

Raising Healthy Kids

SPCPrevention.org



**Southern Providence County
Regional Coalition**
Coordinated by Tri-County Community Action Agency



EDUCATION

SUPER BOWL SUNDAY REMINDER: DON'T SERVE ALCOHOL TO MINORS

As friends and families gather for the Super Bowl, it's important for adults to remember that **alcohol and minors should never mix**. Even allowing a teen to have "just one" drink under supervision sends the wrong message and increases the risk of future binge drinking, impaired judgment, and alcohol-related harm.

Providing alcohol to anyone under 21 is also illegal and can result in significant fines and legal liability for adults. What may seem harmless can quickly become a serious issue.

This Super Bowl Sunday, help keep our community safe by setting clear expectations, providing alcohol-free options for youth, and modeling responsible behavior. A safe celebration is a winning celebration for everyone.

DRUG TRENDS

PSYCHEDELICS, MICRODOSING, AND TEEN MENTAL HEALTH

With psychedelics gaining attention among adults for potential therapeutic benefits, some teens are now experimenting with microdosing substances like psilocybin ("magic mushrooms") or LSD — a trend becoming increasingly common among high school and college students, often seen as "safe" or "natural." But even small amounts can alter perception, increase anxiety, and heighten the risk of psychosis in developing brains, especially when combined with cannabis or other substances.

Teens with ADHD may be especially vulnerable. Using psilocybin while taking stimulant medications or engaging in other substance use can increase the chance of paranoia, hallucinations, or other serious mental health symptoms. Parents and caregivers are encouraged to stay informed, talk openly with teens, and seek **early psychiatric support** if warning signs appear.

BULLYING

Cyberbullying happens through texts, social media, and gaming, and can be hard for adults to notice. This guide from **StopBullying.gov** helps parents understand where cyberbullying occurs, warning signs to look for, and how to talk with kids about safe online behavior. **It includes tips on:**

- ❄️ What cyberbullying is and where it commonly happens.
- ❄️ Warning signs a child may be involved (as a target, bystander, or participant).
- ❄️ Tips for parents on monitoring apps, privacy settings, and healthy digital habits.
- ❄️ How to set clear online rules and open communication at home.
- ❄️ Steps to take when cyberbullying occurs—document, report, and support.
- ❄️ Guidance on reporting to schools, platforms, or law enforcement when appropriate.



Read the full guide here.
**How to Prevent Cyberbullying:
A Guide for Parents, Caregivers,
and Youth**



FUN & FAMILY-FRIENDLY NEW YEAR'S RESOLUTIONS

A new year is the perfect excuse to hit the "refresh" button as a family!

Instead of big, stressful resolutions, try fun, doable goals everyone can enjoy:

- ✓ **Pick a "Family Fun Night"**
Rotate who chooses the activity (yes, even if it's charades!).
- ✓ **Try one new thing each month**
Try a new food, park, recipe, or local adventure.
- ✓ **Create a "Good Things" jar**
Add notes all year with small wins, laughs, and proud moments.
- ✓ **Unplug together**
Choose one tech-free hour a week for a game, walk, or just hanging out.
- ✓ **Build healthy habits as a team**
More water, more sleep, more movement...make it a challenge!
- ✓ **Talk more, stress less**
Having quick check-ins about school, friendships, and feelings go a long way.
- ✓ **Celebrate progress**
Even tiny wins count (especially when there are treats involved!).

MENTAL HEALTH

WINTER BLUES: WHAT TO KNOW & TIPS TO HELP

- ❄️ **Very common:** About 41% of Americans report experiencing the "winter blues," often marked by fatigue, extra sleep, and reduced interest in activities.
- ❄️ **Who feels it most:** Women and people living in rural or less sunny areas report higher rates.
- ❄️ **Evidence-based ways to cope:**
 - Use **light therapy** or spend time in natural light.
 - Stay **physically active** to boost mood and energy.
 - Eat a **healthy diet**, including omega-3-rich foods.
 - Keep a **regular sleep** routine.
 - Practice **mindfulness or relaxation** techniques.
 - Reach out to **friends, family, or support groups** for connection.

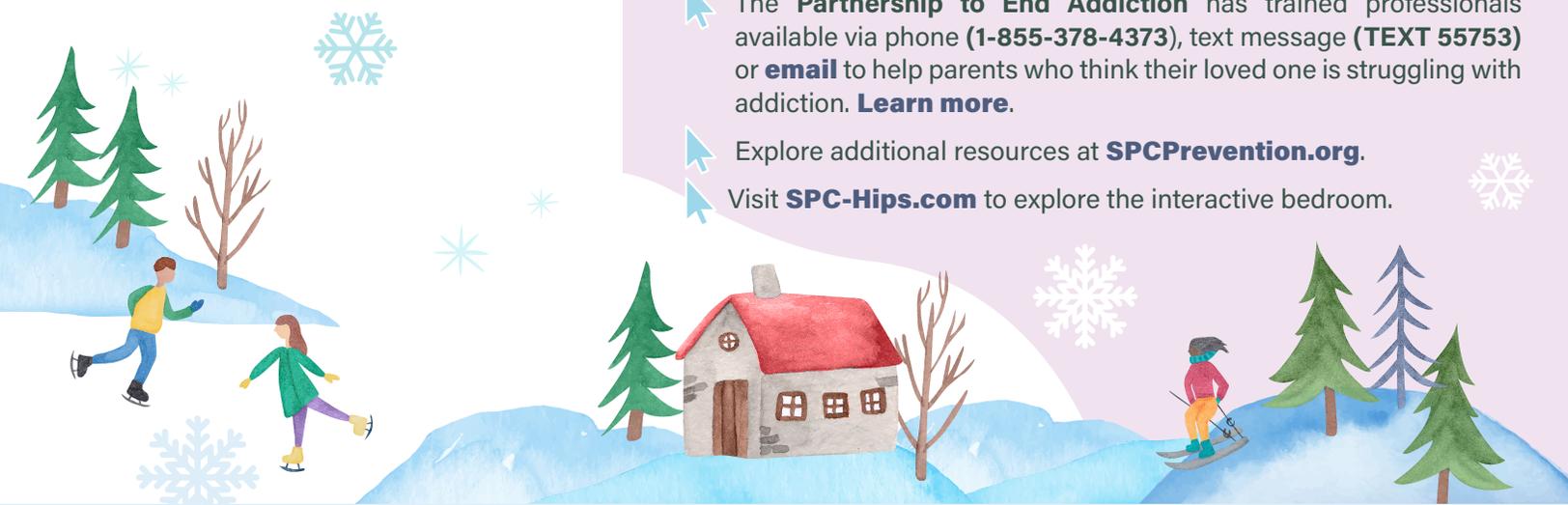
PARENTING WITH CALM: YOUR WELL-BEING MATTERS

Parenting is tough, and managing your own stress is key to being the calm, present parent your child needs. When you're running on empty, kids feel it too. The good news? You don't need to be perfect—just take small steps to stay grounded. Breathe deeply, get enough sleep, simplify your schedule, move your body, and let go of perfection. Even a few minutes of daily connection—with yourself, your child, or nature—can shift everything. Your well-being is the foundation for theirs.

"You want your kids to have the best of you, not what's left of you."

RESOURCES

- ➡️ New resource for **Children's Behavioral Health**
- ➡️ The **Partnership to End Addiction** has trained professionals available via phone (**1-855-378-4373**), text message (**TEXT 55753**) or **email** to help parents who think their loved one is struggling with addiction. **Learn more.**
- ➡️ Explore additional resources at **SPCPrevention.org**.
- ➡️ Visit **SPC-Hips.com** to explore the interactive bedroom.



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