



B.O.L.D.

Volume 2, Issue 2

February, 2007

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Save The Date!

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*The BOLD Coalition is having
its annual Spring Meeting.*

March 20th, 2007

Abbey Grille

from 4-6pm.

*There will be a surprise key-note
speaker and all members are encour-
aged to attend. More information
will follow in the next newsletter.*

Nominations For BOLD Officers

Nominations are open for the positions of Chairperson, Vice-Chairperson and Treasurer of the Coalition. Each officer will serve a one-year term. The Chairperson of the Nominations Committee is Linda Vacchione. To submit nominations, please contact Karen

Fischer at kfischer@sstar.org or call 508-324-3537.

Send written nominations to Chairperson, Nominations Committee, c/o Karen Fischer, 386 Stanley Street, Fall River, MA 02720.

If you are submitting a nomination, please call to confirm that Karen re-

ceived it

To get more information on officers' duties and responsibilities please contact Karen Fischer.



BUILDING OUR LIVES DRUG-FREE

CDC Reports Binge Drinking is Common among High School Students and Tied to Other Risky Behaviors

According to a new study conducted by the Centers for Disease Control and Prevention (CDC), the popular college trend of binge drinking is common among high school students in the United States and is strongly associated with sexual activity, violence, and other risky behaviors.

The study analyzed data from the 15,214 high school students who completed the 2003 Youth Risk Behavior Survey. CDC scientists found 45% of the students reported past-month alcohol consumption, and 64% of students who drank, reported binge drinking. **Binge Drinking** is defined as having five or more drinks of alcohol in one sitting. High school boys and girls who drank alcohol had similar rates of binge drinking- 67% and 61%, respectively. Among students who engaged in binge drinking, 69% reported doing so on more than one occasion in the past 30 days.

The researchers also found that the likelihood of engaging in other risk behaviors: sexual activity, smoking, and physical fighting was greater for binge drinkers than for nondrinkers and drinkers who did not binge.

“Our study clearly shows that it’s not just that students drink alcohol, but how much they drink that most strongly affects whether they experience other health and social problems,” said Dr. Jacqueline Miller, Medical Officer on the CDC’s Alcohol Team and the lead author of the report. “It also underscores the importance of implementing effective strategies to prevent underage and binge drinking, such as enforcing the minimum legal drinking age and reducing alcohol marketing to youth. This can help us change social norms regarding the acceptability of underage and binge drinking.”

Compared to nondrinkers, drinkers who did not binge drink were

more than twice as likely to be sexually active; more than four times as likely to smoke cigarettes; and more than twice as likely to have been in a physical fight. And the likelihood was greater still for binge drinkers. Binge drinkers were more than five times as likely as non-drinkers to be sexually active; more than 18 times as likely to smoke cigarettes; and more than four times as likely to have been in a physical fight. The likelihood of engaging in these and other risky behaviors, including marijuana use and suicide attempts, increased with the frequency of binge drinking. Binge drinking was also strongly associated with poor school performance.

For more information about alcohol and binge drinking, visit the CDC’s Division of Adult and Community Health’s Web site at www.cdc.gov/alcohol.

(Center for Disease Control & Prevention. January 2, 2007).

Happy Valentine's Day!!!

Mission & Vision Meeting

With the participation of dedicated volunteers, the Mission/Vision Subcommittee is conducting a planning meeting at White’s of Westport on February 9, 2007. The meeting will run from 10:00am –2:00pm. The purpose is to develop a Strategic Plan for the Coalition, which will specify objectives and suggest activities to accomplish our Mission: *to reduce drug use among youth by making our community a healthier*

place for youth to grow up in. The Plan will be backed up by data collected from input sessions conducted from many sectors of the community. Other data include the Fall River Youth Risk Behavior Survey, BCCC Student data on substance use, drunk driving statistics, and search warrants for drugs. Many volunteers collected this and other information and we are grateful for your efforts.



TADA Members: Sasha, Meredith, Andrew, Jared, Christina, and Cory pose for a picture with Mayor Lambert

Training on Bullying

Families First is a parenting education program founded by Wheelock College and The Boston Children’s Museum. In January they provided a professional training workshop **On Bullying**. Coalition members Chris Brogan, Monica Campos, Grace Melim and Karin Wood attended. This training addressed community and school concerns about bullying behavior. When bullying is allowed it affects everyone. By looking at the three key parties involved- the bullies, the targets, and the bystanders- strategies and skills can be used to reduce

the opportunities and rewards for bullying. From each of our perspectives- the parent, the student, and the teacher- we gained a better understanding of how to improve peer relationships and support our schools in becoming safe and positive places. By just using one simple suggestion – identify bullying when you see it – whether it is physical, verbal or social is a way of saying to a bully, “We don’t need this or want this behavior around us!” The training taught us to never tell a child to ignore a bully. The bully will just find another victim

and new audience. However, you can move the child away from bullying action and redirect attention away from bullying. This training was very helpful and we found that we use many of the same skills in the *Parenting Wisely* program that were taught to us at the training. The PW program can help us to improve on many parenting skills, such as handling difficult emotions and problem solving, to help our children develop friendships and handle any type of conflict.

(Written by Karin Wood:
BOLD Coalition Staff.)

Parenting Wisely

Parenting Wisely is continuing biweekly Tuesday evening meetings with the parents, students and teachers of the Resiliency For Life program at Durfee High School, Fall River. Director Sue Phenix has organized a family supper-discussion group to talk about parenting, school issues and teen-agers. With a fine group of cooks supplying the meal (our parents!), we get to

look at types of discipline, consequences, supervision that help in becoming more effective parents. Improving communication by developing good listening skills to support a stronger family life and to create a positive link with home and school are two of our goals. Our topics for upcoming meetings will include developing problems solving

skills, making good choices, bullying and friendship issues.

Thanks to Lara Vaughan (Social Studies), Fonda McKnight (Math), Melissa Canonizado (Science), & Timothy Harper (English), & Donaldia Silvia (Guidance Counselor) for supporting Parenting Wisely at Durfee High School.

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

Word Search

- | | |
|-----------|-----------|
| Valentine | Love |
| Heart | Candy |
| Vacation | Groundhog |
| President | Winter |
| Black | History |



Is now on the internet. Please visit www.boldcoalition.org or www.myspace.com/boldcoalition



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Building Our Lives Drug-Free



BOLD Calendar

February 6: Data Committee Meeting. 3:30pm @ SSTAR.

February 7: Mission & Vision Mtg. 3:30pm @ SSTAR.

February 9: Strategic Planning Meeting. 10:00-2:00pm @ White's of Westport.

February 12-15: National Leadership Forum in Washington D.C.

February 21: Massachusetts Forum in Shrewsbury.

Parenting Wisely Group Schedule @ SSTAR:

February 7, 14, 21, & 28.

Groups begin at 12:00 & 5:30pm.

Parenting Wisely Groups in the Community:

February 8 @ 6:30. Henry Lord School.

February 6 & 27 @ 6:30. Durfee High School.

TADA Meeting Schedule:

February 5, 7, 12, 14, 21, 26, & 28. Group meets 3:00-5:00pm every Monday & Wednesday.



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			