

F Family D Day

A day to eat dinner with your children.

MONDAY, SEPTEMBER 26, 2011

On 9/26, make family dinners a regular feature of your routine ... the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs!



Manhasset Public Schools, Manhasset CASA & the Manhasset SCA are spreading the word about Family Day on Monday, September 26th! Created by The National Center on Addiction and Substance Abuse at Columbia University in 2001, **Family Day – A Day to Eat Dinner with Your Children**, is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. To learn more about Family Day and to join parents all across America in taking the Family Day STAR pledge, go to www.manhassetcasa.org or www.CASAFamilyDay.org.

Communicating with Your Children

Acknowledge that marijuana, alcohol and tobacco are substances that are out there and that many people use them. This is key to developing your credibility.

Communication is key. Start early and take time to explain things to your child in basic terms that are easily understandable. The goal is to make your child comfortable talking to you about “difficult” topics such as drugs, alcohol and smoking.

Listen carefully to your child. Educate yourself so you can answer his or her questions. As children get older, their questions get more difficult, so you need to be prepared. Listening carefully shows that you care and understand what they are saying.

Recognize that your child will most certainly know someone who uses drugs, smokes or drinks. They may also have the opportunity to use these substances themselves.

Peer pressure may play a pivotal role in a child’s decision to use drugs, drink or smoke. Encourage your child to be their own person and make their own decisions.

Tell your child the truth—that drugs, alcohol and tobacco may make them feel good for a while (by activating brain chemicals). Unfortunately, that feeling is brief and no one can know the true potency or lifetime effects of these substances.

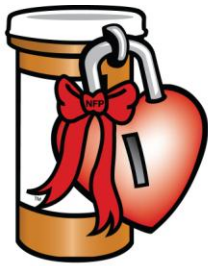
Try to impress on your child the long-term consequences drinking, smoking or using drugs may have on something they enjoy doing, such as sports, math or writing.

Point out that adolescents are in a period of life during which they need their brains to operate at full efficiency. These substances can impair brain function.

Make the point that repeated “chemical activation” will eventually cause people to crave that chemical and want to keep using it even if it hurts them.

Explain that these substances may dull a painful part of their lives for a brief period, but it will never change or help the underlying situation.

Be a model of healthy behavior for your child.



**LOCK
YOUR
MEDS**

**70 % of teens who abuse
prescription drugs get
them from friends &
family.**

Be Aware. Don't Share.

A PHARMACEUTICAL TAKE-BACK EVENT

**Saturday, October 15, 2011
9:30 a.m. to 3:00 p.m.
Manhasset High School**

Join your community and clean out your medicine cabinet of any prescription or over-the-counter drugs that may be expired, unused or unwanted. Discard these items in an environmentally safe manner while protecting your kids!

Instructions:

- Keep all medications in their original containers
- Block out the name for anonymity --- Do not cross out medication information
- Illegal drugs may also be dropped off anonymously

ACCEPTED	NOT ACCEPTED
Prescription medications (controlled & uncontrolled)	Sharps (e.g. needles and Syringes)
All over-the-counter medications	IV bags
Medication samples	Bloody or infectious waste
Pet Medications	Pharmaceutical waste not generated by households (e.g., clinics, pharmacies, hospitals, doctors, etc.)
Vitamins & Supplements	Radioactive pharmaceuticals
Medicated ointments, lotions, creams & oils	Vaccines
Inhalers	
Liquid Medication	
Homeopathic Remedies	
Suppositories	

**Protect Your Children
Protect Our Environment**

For more information about how to dispose of pharmaceuticals safely
call 311 or go to www.northhempsteadny.gov



**ALL Parents
are Invited to Attend
The Courage to Speak® Foundation
Presentation**

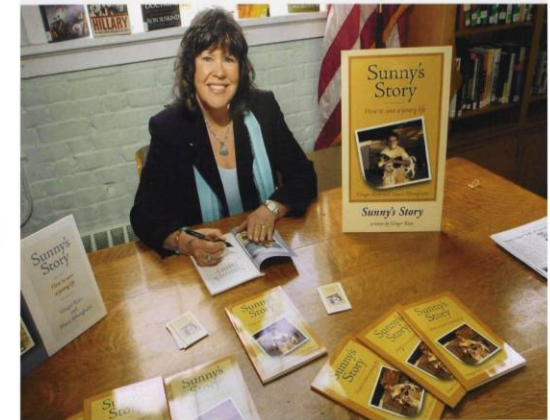
www.couragetospeak.org

By Ginger Katz,
CEO/Founder of The Courage to Speak® Foundation
and Author of *Sunny's Story*

PLEASE JOIN US!

**Wednesday
October 19, 2011
7:30 p.m.**

Manhasset High School
Black Box Theater
200 Memorial Place
Manhasset, NY 11030



The Courage to Speak® Foundation, Inc. was founded by Ginger Katz in an effort to foster open communication about the prevention of alcohol and other drug abuse among young people. Since 1996, she has given over 1,000 presentations nationally to hundreds of thousands of parents.

Learn How to:

- Recognize risky behaviors and relationships
- Keep your child safe from drugs
- Listen and encourage an honest and open family dialogue

For more information, contact Cathy Samuels at Manhasset CASA at (516) 267-7548 or go to
www.manhassetcasa.org
www.couragetospeak.org * 1-203-831-9700