprevention.org](http://spcprevention.org)



Do's



Don'ts

Advice and Tips for Parents of Addicted Children **The National Institute on Drug Abuse (NIDA)** reports that nearly one out of every four 18-20-year-olds abused an illicit substance in the past month.

[Read More Here](#)



## DRUG TRENDS

### Report Juul Products to Reduce Underage Use

The program allows Juul Labs to identify the distributors to whom they ship the products to and then they can trace the device to the retail location that reportedly sold to a minor. If you are an adult that has confiscated a JUUL device from an underage user, you can help by reporting devices online. Go to the link and submit a report.



[Submit a report here](#)

### Turbo Vapes

A Turbo Vape the newest device used by many. It has 10,000, 15,000, 20,000 and even 25,000 puffs available in many flavors, with 5 % nicotine.



WARNING: Chronic Cough and Other Risks



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03.2024