



386 Stanley Street
Fall River, MA 02720

Building Our Lives Drug-Free



Save the Date!

Answers to Second Hand
Smoke Quiz on pg 2.

1. Ear infections
2. All of the above
3. True
4. Heart disease
5. 38%
6. False
7. All of the above
8. True
9. 80%
10. True



RSVP

Jan. 8th

Contact

mbrisson@sstar.org
508-235-7032



Jan. 14, 2009
BOLD Volunteer Open
House

Celebration and New

Recruitment

4:30-6:30

Refreshments

Volunteer Events Slideshow

**Poster Sessions of Volunteer
Projects**

Please Join Us!



All Invited.

**Bring a
Friend**

**386 Stanley
St
Training
Room**





Building Our Lives Drug-Free

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**Everybody loves
a quitter.
1-800-TRY-To-
STOP
www.trytostop.org
Massachusetts
Helpline**

Smoke-Free Families

Community Engagement Project



Young children are more exposed to second hand smoke than any other group. Through a grant from the Massachusetts Medical Foundation, BOLD and its partners-Southcoast Tobacco Control, Seven Behavioral Health, and the Fall River Schools-are training teens and young adults to engage parents of pre-school and Kindergarten children to stop smoking in their homes and cars.

Training began on Nov. 7 at SSTAR under the leadership of Denise Jolicoeur from the University of Massachusetts Medical School's Center for Tobacco Treatment Research and Training. Marilyn Edge is recruiting pre-schools to participate and Sue Sterrett is recruiting school nurses and schools in Fall River, Sue Dickens is getting assistance from 7 Hills' day treatment program to assemble a package of information materials. Christine Santos, a volunteer from the nursing program at U-Mass-Dartmouth is distributing materials to all pediatricians' offices.

BOLD Teens will first conduct a brief survey of parents at day-care centers and engage them in a short conversation about second-hand smoke. Parents will receive information materials at the end of the conversation. Teens will also take pictures of children at their centers and give them to parents in a frame which states: "Before you light up, look down." For more information, please contact Karen Fischer at 508-324-3537.

What is Secondhand Smoke?

- Secondhand Smoke is smoke breathed out by a smoker.
- Smoke from the burning end of cigarettes, cigars, pipes.
- It is composed of nearly 4000 different chemicals and chemical compounds.
- Among these chemicals are benzene, nickel, carbon monoxide, ammonia and cyanide

When children are in places with second hand smoke it is like they are smoking themselves.

How Can Secondhand Smoke Affect Children?

- More upper respiratory infections
- More bronchitis and pneumonia
- More ear infections and hearing problems
- Higher rate of SIDS (Student Infant Death Syndrome)
- More cases of asthma
- More severe symptoms in children who already have asthma
- Risks in pregnancy are: miscarriage, premature birth and low birth weight

What Positive Steps Can You Take?

Anything that keeps children away from smoke helps; quitting is best but any change can help.

- Choose not to smoke in your home or allow others to do so.
- Choose not to smoke in your car or allow others to do so.
- Choose a smoke-free daycare provider.

Local Smoking Cessation Resources

SSTAR—Stanley Street Treatment and Resources—
Individual and Group Counseling
386 Stanley St—Fall River, Ma- (508) 324-3522

St. Anne's Hospital—Teens Welcome
795 Middle St—Fall River, MA—(508) 674-5600 ext. 2392

Ask your primary care provider about:

- Free stop smoking medications
- Speaking with a counselor

For more facts on secondhand smoke take the (not so) Trivial Pursuit Quiz on page 2.

SECOND HAND SMOKE— *(Not So) Trivial Pursuit Quiz*

- In children, the most common health problem caused by secondhand smoke is:
 - Asthma
 - Bronchitis and pneumonia
 - Ear infections
- Secondhand smoke contains which of the following chemicals:
 - Formaldehyde (used in embalming fluid)
 - Benzene (a cancer-causing agent)
 - Arsenic (a poison)
 - All of the above
- True or False: Secondhand smoke can harm pets
- Which of the following is the leading cause of secondhand smoke related deaths in adults?
 - Lung cancer
 - Heart disease
- What is the percentage of children under five that are exposed to second smoke in their homes?
 - 22%
 - 38%
 - 45%
 - 63%
- True or False: Opening a window in your home or car is a good way to protect yourself from secondhand smoke.
- What makes up second hand smoke?
 - A mixture of gases and particles
 - Smoke breathed out by the smoker
 - Smoke from the burning end of cigarettes, cigars and pipes
 - All of the above
- True or False: Secondhand smoke causes 30 times as many lung cancers as all other types of air pollution combined
- Which is the percentage of people in the U.S. who think smokers should not smoke around non-smokers?
 - 30%
 - 15%
 - 65%
 - 80%
- True or False: Nicotine and other particles in cigarette smoke are also found on clothing, skin, furniture, carpeting, toys etc? (Answers on page 4)



Websites Especially For Parents

Ease Holiday Stress

To assist parents and families, the Massachusetts Children's Trust Fund (CTF) and One Tough Job extend these important tips to help ease holiday stress and promote a more enjoyable time of year.

<http://www.onetoughjob.org/seasonal.aspx>

Is My Teen's Attitude and Behavior Normal?

From mood swings to risk taking, "normal teenage behavior" can appear to be anything-but-normal to parents and other bystanders. However, new research reveals that patterns of brain development during these formative years play a significant role in shaping your teen's personality and actions. If you're one of the millions of parents who have ever wondered:

"Who is this kid?"

"Why does my teen do that?"

"What can I do?"

Visit this website for the answers. <http://www.drugfree.org/teenbrain/>

Question 2— What it Doesn't Mean!

Marijuana in Massachusetts

Jenn Boulay

The approval of ballot question 2 in Massachusetts has sparked some confusion over what this actually means:

1. **Marijuana is not legal.** While decriminalizing possession of marijuana (up to one ounce) has removed *criminal penalties*, **other state and local regulations continue to apply.** Possession of more than one ounce results in criminal penalties.
2. Operating a motor vehicle under the influence of marijuana can result in **imprisonment for up to two and a half years, a fine up to \$5,000, or both.**
3. If a youth under 18 is charged with possession of up to an ounce of marijuana, the offender gets a **\$100 fine, must participate in a drug awareness program including 10 hours of community service, and the law requires parental notification.**

Short Term Dangers

According to the National Institute of Health and the National Institute on Drug Abuse

- impaired memory
- difficulty thinking and problem solving
- anxiety or paranoia
- impaired judgment
- impaired driving skills
- cardiac problems

For more information consult

Marijuana Facts for Teens

<http://www.nida.nih.gov/MarijBroch/Marijteens.html>

Marijuana Facts Parents Need to Know

<http://www.nida.nih.gov/marijbroch/MarijparentsN.html>

A Site for Parents and Teachers

<http://www.nida.nih.gov/parent-teacher.html>

Other potential health problems include increased risk of:

- respiratory ailments including chronic cough, bronchitis and emphysema
- addiction
- behavioral problems in a child when used by a mother during pregnancy
- developing cancer
- all the other health problems associated with smoking tobacco
- When children are in places with marijuana smoke, it is like they are smoking marijuana themselves.

Marijuana is not a harmless product. It is a brain-altering drug containing the chemical delta-9-tetrahydrocannabinol (THC).



If you or someone you know has a marijuana problem, please visit www.boldcoalition.org for a list of treatment options.