

# B.O.L.D.

*Building Our Lives Drug-Free*

## Teens Against Drug Abuse

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The BOLD Youth Subcommittee, Teens Against Drug Abuse, has done their part to help raise awareness about the dangers of second-hand smoke. On Thursday, June 13th, TADA! went to five of Fall River's most populated parks to post signs asking people not to smoke around youth. With the support of the Fall River Park Board, these signs were posted at various areas throughout North Park, Lafayette Park, Father Kelly Park, Maplewood Park and Kennedy Park. TADA! has also distributed napkins to the concession stands at each of these parks to be handed out when people order refreshments. The signs read, "Help Keep Our Youth Safe. Please Refrain From Smoking. Second-Hand Smoke Affects Every-



**Meredith and Sasha hang TADA's Anti-Smoking sign in Maplewood Park.**

body."

This is the culmination of months of work which was started with a "Get the Word Out" mini-grant from the medical foundation. TADA! will continue its work to re-

duce tobacco use and second-hand smoke exposure to area youth.

(Written by Nic Charest, BOLD Coalition Staff.)

### Contacts:

**BOLD Chairperson**  
Mike Ramos:  
508-468-4052

**BOLD Staff**  
Mike Aguiar:  
508-324-3598

Nic Charest:  
508-235-7032

Susan Wolfson:  
508-324-3537

## Parenting Wisely

Parenting is a huge job. For many of the tasks we do, we have user manuals that tell us specifically what to do in any situation. Whether it's using appliances, automobiles, telephones, or toasters, there's a user manual – but, for the most difficult job in the world, which is raising children, there are no user manuals. We love our children, but sometimes we get frustrated when our children behave in difficult ways. We

could use some help, but we are hesitant to ask. We don't want anyone telling us that we're bad parents!

Parenting Wisely is a positive-thinking, non-threatening family strengthening program offered at SSTAR. Program participants come from a wide variety of backgrounds, but we all have one thing in common – we are parents/stepparents, and we love our children. Parenting Wisely teaches us

skills that help us to be more effective parents and to be more successful in all of our interpersonal relationships.

Each Wednesday, Parenting Wisely holds two groups. Each session consists of a video that presents a child's behavior problem and then offers several possible solutions and teaches one or more skills.

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## The Recipe For Raising Drug-Free Kids: Frequent Family Dinners

Whether you're gathering around the table for macaroni and cheese or a five-course meal, don't underestimate the power behind the simple act of taking time to eat dinner with your kids regularly. Research has shown that the more often kids and teens eat dinner with their families, the less likely they are to smoke, drink and use illegal drugs. That's the reason The National Center on Addiction and Substance Abuse (CASA) at Columbia University created Family Day—A Day to Eat Dinner with Your Children.

Family Day is a national effort to promote parental engagement as a simple, effective way to reduce substance abuse in children and teens and raise healthier children. Family Day, which is celebrated on the fourth Monday in September – the 25th in 2006 – is gaining significant momentum. Last year, more than 1.3 million Americans pledged to celebrate Family Day by eating dinner together with their families. The President, 47 governors,

500 city and county executives, landmarks across the nation and scores of schools, community organizations and religious groups also celebrated Family Day.

CASA research consistently shows that regardless of a teen's gender, family structure or social or economic status, frequent family dinners make a difference in teens' lives. Compared to teens who have five to seven family dinners in a typical week, teens who dine with their families fewer than three nights in a typical week are nearly three times likelier to use marijuana, two and a half times likelier to smoke cigarettes and one and a half times likelier to drink alcohol, according to CASA's The Importance of Family Dinners II. The report also found that frequent family dinners are also associated with higher academic performance. Teens who have dinner with their families five to seven times in a typical week are 50 percent likelier to get mostly A's and

B's in school than teens who dine with their families fewer than three times per week.

"America's drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables – by parents and families," says Joseph A. Califano, Jr., CASA's chairman and president and the former U.S. Secretary of Health, Education and Welfare. "Parent Power' is the most potent and underutilized tool in preventing children from using substances or engaging in risky behavior."

CADCA encourages all members to celebrate Family Day by eating dinner together on September 26th and every day. Community coalitions can play an important role by increasing awareness about the importance of Family Day in their communities.

(CADCA's *Coalitions Online*. July 20, 2006.)

## Parenting Wisely (Cont. from page 1)

Participants view the solutions, each of which is followed by an interactive question and answer period that also allows for group discussion. An interactive quiz follows, after which there is time for information sharing. Handouts are often provided that parents can take home to use as reference as they practice the new skills at home.

The list of topics covered includes: helping children get to bed on time, helping children do better in school, teenagers and loud music, stepparent / stepchild conflicts, helping children do chores, and children fighting one another. Some of the skills taught are: using I Statements, Active Listening, Setting Consequences, and Assertive Discipline.

Parents are taught how to implement a point system, draw up a contract, use time-out and grounding effectively, and how to look for the innocent reasons that children do the things they do.

Here is what some parents have said about the Parenting Wisely program:

"The best thing I learned in Parenting

Wisely is to think before I speak or act. This has helped me not only with my children, but with other members of my family."

"I think this group helped me a lot, especially when I came in here, I thought I didn't need this class... like I knew everything about parenting, but this class showed me there's better ways to approach a problem with children."

"It has helped me in many different ways. I Statements, Active Listening, charts – I've learned so much that is good knowledge to help me in the present or in the future to be a better parent."

Anyone interested in finding out more about Parenting Wisely should call 508-324-7775 and leave a message.

For other parenting information, here is a list of websites that may serve as resources:

[www.nlm.nih.gov/medlineplus/parenting.html](http://www.nlm.nih.gov/medlineplus/parenting.html) (National Institutes of Health),  
[www.firstgov.gov/Topics/Parents.shtml](http://www.firstgov.gov/Topics/Parents.shtml) (U.S. government website),  
[www.parenting.com](http://www.parenting.com) (Parenting Magazine),



Mike shows everyone how to hang the signs.

<http://parenting.ivillage.com/>,  
[www.parenting.org/](http://www.parenting.org/),  
[http://lancaster.unl.edu/famliv/parenting/young\\_children/](http://lancaster.unl.edu/famliv/parenting/young_children/),  
[www.kidsource.com](http://www.kidsource.com),  
<http://parentcenter.babycenter.com/>,  
[www.zerotothree.org/ztt\\_parents.html](http://www.zerotothree.org/ztt_parents.html), and  
[www.ldonline.org/indepth/parenting](http://www.ldonline.org/indepth/parenting)  
(for parents of children with LD, ADD, ADHD, etc.)

(Written by Nancy Granshaw, Parenting Wisely Group Facilitator.)

## Teen Advice Column:

“BOLD in Print” is starting a teen advice column for this newsletter. We would like teens to submit questions that they would like answered by other teens and adults in an anonymous fashion. The question or problem could be on any topic such as: school, home life, boyfriend/girlfriend problems, drugs, or just life in general. If you would like to submit anything for this column, please contact Nic Charest @ [ncharest@sstar.org](mailto:ncharest@sstar.org) or mail to 386 Stanley Street, Fall River, MA. 02720.



Jared & Darwin hang a sign at Lafayette Park.



**BUILDING OUR LIVES DRUG-FREE**

Is now on the internet. Our site will be up and running very shortly. Please visit [www.boldcoalition.org](http://www.boldcoalition.org)

Youth Issues  
Youth Issues

## Win American Idol Tickets!!!

Here's your chance to win 3 absolutely free tickets to "The Live American Idols On Tour" performance at the Dunkin Donuts Center in Providence! You and 2 friends can attend the show on Friday, September 22, if you are the winner of BOLD's contest.

Write your answer (in 250 words or less) to the following questions:

1. What can the BOLD Coalition do for me?
2. What can I do for my community?

The idea for the contest is to get the word out about the BOLD Coalition to

teens in and around the Fall River area.

Tell us what you need to keep building your lives drug-free. Give us some ideas about what you could do to join with other teens to keep BOLD going and strengthen your community' anti-drug effort.

Be sure to include your name, age, address and phone and/or e-mail if you have one. All entries must be received by September 8<sup>th</sup>. Mail your entry to AMERICAN IDOL CONTEST 386 Stanley Street, Fall River, MA 02720 c/o Nic Charest or e-mail your entry to [ncharest@sstar.org](mailto:ncharest@sstar.org)

Tell your friends, but only one entry

per person is allowed. Our panel of judges will pick the top 10 entries that will move on to the final round. The winner will be chosen at random and announced in our September issue.

You must be between the ages of 13-19 to enter. Winners under the age of 18 will need parental permission to claim the tickets and attend the show.

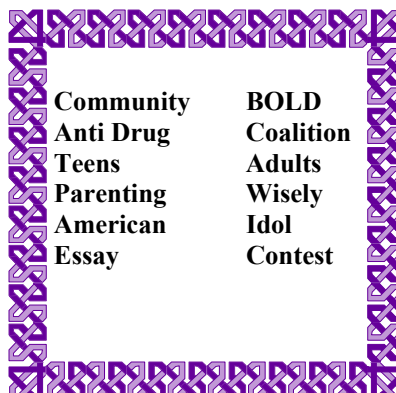


Jon displays the sign for the camera.

## Word Search

H	A	M	E	R	I	C	A	N	O	T
A	B	J	C	I	I	I	D	O	L	H
P	D	C	O	M	M	U	N	I	T	Y
P	A	G	N	C	J	T	C	T	H	A
Y	Y	I	T	R	A	S	A	I	I	N
D	O	R	E	A	R	Y	N	L	T	T
A	Y	L	S	D	E	A	T	A	N	I
R	N	S	T	U	D	S	B	O	L	D
W	I	S	E	L	Y	S	E	C	I	R
N	G	N	I	T	N	E	R	A	P	U
T	E	E	N	S	N	U	M	2	H	G

## List of Words



Community  
Anti Drug  
Teens  
Parenting  
American  
Essay

BOLD  
Coalition  
Adults  
Wisely  
Idol  
Contest



BOLD is a proud member of Community Anti-Drug Coalitions of America and is supported by Stanley Street Treatment & Resources Inc.



386 Stanley Street  
 Fall River, MA 02720  
 Phone: 508-324-7775  
 Fax: 508-676-3761  
 E-mail: ncharesti@sstar.org



# August 2006

## Important Dates

**Aug. 2:** Welcome Mtg.  
 New Members  
 5:30 @ SSTAR.

**Aug. 7:** TADA! Mtg.  
 3:30 @ SSTAR.

**Aug 16:** American Idol  
 Contest Ends.

**Aug 16:** BOLD Print Mt.  
 3:00 @ SSTAR.

**Aug 16:** Advisory Board  
 4:00 @SSTAR.

**Aug 30:** D.A. Debate @  
 St Anthony's  
 Church. 6:00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 *	3	4	5
6	7 *	8	9	10	11	12
13	14	15	16 ***	17	18	19
20	21	22	23	24	25	26
27	28	29	30 *	31		

