



BUILDING A HEALTHY WOLCOTT

April is Alcohol Awareness Month

Upcoming Events

- **CASA Monthly Meeting**
April 6, 2021
6:00pm-7:00pm
Via Zoom
- **Drug Take Back Day**
April 24, 2021
10:00am-2:00pm
Wolcott Police Dept.
- **CASA Monthly Meeting**
May 4, 2021
6:00pm-7:00pm
Via Zoom
- **Prevention Week**
May 9-15, 2021
- **CASA Monthly Meeting**
June 1, 2021
6:00pm-7:00pm
Via Zoom

Underage Drinking is a Serious Problem. Start talking before they start drinking

*80% of teens say their parents are the leading influence on their decision whether to drink.



Say Something

What you say to your child about alcohol is up to you. But remember, parents who do not discourage underage drinking may have an indirect influence on their children's alcohol use.

What You Can Do ...Be a Positive Adult Role Model.

- ◆ Stay away from alcohol in high-risk situations. For example, do not operate a vehicle after drinking alcohol.
- ◆ Get help if you think you have an alcohol-related problem.
- ◆ Do not give alcohol to your children. Tell them that any alcohol in your home is off limits to them and to their friends.
- ◆ Work with Schools, Communities, and the Government to protect children from underage alcohol use.



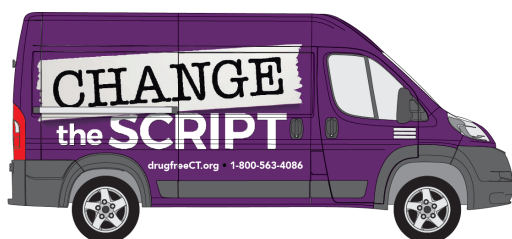
Substance Use Prevention

<https://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals>

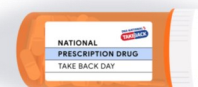
National Drug Take Back Day!

Please join us on **April 24, 2021** between the hours of **10am -2pm** at the Wolcott Police Department to safely dispose of any unused and unwanted medicines.

The Change the Script resource van will be on site to provide substance use prevention and mental health-related books, pamphlets, posters, factsheets and more!



<https://www.drugfreect.org/>





In The Know

Parent's Who Host Lose the Most! CT Social Host Law

What exactly is “social hosting”? Social hosting is providing and/or serving alcohol to a young person

who is under the minimum age of 21. Social hosting can take place in a party-like atmosphere or by any adult simply providing alcohol to teenagers and their peers for them to drink. It can even ex-

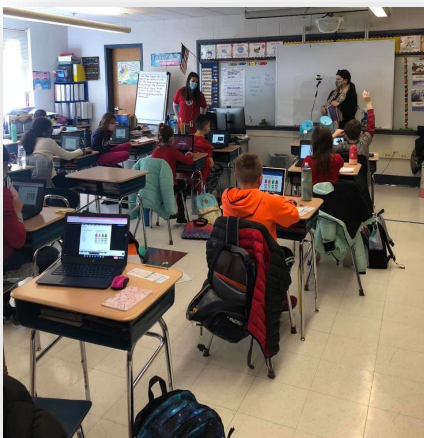


Parents who allow their teens to have friends over to drink, thinking it's a safe way to keep them off the roads, may be surprised to find they are subject to liability laws that make them vulnerable to lawsuits, fines and jail time

CT's Social host law makes it illegal for anyone under the age of 21 to possess alcohol whether its on public or private property. With this law you are held liable for any/all consequences that may occur as a result of underage drinking/drug use on your property. Even if you are NOT home and don't know there is an underage party happening, you are still held liable.




CATCH My Breath (Nicotine Vaping Prevention Program)



Project Director Haley Brown teaches Wolcott 4th graders the dangers of vaping, using the Catch My Breath curriculum!

CATCH My Breath is a youth E-cigarette prevention program developed by the Michael & Susan Dell Center for Healthy Living at the UTHealth School of Public Health. The program's goal is to prevent the use of E-cigarettes

The CATCH My Breath prevention program was taught to all Wolcott 4th grade students to help them : Understand that E-cigarettes are addictive, unhealthy, and not as popular as they think. Understand E-cigarette advertising tricks and techniques. Resist curiosity to experiment with E-cigarettes and practice resisting peer pressure. Influence others to not use E-cigarettes.

Nicotine is proven to be an addictive substance which has negative effects on the developing brain. The majority of E-cigarettes, including flavored ones, contain nicotine. E-cigarettes are the most commonly used tobacco product among youth and are strongly associated with the use of other tobacco products. It is illegal for anyone under 18 to buy or use E-cigarettes