



# BOLD

Building Our Lives Drug-Free

Volume 2, Issue 10

October, 2007

## Be BOLD-Beyond The Billboard

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BOLD is asking everyone in the area to “BE BOLD” and help us prevent youth substance use. Everyone can do something. Here’s a partial list of what you can do, from big to small contributions. Please let us know what you are doing to “Be BOLD” in our community.

You can “Be BOLD” by working on any of our positive, community based projects or activities. (See list of BOLD’s current projects on page 3).

There are also a number of ways you can “Be BOLD” in your everyday life:

\*Personally tell a young person that you care. For example, as neighborhood children pass by your house, ask “What happened

in your math class today?” Ask a specific question that requires a response beyond “yes, no, maybe” or “okay.”

\*Be a mentor to a young person for one hour a week [www.smilesmentoring.org](http://www.smilesmentoring.org)

\*Read to children at your local school, or to your children or grandchildren.

\*Encourage youth to stay in school and to do their best work.

\*Keep your property clean and pick up trash on your street.

\*Report suspicious activity to the FR Police anonymous tip line-508-672-8477.

\*Closely monitor, or lock up, alcohol, prescription drugs and over-the-counter medicines in your home.

Studies show that most youth get their alcohol or prescription drugs right

from their own home.

\*Talk to your children and grandchildren about how to *refuse* use of substances when pressured by peers ([www.timetotalk.org](http://www.timetotalk.org)).

\*Remind store owners they cannot sell tobacco products to underage youth (under 18) and they risk losing you as a customer if they don’t shape up.

Youth who smoke are more likely to go on to use other substances than those who don not smoke; Fall River’s smoking rate (30%) is nearly TWICE the state average (17.9%). Please pass this information to your family, friends and neighbors.

“Be BOLD.” You CAN make a difference in our community.

## BOLD Youth Plan Red Ribbon Event

This past August, a group of teens, parents, and other community members attended a *Teen Empowerment* summit sponsored by the BOLD Coalition. At this meeting, the group learned leadership and planning skills. For the past month, this group has applied these skills to planning a *Red Ribbon Event* set for October 19, 2007 at Bishop Connolly High School. This event will take place from 6:30 to 8:00. *Red Ribbon* is an October national campaign to pre-

vent youth substance abuse. Please join us for plenty of FUN for parents, students, and community members. There will be refreshments and door prizes.

The program is about parents and teens talking about drug abuse. The Bishop Connolly Theater Program will perform three skits depicting interactions between teens and parents about drug use. Each set of skits will be “how to” and “not to” have these conversations. Members of the audi-

ence will then have the opportunity to ask questions directed to teen moderators regarding the topics displayed within the skits in an open forum setting. The BOLD Coalition will also provide information to assist parents with ways to talk to their children concerning these issues. BOLD invites everyone in the community to attend and enjoy this fun and informative evening at Bishop Connolly High School.



# Grandparents— Keeping Your Teen Drug Free

Today's grandparents do much more than bake cookies. Sixty-eight percent of grandparents see a grandchild every one-to-two weeks and eighty percent of grandparents talk on the phone with their grandchildren at least once every few weeks and today, grandparents are doing more "parenting" than ever.

While parents are generally recognized as the most important and long-lasting influence on children, grandparents have a close and special bond and often serve as an inspiration to their grandkids. The unique relationship between grandparent and grandchild provides an ideal opening for a discussion about the dangers of drugs and alcohol.

The Partnership for a Drug-Free America offers the following tips for grandparents to keep their grandkids drug-free:

**\*START:** It is never too early to

prevent your grandchildren from trying drugs and alcohol.

**\*CONNECT:** Take the opportunity to build lines of communication and do things regularly with your grandkids. Spend time together — take a walk with them, read together, play a game, etc. Use opportunities like family gatherings or inviting your grandchildren to stay over to show that fun doesn't require drugs.

**\*LISTEN:** Take a more active interest in what is going on in your grandchild's life. Listen to their concerns by fostering family openness and communication.

**\*EDUCATE:** Set a goal to spend 15-30 minutes this month discussing the dangers of using drugs and alcohol with your grandkids. Continue the discussion on a regular basis.

**\*CARE:** Make sure your grandchildren know you care that they are

drug-free.

**\*SUPPORT:** Explain to your grandchild that you are always there for them — no matter what happens.

**\*LEARN:** Children today are sophisticated. In order to educate your grandchild about the dangers of drugs, you need to educate yourself first.

**\*LEAD:** Young people are as aware of what you do, as much as what you say. Don't just say the right things, do the right things. Set a good example. If you yourself have a substance abuse problem, get help now.

For more resources on being a grandparent, please visit **AARP's Grandparent** section.

(AARP Grandparenting Survey, November 1999, November 2001)



Have you been to S. Main Street and observed the student art displayed on the new courthouse construction site?

Thanks to the leadership of Arts United and BOLD, donors contributed the funds to pay for the panels of student art seen there. Art teachers in Fall River schools encouraged their students to enter the competi-

## Art Wrap Project

tion. Jeff Carpenter and other artists solicited student entries from "Arts in the Parks" sessions, including one at BOLD's Family Fund Day at Maplewood Park at the end of June.

**Thank you to all our Donors:** Trio Café; Café Arpeggio; Citizens-Union Savings Bank; Bogle and DeAscentis, PC; Dominos Pizza; and Nicholas Soule, Electrician.



**Student Winners are:**

Miranda Brown  
Nathan Gaudette  
Rochelle Gaudette  
David Guevara  
Dominic Maldonado  
Ana Martinez  
Heather Pereira  
Gabrielle St. Martin  
Lang Sang  
Eric Sychampanakhone



Be BOLD  
Volunteer

508-324-7775

## Parenting Wisely

Changes at **Parenting Wisely!** The noon group is now a program called **PARENTING OURSELVES** and is being facilitated by Mary Dionne at the SSTAR Outpatient Facility, 386 Stanley Street. The time remains the same, Wednesday, at 12:00 to 1:30 pm. It is an eight-week group session, and certificates are avail-

able upon completion from *Parenting Wisely*. Mary can be reached at (508) 235-7073 for further questions.

Evening sessions will continue at 5:30 pm at the Bold Coalition at SSTAR. Parenting Wisely's 12 week session begins October 10, 2007 and will continue to December 26<sup>th</sup>, 2007.

# What Is BOLD up To?

The BOLD Coalition is currently working on many projects throughout the Greater Fall River Area to reduce youth substance abuse. If you would like to get involved with any one of these projects or any future projects please contact us.

**These projects include:**

\*Reducing youth access to alcohol, tobacco and other drugs through a variety of projects: Tobacco sales compliance; Alcohol sales compliance and community education; Drug paraphernalia reduction; Increasing community reporting of suspicious activity; Parent education and action; Reduce tobacco use around youth; Analyze city policies & ordinances and advocate for change; Prescription drugs data and

education.

\*BOLD is also working to increase the community perception of risk and harm of drugs by using parent education; print media campaign; radio programs; public access TV programs; and community forums.

\*BOLD is also working on improving communicating its message through newsletter production, website production, crafting messages and information dissemination.

\*We would also increase referrals to treatment working with schools, DSS, and treatment professionals, as well as public officials.

\*Increase treatment options (youth intensive-outpatient, inpatient, and aftercare) working with treat-

ment and other medical professionals and public officials.

\*Increase family and youth offerings in the South End of Fall River, in collaboration with other Coalition organizations.

\*Advocate for free and accessible youth transportation to and from school and for after school and evening activities.

\*Increase youth and adult membership in the Coalition and increase participation of current members.

\*Increase trainers for and offerings of the Coalition's science-based programs, Parenting Wisely and Project ALERT, in the community.

# TADA Receives Grant

Teens Against Drug Abuse (TADA) has been awarded a \$12,000 "Taking on Tobacco" grant from the Medical Foundation to raise awareness of the dangers of tobacco use in their communities.

The grant is one of ten awarded to youth groups across the Commonwealth as part of Mass Youth Against Tobacco, a program designed to engage Massachusetts youth ages 12 to 18 (or grades 7-12) in the statewide movement against tobacco. Grants were awarded to youth groups from community-based organizations

across Massachusetts.

Nic Charest, BOLD Coalition Staff and Youth Drug Prevention Specialist said, "The tobacco industry has influence in every corner of society. Young people need to be aware that the influence is there and work to counter the industry message that smoking is cool or glamorous. Smoking is the number one preventable cause of disease and death in Massachusetts and in the world today. We want our young people to realize that they have the power and the creativity

to help prevent a new generation of young people from becoming addicted to tobacco."

TADA will work to reduce tobacco use among students and support environmental strategies and policies to reduce the initiation of tobacco, alcohol, and other drugs among young people.

The "Taking on Tobacco" mini grants and Mass Youth Against Tobacco are funded through the MA Department of Public Health and managed by The Medical Foundation, Boston.

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H	N	N	I	K	P	M	U	P

# Word Search

October	Autumn
Leaves	Halloween
Pumpkin	Candy
Witch	Ghost
Costume	BOLD



**BUILDING OUR LIVES DRUG-FREE**

Is now on the internet. Please visit [www.boldcoalition.org](http://www.boldcoalition.org) or [www.myspace.com/boldcoalition](http://www.myspace.com/boldcoalition)





386 Stanley Street  
Fall River, MA 02720

*Building Our Lives Drug-Free*



# Meeting Schedule

## OCTOBER 2007

**Oct 9:** Data Subcommittee Mtg. 3:30pm @ SSTAR.

**Oct 10:** Reflections Mtg. 2:30 @ SSTAR.

**Oct 11:** Mission/Vision Mtg. 3:30@ SSTAR.

**Oct 15:** Events Planning Mtg. 3:00pm @ SSTAR.

**Oct 17:** Mass Forum in Shrewsbury, MA.

**Oct 18:** Advisory Board Meeting. 4:00pm@ SSTAR.  
BOLD Communications Mtg. 3:00 @ SSTAR.

**Oct 19:** Red Ribbon Event. 6:30– 8:00pm. @ Bishop  
Connolly High School.

**TADA Meeting Schedule:**

Every Monday & Wednesday. 3:00-5:00pm.

Su	Mo	Tu	We	Th	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			