

PREVENTION WORKS!



August/Sept 2017

"Dreams and dedication are a powerful combination."

– William Longgood



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Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by September 20th for the next edition of the Prevention Works newsletter! Submit your newsletter contributions to: elena.jaime@yolocounty.org

MARIJUANA USE AMONGST YOUTH

According to Pathway to Prevention marijuana use amongst youth not only leaves families devastated, but it incurs medical, financial and psychological ordeals. It also causes car accidents, lost jobs, derailed college expenses, incarceration and sometimes death by accident, homicide, overdose or suicide. Below are some teen drug statistics from 2014/2015 that were put together by Pathway to Prevention.



Marijuana

- The 2014 Monitoring the Future Survey (MTF) showed that past month use of smoked marijuana remained steady among eighth graders at 6.5 percent, 10th graders at 16.6 percent and 12th graders at 21.2 percent.
- Close to 6 percent of 12th graders report daily use of marijuana.
- Compared with teens who don't use, students who smoke marijuana tend to get lower grades and are more likely to drop out of high school.
- A recent study followed people from age 13 to 38 and found that those who used marijuana a lot in their teens had up to an 8 point drop in IQ, even if they quit in adulthood.
- High school seniors who smoke marijuana are 2 times more likely to receive a traffic ticket and 65% more likely to get into an accident than those who don't smoke.
- A growing number of high school seniors do not think occasional marijuana smoking is harmful, with only 16.4 percent saying occasional use puts the user at great risk. Five years ago, 27.4 of high school seniors thought occasional marijuana smoking is harmful.
- Research shows that about 9 percent (or about 1 in 11) of those who use marijuana will become addicted. This rate increases to 17 percent (or about 1 in 6) of those who start in their teens, and goes up to 25 to 50 percent among daily users.

Synthetic Marijuana/K2/Spice

- Spice use among youth is second only to marijuana. 5.8 percent of 12th graders reported using spice this year.
- Between January and May 2015, Poison Control Centers reported 3,572 calls related to synthetic marijuana use, a 229 percent increase from the 1,085 calls during the same period last year. Spice abusers who have been taken to Emergency Rooms report symptoms including rapid heart rate, increased blood pressure, reduced blood supply to the heart, vomiting, agitation, confusion and hallucinations.

Information from: <http://www.pathwaytoprevention.org/statistics/>

40 Developmental Assets for Adolescents

SUPPORT

1. **Family Support** | Family Life provides high levels of love and support.
2. **Positive Family Communication** | Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationships** | Young person receives support from three or more nonparent adults.
4. **Caring Neighborhood** | Young person experiences caring neighbors.
5. **Caring School Climate** | School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling** | Parent(s) are actively involved in helping the child succeed in school.

EMPOWERMENT

7. **Community Values Youth** | Young person perceives that adults in the community value youth.
8. **Youth as Resources** | Young people are given useful roles in the community.
9. **Service to Others** | Young people are given useful roles in the community.
10. **Safety** | Young person feels safe at home, school, and in the neighborhood.

BOUNDARIES AND EXPECTATIONS

11. **Family Boundaries** | Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries** | School provides clear rules and consequences.
13. **Neighborhood Boundaries** | Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models** | Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence** | Young person's best friends model responsible behavior.
16. **High Expectations** | Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. **Creative Activities** | Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth Programs** | Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.
17. **Religious Community** | Young person spends one hour or more per week in activities in a religious institution.
18. **Time at Home** | Young person is out with friends "with nothing special to do" two or fewer nights per week.

COMMITMENT TO LEARNING

21. **Achievement Motivation** | Young person is motivated to do well in school.
22. **School Engagement** | Young person is actively engaged in learning.
23. **Homework** | Young person reports doing at least one hour of homework every school day.
24. **Bonding to School** | Young person cares about her or his school.
25. **Reading for Pleasure** | Young person reads for pleasure three or more hours per week.

POSITIVE VALUES

26. **Caring** | Young person places high value on helping other people.
27. **Equality and Social Justice** | Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity** | Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty** | Young person "tells the truth even when it is not easy."
30. **Responsibility** | Young person accepts and takes personal responsibility.
31. **Restraint** | Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. **Planning and Decision Making** | Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence** | Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence** | Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance Skills** | Young person can resist negative peer pressure and dangerous situations.

POSITIVE IDENTITY

36. **Peaceful Conflict Resolution** | Young person seeks to resolve conflict nonviolently.
37. **Personal Power** | Young person feels he or she has control over "things that happen to me."
38. **Self-Esteem** | Young person reports having a high self-esteem.
39. **Sense of Purpose** | Young person reports that "my life has a purpose."
40. **Positive View of Personal Future** | Young person is optimistic about her or his personal future.

Healthy choices for your Summer Snacks

It's that time of year again when we get to enjoy our favorite Summer treats. It's important to remember to make healthy choices. Below is a delicious recipe from <http://eatfresh.org/> that satisfies any sweet tooth.

Honey Gingered Fruit Salad (Budget-friendly recipe) Serves 6 10 min

[Dairy-free](#) • [Gluten-free](#)•[Low Added Sugar](#)•[Vegan](#)•[Vegetarian](#)

INGREDIENTS

- 1 **Large mango** peeled and cut into chunks
- 1 cup **Fresh blueberries**
- 1 **Small banana** peeled and sliced
- 1 cup **Strawberries**
- 1 cup **Seedless green grapes**
- 1 cup **Nectarines sliced**
- 1 cup **Kiwifruit** peeled and sliced
- 1/3 cup **100% orange juice**
- 1 tablespoon **Honey**
- 1/8 teaspoon **Ground nutmeg**
- 1/8 **Ground ginger**



This refreshing salad is packed with vitamins and has lots of fiber.

What You'll Need

- Measuring spoon
- Cutting board
- Sharp knife
- Large bowl
- Small bowl
- Spoon

Chef Tips

*Cut this recipe in half to save money.

DIRECTIONS

1. In a large bowl, combine fruit
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled

Dress up your fruit salad with a sprinkling of chopped almonds for a sweet and crunchy treat.

NUTRITION INFO AND MORE

Serving size: 1 cup

Total calories: 124 Total fat: 1 g Saturated fat: 0 g Carbohydrates: 32 g Protein: 2 g Fiber: 4 g Sodium: 4 mg Info and more

Recipe from: <http://eatfresh.org/>

Simple Things You Can Do to Eat Well and Stay Active

- Eat a healthy breakfast every day.
- Pay attention to portion sizes at meals
- Eliminate sugary beverages (soft drinks, juices, sports drinks) and drinks
- Have a colorful meal—fruits and vegetables should make up 50% of your plate
- Know what you're eating—read the labels, compare products, and choose healthier options.
- Choose whole grains instead of foods made from white flour
- Save the less healthy options (e.g., sugary items) as treats for special occasions
- Keep moving—walking is great!
- Engage in some form of physical activity every day.
- Reduce the amount of time spent in front of the television and computer screen.
- Get enough sleep.

Tip Sheet from: *Eat Well, Stay Active and Have Fun*



Car Seat Safety Program

Yolo County Health & Human Services Agency

Yolo County Health and Human Services Agency Car Seat Program

is ready to answer your car seat questions. Below is a list of things that car seat technicians are prepared to help you with:

- Show you how to properly install your car seat in your car.
- Adjust the harness so that it fits your child snugly.
- Discuss graduation, when your child can safely move to the next seat.
- Check for recalls on your seat.
- Give you the most current safety information.
- Recycle expired and unsafe car seats.
- Provide discounted rate car seats for Yolo County residents who receive government assistance.



Did you know car seats expire?

Most car seats expire 6 – 9 years from the date of manufacture. If you can't find an expiration date printed anywhere on the seat, check the owner's manual. You can also call the manufacturer and ask them.

Reasons why using a secondhand car seat is not a good idea...

- You don't know the history of the car seat
- You don't know if it's been in a crash
- You don't know if all parts are present and in working order
- You don't know if the seat is expired
- You don't know if the seat is recalled

What is the law?

2017 Buckle-Up Laws for Babies & Young Children:

- Children must be properly buckled in a car seat or booster, in the back seat of a vehicle, until they are at least 8 years old or 4 feet 9 inches tall.
- If a child is not in a car seat, the driver or parent can receive a citation with a minimum \$475 fine and a point added to their driving record.
- Children under 2 years old must be rear facing in a car seat unless they weigh 40 pounds or more, or are 40 inches tall or more. Effective January 1st, 2017.
- No smoking in vehicle with children

Kaitlyn's Law (VC 15620)

Unattended Children in Vehicles:

- No person may leave a child age 6 or younger in a vehicle (unless supervised by someone at least 12).

CALL TO SCHEDULE AN APPOINTMENT: 530-666-8747



**25 N. Cottonwood St.
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Yolo County Department of
Health & Human Services Agency
PREVENTION PROGRAMS

"TO BUILD YOUTH-ADULT
PARTNERSHIPS WHICH PROMOTE
POSITIVE COMMUNITIES"

