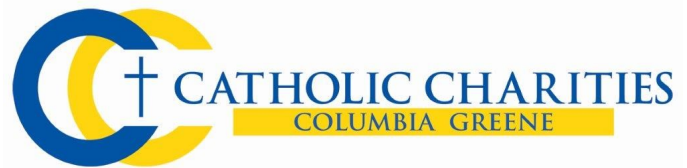


# CATHOLIC CHARITIES PREVENTION NEWSLETTER

September 2020

School is back in session. It is a great time for a fresh start! This newsletter will give you an idea of how to equip your child with different skills to set them up for a drug free lifestyle. Drug Prevention isn't just about talking about the dangers of drugs. It is about building a healthy well rounded individual. Below we will highlight different topics that are important for a child to learn to become the best they can, which includes being drug and alcohol free.



Goal setting and making healthy choices are important skills for every child to learn. Talk about what goals they have, short term and long term, and what they have to do to make their goals a reality. Having something they strive for will keep them on track and working hard towards their future.

Making healthy choices will keep students on track to reach their goals. Discuss what consequences are and how they can hinder your child reaching their goals. We teach the STAR method of Decision making; Stop, think, act and reflect. This gives a child time to process what effect their decisions will have on their future.

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A child's friends have such a big influence on their adolescent years. That is why it is important to teach them to have healthy friendships. Talk about good friendship qualities and how a friend should treat them. Is someone really a friend if they are constantly pressuring them to do something unsafe or unhealthy? Teach your child to treat others the way they want to be treated. If your child has a friend that is not treating them well encourage them to discuss it with their friend and if nothing changes maybe they aren't really a friend at all.



Talk about your feelings! Being able to identify and discuss feelings is crucial to a child's development. Being able to say out loud how they are feeling can help them to cope with that feeling. Using an I-message is a good framework to teach younger children how to share their feelings. An example of an I-Message is "I feel upset, when you talk behind my back because I thought we were friends. I want you to stop." Once a child is able to voice their feelings they also need to learn how to handle them. Discuss how they can calm down when upset or mad or sad. Do they like to count to 10? Take deep breaths? Walk the dog or read a book? Help your child brainstorm what works best for them.



Teach your child how to handle peer pressure. Peer pressure happens, it's a normal part of life. But it is important to talk about it and ways to handle it before it starts happening so your child is well equipped to handle the situation.