

September 2015

Volume 4, Issue 17

Parents Matter

Havana Area Prevention Team

Special points of interest:

- IYS Stats
- Strategies for Talking
- HAPT Contact Info

Did You Know?

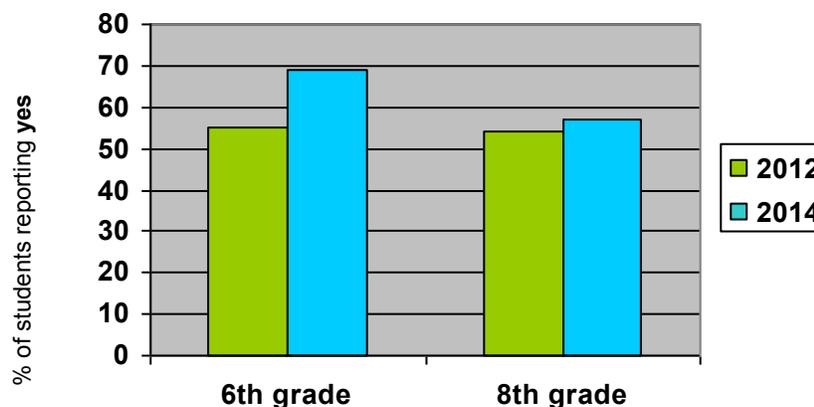
As the school year gets underway and the routines begin to take shape, HAPT, Havana Area Prevention Team has created a prevention newsletter entitled *Parents Matter*. Throughout the course of the school year, parents and guardians of Havana Junior High students will receive a monthly newsletter that shares: talking tips, educational facts, and news from HAPT. Thanks to the staff at Havana Junior High for helping to distribute this newsletter to HJHS parents.

One of the goals of the Prevention Team is to promote healthy, happy, and responsible lifestyles for area youth and families. One way of reaching this goal is by sharing important prevention information with parents and guardians.

To decide what type of educational information to share, HAPT uses data from the Illinois Youth Survey. The IYS gives HAPT a basis for planning, by showing the needs of communities in Mason County, particularly in risk factors for youth substance use. All of the schools in Mason County participate in the Illinois Youth Survey. The most recent survey was conducted in spring of 2014. The next survey date is planned for spring of 2016.

The chart below focuses on parent/youth communication about underage drinking. From 2012 to 2014 there has been a 14% increase in 6th grade students who reported yes*. (3% increase in 8th grade students who reported yes*) This means more parents are communicating their rules about alcohol and students are remembering the conversation. Included in future newsletters will be strategies to assist parents to talk with pre-teens about avoiding alcohol and other drug use.

Mason County Illinois Youth Survey Comparisons:
Parent communication about not using alcohol.*



*IYS question asked: In the past year, have your parents/ guardians talked to you about not using alcohol?

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Promotes comprehensive community-wide prevention efforts.

Empowers youth & families to develop and lead healthy lifestyles.

Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

Like us on Facebook:

[Facebook.com/HavanaAreaPreventionTeam](https://www.facebook.com/HavanaAreaPreventionTeam)

Strategies that Help a Teen Succeed

Parents have more influence over their child than friends, music, TV, the Internet and celebrities.

Kids who learn a lot about the risk of drugs and alcohol from their parents are up to **50% less likely to use than those who do not.**

Help your teen or pre-teen stay safe and make healthy choices by:

- Talking and listening regularly
- Being directly involved in your child's everyday world
- Making it clear that you do not want him or her drinking or using drugs.
- Setting limits



For more parenting tips please visit

<http://www.kidsinthehouse.com/teenager/substance-abuse/prevention/>