

Bringing Together Caring Communities of.....

Faith ~ Family ~ Friends

Members of the faith organizations all over Goodhue County are coming together to support each other and our youth in promoting Chemical Health Awareness!



The Chemical Health Initiative Coalition of Goodhue County encourages the families and youth of Goodhue County to make healthy choices about alcohol and illegal drugs. Take the time to discuss the issues. Open dialogue at the dinner table. Have a discussion at your faith youth gathering.



Members of the faith community are encouraged to come together and discuss the dangers of underage drinking and illegal drug use. Following are some communication tips for parents:

- ◆ Make personal time with your child. Do an activity that you can enjoy together. Pay attention and listen to your child, don't do all the talking.
 - ◆ Create a positive atmosphere in your home. Make your child feel important and remove the stigma of failure in your home.
- ◆ Encourage outside interests. Children who learn to have fun and cope with stress in healthy ways will be less likely to turn to drugs and alcohol.
- ◆ Teach resistance skills. Talk through strategies with them for saying "no" and make sure your child knows who to call for help.
- ◆ Be there for your child and know where they are.

Ask questions!

Do you want to make a difference in your community?

Become a part of the Chemical Health Initiative! The CHI has local councils throughout Goodhue County in Red Wing, Cannon Falls, Goodhue, Zumbrota and Kenyon-Wanamingo. If you live and/or work in one of these areas, we welcome you to join in, share your ideas and partake in this meaningful initiative! Visit our website at www.chi-goodhue.org for more information. You can also call 651-385-3307 for more information.

Together we can make a difference!



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Help Promote Chemical Health Awareness

Little things can make a BIG difference!

Chemical Health Initiative
Of Goodhue County
Working in our Community to
Create and Maintain.....



*Healthy Kids
Healthy Families
Healthy Communities*

Did you know.....

- ◆ The median age at which Children begin drinking in Goodhue County is around 12.5 years old.
- ◆ Youth who drink before the age 15 are six times more likely to develop alcohol dependence than those who begin drinking at the age of 21.
- ◆ 43% of 13 year olds who drink alcohol regularly will become alcoholics.
- ◆ 40% of 15 year olds who drink alcohol regularly will become alcoholics.
- ◆ Alcoholic energy drinks are dangerous as they mix stimulants with depressants which can cause heart strain, dehydration and possible seizures.
- ◆ One 23.5 oz. can of alcoholic energy drinks has the same amount of alcohol as a six-pack of lite beer or about four regular beers.
- ◆ But, only 10% of 21 year olds who begin to drink alcohol regularly will become alcoholics at some point in their lives.

The longer kids delay, the better chance they have of NOT developing an addiction.



Visit the CHI Websites

Main Website: www.CHI-Goodhue.org
Parent Website: www.CHI-Parentnetwork.org
Website for Kids: www.CHI-Howie.org



Join the Goodhue County Parent "Safe Homes" Network Today!

Go to www.CHI-ParentNetwork.org for more information.

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