



Children and Family
Services, Corporation

Knox/Sullivan
Communities
That Care (CTC)

PREVENTION SPOTLIGHT

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“An ounce of prevention is worth a pound of cure.” - Benjamin Franklin

CONTENTS:

- Red Ribbon Week
- E-Cigarettes
- Reduce Holiday Stress
- Talk, They Hear You: The Consequences of Underage Drinking
- Resource Corner
- Sources

Red Ribbon Week—October 23-31

This year's theme is YOLO. Be Drug Free. #You Only Live Once

For a chance to win an iPad and \$1,000 for your school, enter the Red Ribbon Week Photo Contest. Families may enter!

For Red Ribbon Week contests, information, and ideas, visit: <http://redribbon.org/contest/>

E-Cigarettes

- ◆ Claims that e-cigarettes are safer than traditional cigarettes are unproven. Much remains unknown regarding the safety of these tobacco products.
- ◆ E-cigarettes and other electronic delivery systems (ENDS) operate using a battery-operated heating element that vaporizes nicotine, flavorings, and other chemicals into a vapor that can be inhaled (smoked or “vaped”). E-cigars and e-hookahs are also ENDS products.
- ◆ The idea that ENDS only emit water vapor is a myth. The emitted vapor or aerosol typically includes nicotine, ultrafine particles, and cancer-causing toxins.
- ◆ While some products do not contain nicotine, the amount of nicotine in a cartridge varies greatly from 6—18mg (about equal to ½ of a pack to 1 ½ packs of cigarettes). Nicotine is addictive and rewires the brain, increasing the desire for more nicotine in order to get the same feeling.
- ◆ ENDS are NOT approved by the FDA to assist with smoking cessation (stopping smoking). Marketing these products as cessation aides without FDA approval is prohibited.
- ◆ Companies may attract youth by selling ENDS in a variety of colors and flavors, such as, candy and fruit flavors.

It is recommended that those who want to quit smoking or quit other tobacco use see a healthcare professional or contact Indiana's Tobacco Quitline at: **1-800-QUIT-NOW** or www.eQuitNow.com

Encourage friends and family who use tobacco to take a step towards quitting on **Thursday, November 17** for the **Great American Smokeout**. For more information, visit: <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/>

Reduce Holiday Stress

The pressure to make the holiday season meaningful, spend time with family, and manage the cost of all of the “wants” can become overwhelming. Avoid the extra stress and make the season meaningful for your children:

Encourage Giving: As a family, agree to donate some time or money to helping others in the community (possibly in exchange for a gift). Ring the bell for Salvation Army, donate to the local food bank or animal shelter, put together a shoebox for Operation Christmas Child, or buy gifts for children in need. This valuable time spent together will make the season more meaningful and encourage gratitude.

Ask for Help: Even young children can help wrap gifts, decorate the tree, and bake. No, it will not be perfect, but doing these activities together will create lasting memories and make your children feel like they play an important role in the family. In addition, everyone will love those messy looking presents and cookies even more when they learn that the kids helped prepare them.

Make a List: Make gift lists and ask your children to do the same. Review the lists and, if you are on a budget, have your children rank order the items in order of what they want the most.

Take it One Step at a Time: Start now and buy a few gifts at a time. When you buy a gift, wrap and label it right away. If you stick to your list, it will be easier on your pocket book and give you more time to spend with family during the holiday season.

Talk, They Hear You: The Consequences of Underage Drinking

According to the Substance Abuse and Mental Health Services Administration (SAMHSA):

Children who drink alcohol are more likely to:

- ◆ **Use drugs:** Frequent binge drinkers (nearly 1 million high school students nationwide) are more likely to engage in risky behaviors, including using other drugs such as marijuana and cocaine.
- ◆ **Get bad grades:** Children who use alcohol have higher rates of academic problems and poor school performance compared with nondrinkers.
- ◆ **Suffer injury or death:** In 2009, an estimated 1,844 homicides; 949,400 nonfatal violent crimes such as rape, robbery, and assault; and 1,811,300 property crimes, including burglary, larceny, and car theft were attributed to underage drinking.
- ◆ **Engage in risky sexual activity:** Young people who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex.
- ◆ **Make bad decisions:** Drinking lowers inhibitions and increases the chances that children will engage in risky behavior or do something that they will regret when they are sober.
- ◆ **Have health problems:** Young people who drink are more likely to have health issues such as depression and anxiety disorders.

For tips on talking to your kids, visit: <http://www.samhsa.gov/underage-drinking/parent-resources>

Resource Corner—Get Help to Quit

1.800.QUIT NOW
Indiana's Tobacco Quitline
www.eQuitNow.com

There are thousands of reasons not to quit tobacco,
but here are two reasons for you to quit now.

WEB COACH® and TEXT2QUIT®

Quitting is now convenient, effective and available 24/7.

For more information on the Knox/Sullivan CTC, you may contact Director Tina Hidde at thidde@cfsindiana.org or Prevention Specialist Miranda Martin at mmartin@cfsindiana.org. Telephone inquiries: 812-886-4470.

Sources:

- **Red Ribbon Week**
[Red Ribbon Week](http://redribbon.org/contest/) Retrieved September 1, 2016, from <http://redribbon.org/contest/> National Family Partnership
- **E-Cigarettes**
⇒ [Electronic Cigarettes: Are They Safer?](http://www.quitnowindiana.com/E-Cigs.html) Retrieved September 16, 2016, from <http://www.quitnowindiana.com/E-Cigs.html> Tobacco Prevention Cessation
⇒ [Great American Smokeout](http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/) Retrieved September 16, 2016, from <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/> American Cancer Society
- **Talk, They Hear You: The Consequences of Underage Drinking**
[The Consequences of Underage Drinking](http://www.samhsa.gov/sites/default/files/consequences-of-underage-0.pdf) Retrieved September 16, 2016, from <http://www.samhsa.gov/sites/default/files/consequences-of-underage-0.pdf> Substance Abuse and Mental Health Services Administration (SAMHSA)

For entertaining parent and student challenges and information on prevention of substance abuse, "like" us on Facebook at "Presa Resources of Knox County". Connect with us on Twitter: @Presa_CFS