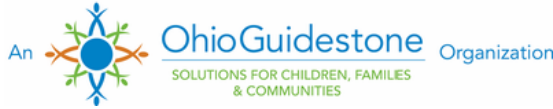




## Y2Y HIGHLIGHT



Logan Kazelman, Dover YAB member, was recognized in Columbus for his dedication to youth prevention. Congratulations Logan!

For more information on programs and resources, contact PFCS Prevention Services at 330.343.8171

## LIFE IS YOUR JOURNEY: TRAVEL DRUG FREE

by Tammy Thacker, OCPSA

**Did you know? Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.**

This month citizens across the country come together to keep children, families and communities safe, healthy and drug-free through the sponsoring of the National Red Ribbon Campaign. The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during the month of October. The Red Ribbon Campaign educates individuals, families, schools and communities on the destructive effects of substance abuse and encourages the adoption of healthy lifestyle choices. By wearing red ribbons young people all over America pledge to live a drug free lifestyle. The campaign was started in honor of tortured and murdered DEA agent Kiki Camarena in 1985. His mission was to make a difference in communities and to eradicate multimillion dollar drug production operations in Mexico. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA.



Logan Kazelman (right) was awarded the 2018 ADAPAO Youth Prevention Award.





## YOUTH AND SUBSTANCE USE

As children enter into adolescence, they will have more opportunities to develop their individuality and independence. While this is necessary step towards adulthood, it can be challenging for parents and caregivers to allow space for growth while still maintaining a guiding relationship. Research shows that having a positive home environment is a huge protective factor in curbing youth substance use. But even with the best environment, youth still make poor decisions in regard to drugs and alcohol. Some warning signs your child may be using substances are:

- Sudden changes in friends
- Negative changes in school work, missing school or declining grades
- Increased secrecy about possessions or activities
- Missing prescription drugs – especially narcotics and mood stabilizers
- Signs of depression, carelessness with grooming, and hostility

While these signs may not be signaling substance use, they are often linked with something harmful occurring in your child's life. If you notice one or a combination of these common indicators, use this as an opportunity to talk openly with your child about what they may be experiencing, and how you as their parent can help them to navigate their challenges in safe and healthy ways.



## HIGHLIGHT- BOTVIN LST

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, opioid misuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting curriculum provides adolescents and young teens in grades 3 – 12 with the confidence and skills necessary to successfully handle challenging situations.

Rather than merely teaching information about the dangers of drug abuse, Botvin LifeSkills Training promotes healthy alternatives to risky behavior through activities designed to:

- Teach students the necessary skills to resist social (peer) pressures
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase knowledge about the immediate consequences of substance abuse
- Enhance competency to reduce and prevent health risk behaviors

PFCS Prevention Services uses Botvin LST for all school-based elementary and middle school programs.