

The Drug of Choice for Youth and Why You MUST Take a Stand

Alcohol is the drug of choice for teens and is a serious health concern. There is now science to show the younger children are when they start to drink, the more likely they are to take part in activities that harm themselves and others. For example, kids who drink heavily may perform worse in school. They may be more likely to take risks and use other drugs like marijuana or prescription pain relievers or get behind the wheel of a car and drive.



In 1965, the average age of first alcohol use was 17 and a half years old. In Arizona, in 2016, the average age of first alcohol use was 12!

Adults who start drinking before the age of 15 are four times more likely to develop alcoholism. So how can we get our kids through their teen years without ever using alcohol? Here are some tips:

1. Make it easy for your child to talk honestly with you about alcohol and other issues.
2. Talk to your child about the risks of alcohol use, reasons not to drink and ways to avoid drinking.
3. Keep tabs on your child's activities and encourage healthy friendships and participation in activities that don't involve drinking.
4. Develop family rules about drinking, and establish consequences.

Parents of college kids can take these additional steps:

1. Ask the college about its alcohol policies and sanctions.
2. If your child wants to join a fraternity or sorority, ask about the group's alcohol use and ask your child how he or she will handle situations involving alcohol.
3. Stay in touch with college students, and don't be afraid to ask them directly about their alcohol use.

4 Ways to Help Your Child Transition to College

Parents often find themselves with mixed emotions once their child graduates from high school and leaves for college. There is pride, excitement and a little anxiety that their child is now an adult and will be on their own.



Parent experts suggest that even though your child is headed into a brave new world it's important to have a presence in their lives.

1. If your child is moving into a dorm or an apartment of their own, you might want to say:

"I know you're off to start your own life, but please know that I'm always here for you. I respect that you're old enough to make your own choices, but if you ever want another perspective on things, please reach out to me."

2. A substance abuse treatment expert advises that parents also say, "There are certain things that you can count on in life and one of the things you're going to be able to count on is me. As your parent, I'm always here for you. Remember, I am your support. I'm the one who can guide you."

3. After your child is away at college for a while, you may want to ask the question, "Is there a lot of drug use at your college or in your new town? Do your new friends dabble in drugs at all? How do you feel about that?"

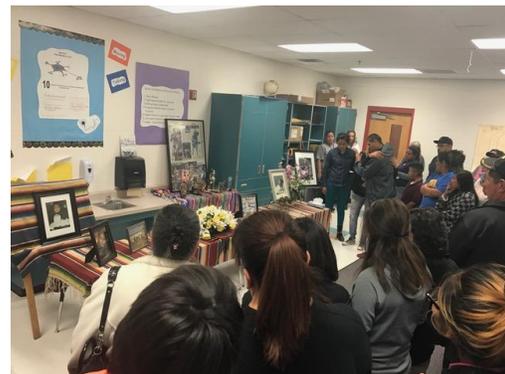
4. Try not to "over communicate". It's natural to miss your children and whether or not they admit it, they miss you too. You want to check in on them everyday but give your child some space to grow into their independence. It's important to respect their space, especially the first year. If you want to some consistency, consider scheduling a time to catch up once a week.

It will be an exciting time for your child, letting them know that you are there for them, always, will help them be more comfortable as they make that transition from home life to college life.

Sanders Hosts 2 Powerful Reality Tours

Nearly 150 people from participated in highly moving Reality Tours, a direct, realistic emotional experience of the devastating consequences of drug abuse.

Parents and students from Sanders Elementary were shown many of the real life consequences of drug abuse through staged, but realistic simulations of a drug arrest, drug overdose, funeral and other events someone suffering from a substance use disorder may experience.



The Apache County Drug Free Alliance would like to thank all of the volunteers who made Reality Tour a huge success. The Apache County Youth Council, Shavonne Begay, Mary Lynch, Kisaani Catering Company, Apache County Attorney's Office, Apache County Jail Nurse Staff, Navajo Nation Police, Apache County Sheriff's Office, Sanders Elementary School, Sanders School District, Board, Teachers, Staff and Lucinda Swedburg, Arizona Department of Public Safety, Apache County Health Department, Judge Yellowhorse, Superior Court Judge Mike Latham. Without your support this event would not have been possible.

SAVE THE DATES!

May 20th - Safe Over Summer Celebration

May 24 - All Night Graduation Party Round Valley, the Dome- All high school students invited 10 pm - 1 am

May 26th - All Night Graduation Party, St. Johns, BUB, senior class only, 10:30 pm to 4:30 am



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