



# CHI SCHOOL NEWSLETTER

Information and Resources for Teachers and Parents

February 3<sup>rd</sup> , 2011

## TOPIC: PLANNING FOR A SAFE SUPER BOWL CELEBRATION



### ADULT CELEBRATIONS

Superbowl season is a time to celebrate, join community gatherings, and cheer for your team of choice. Celebrating often involves parties and parties often involve alcohol. Plan adult parties that provide safe and comfortable atmospheres and an alternative atmosphere for underage youth.

#### Adult Superbowl Festivities Safety Tips:

- Entertain with healthy foods. Check out Get Smart Entertaining.
- Be considerate of people with allergies and diabetes- offer a variety of foods.
- Monitor and limit alcohol consumption of guests.
- Offer non-alcoholic drinks for the guests. [Winning Super Bowl Punch Recipes.](#)
- Do not let friends and family drink and drive.
- Provide lists of taxis and methods of public transportation.
- Designate a sober driver, or be a hero and designate yourself to be the sober driver!

### TEEN CELEBRATIONS

#### **YOUR Teens at YOUR Party**

Teens are just as excited for the super bowl season. Set an example that teens don't need alcohol to have a good time! Don't serve alcohol at your party, and let your teen be your biggest fan. It's important for teens not to be tempted by drinking during the many parties this time of year. Help them focus on the importance of family, friends, and safe driving by giving them a safe party atmosphere!

#### **YOUR Teens at THEIR Party**

Just like you, they are going to be planning their super bowl festivities and celebrations at their friend's house. It is YOUR responsibility to take interest in your teens whereabouts and know exactly what type of party they will be attending.

#### **Tips for Parents of Teens:**

- Spell out the rules: ABSOLUTELY NO ALCOHOL!
- Know where your teen is going and with whom they will be celebrating with.
- Speak with parents or the chaperons of the party your teen is attending.
- Work with your teen to promote safe parties on their social media sites.
- Talk with your teen about the consequences of underage drinking and drinking and driving.
- Offer your teen and his or her friends a safe environment to watch the super bowl game.
- **Mocktail Recipes**
- Make their party fun! Talk with your teen about fun appetizers and non-alcoholic drinks that can be served. PLAN TOGETHER!

## SUPPORT "CHILDREN OF ALCOHOLICS" WEEK – FEBRUARY 13-19, 2011

The National Association for Children of Alcoholics (NACoA) will host its Children of Alcoholics Week Feb. 13-19, themed "A Celebration of Hope and Healing." The time celebrates the recovery of the many thousands of people who have received help to recover from the pain and losses suffered in their childhood, and offers hope to those still suffering from the adverse impact of parental alcohol and drug addiction.

More information:

 Just for Teachers <http://www.nacoa.org/Teachers.htm>

 Just for Early Childhood Professionals <http://www.nacoa.org/Early%20Child.htm>

 Just for Social Workers <http://www.nacoa.org/social.htm>

To learn more about Children of Alcoholics Week go to

<http://www.cadca.org/resources/detail/help-support-children-alcoholics-week>

## SURVEY: DRAMATIC DECLINE IN TEEN EXPOSURE TO ANTI-DRUG MESSAGES

January 13, 2011

From: **The Partnership at Drugfree.org**

New York, NY -- The University of Michigan's Monitoring the Future study (MTF) -- the largest survey on teen drug abuse tracking over 46,000 8th, 10th and 12th graders -- found a huge falloff in teens' recalled exposure to drug abuse prevention messages over the past seven years. The new data from the MTF study have been released at a time when teens themselves report finding the drug-prevention messages to be effective. [Read more>](#)

## GRADE LEVEL ATOD LESSON PLANS LISTED AT WWW.CHI-GOODHUE.ORG



Find teacher drug, alcohol and tobacco lesson plans and resources on the CHI coalition website at

<http://www.chi-goodhue.org/teachers.php>

## GOODHUE COUNTY MEDICATION DISPOSAL DROP BOX LOCATIONS

### Goodhue County Law Enforcement Center

430 West 6<sup>th</sup> Street, Red Wing, MN

**Available:** 24 hours a day, 7 days a week

### Wanamingo City Hall - Sheriff's Office

401 Main Street, Wanamingo, MN

**Available:** Monday - Thursday 8:00 a.m.-4:30 p.m.  
Friday 8:00 a.m. – Noon

For more information regarding the S.A.F.E. Medication Disposal Program and medications accepted go to <http://www.chi-goodhue.org/SAFE%20Program.php>

## CHI WEBSITES

[www.CHI-parentnetwork.org](http://www.CHI-parentnetwork.org)

[www.CHI-goodhue.org](http://www.CHI-goodhue.org)

[www.CHI-howie.org](http://www.CHI-howie.org)

## GOODHUE COUNTY ANONYMOUS TIP LINE



**1-(866) 887-HELP (4357)**

## INTERESTED IN LEARNING MORE OR BECOMING A PART OF THE CHI?



Contact us at [info@chi-goodhue.org](mailto:info@chi-goodhue.org)