

Summer 2018



FAMILY NEWSLETTER

THROGGS NECK

YOUR VOICE = YOUR CHOICE

The Throggs Neck Community Action Partnership has been sponsoring poster campaigns for the last 18 years covering diverse themes, based on the current issues the Throgg Neck community has faced. These campaigns involve a lesson to students in grades 3 – 8 as a creative way to educate them on important health and safety skills.

The Participating schools and programs are as follows: Urban Institute of Mathematics (UIM), Mott Hall Community School, St. Benedict School, St. Frances de Chantal School, Kips Bay,

Phipps Beacon @ IS 192, and Preston Center of Compassion After School .

In today's world there is so much misunder-



Are You Making The Right Choices?
WE CAN MAKE THE RIGHT CHOICES

standing around what are good medications and how to take these medications safely, so children do not end up taking more drugs than needed. When medica-

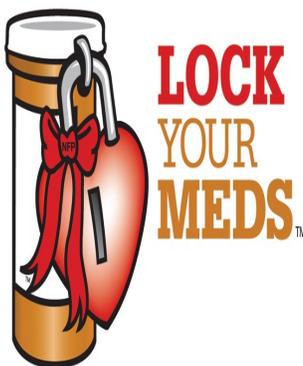
tions are taken improperly there can be risks to the body, to the mind and to social situations. There are risks and consequences for abusing these drugs. Teaching children the skills to make the "Right Choices" and learning the effects that medicine can have on the body will help youth be better able to make healthier decisions throughout their developing years.

The 2018 Poster Ceremony was made possible by the



Protect Your Children

Information for Parents



- Safeguard all prescription drugs and medications at home.
- Monitor the quantities on a regular basis to control access.
- Dispose of old or unused medications.
- Be a good role model; follow the same rules with your own use.
- Ask family and friends to safeguard their medications.
- Talk to your child about alcohol and drug abuse and the risks of misusing prescription and over-the-counter drugs.

You Should Know

- Nationally, 1 in 5 teens have taken prescription drugs without a doctor's prescription one or more times in their life. (MMWR June 8, 2012)
- The majority of both teens and young adults obtain prescription drugs they abuse from friends and relatives, sometimes without their knowledge.
- Despite what many teens think, abusing prescription drugs is not safer than misusing illicit drugs.
- Prescription drugs can be addictive and lethal when misused.
- Combining prescription drugs/over-the-counter medications and alcohol can cause respiratory failure and death.
- Nonmedical use of prescription drugs among youth ages 12 to 17 and young adults ages 10 to 25 in 2011 was the second most prevalent illicit drug use category, with marijuana being first. (NSDUH 2011)

What Can Parents Do?

Produced by the New York State Department of Health and the Office of Alcoholism and Substance Abuse Services.

LOCK
YOUR Rx STOCK
Help Prevent Drug Abuse

Download Talk, They Hear You App

Alcohol is still the number one (#1) drug of choice amongst youth."

Importance of parents

Research shows that parents are the leading influence on their child's decisions about alcohol. When parents talk about underage drinking, their children do hear them.

Why are the ages 9-15 so crucial?

To prevent young people from starting to drink, the campaign focuses on ages 9–15. Around 9, children begin thinking alcohol may not be just for adults. By 15, many youth begin drinking. Youth who start drinking before age 15 are 5x more likely to develop alcohol problems as adults than those who begin

drinking at 21 or older.



Alcohol is a gateway drug— it is an introduction to all other drugs such as Opioid.

What are the consequences of underage drinking?

Underage drinking has severe consequences, including:

Injury or death from accidents

Unintended, unwanted, or unprotected sexual activity

Academic problems drug use

What are the goals of the Campaign?

The "Talk. They Hear You." campaign aims to:

Increase parents' awareness of the prevalence and risk of underage drinking

Equip parents with the knowledge, skills, and confidence to prevent underage drinking

Increase parents' actions to prevent underage drinking

IT'S ALMOST SUMMER BREAK. STAY ACTIVE!

1. Enjoy loads of car-free family fun along the iconic Grand Concourse at Boogie on the Boulevard, which takes place on the final Sunday of each month through August
2. Bike the Bronx over 170 miles of bike paths, lanes and greenways, many of which are car-free.
3. Visit Poe Cottage, former home of the eccentric poet Edgar Allan Poe. Round out the day playing in Poe Park.
4. Go horseback riding at the Bronx Equestrian Center.
5. Join in weekend family art projects or garden story times at Wave Hill
6. Relax on the gorgeous grounds and participate in family programming at the New York Botanical Garden. Enjoy free grounds passes on Wednes-

days.

7. Soak up some sun at Or-



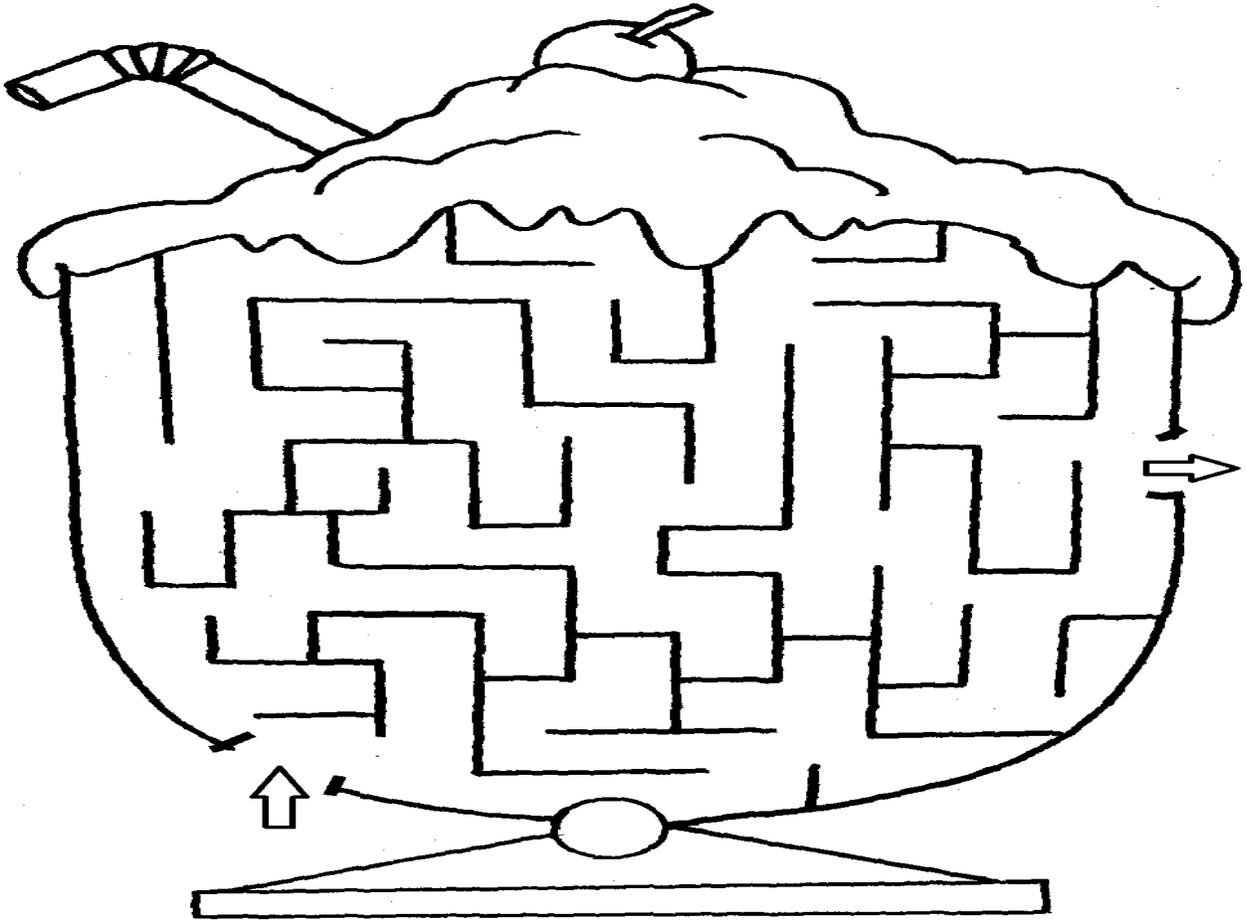
chard Beach and Promenade, where you'll also find the Pelican Bay Playground, basketball and handball courts and tons of space to run around.

8. Catch a FREE outdoor movie at the Bronx Terminal Market's annual Rooftop Film Series.
9. Hit the Children's Zoo, ride

the Bug Carousel and marvel at the majestic animals of the Bronx Zoo. Wednesdays are pay-what-you-wish.

10. Don't miss Kids Rule Weekend at Lehman College Saturday, August 6 and Sunday, August 7.





Summer Healthy Tips For Kids

netmeds.com
India Ki Pharmacy



Always Stay Hydrated

Replace sugary sports drinks & cool drinks with water, sugar cane juice, tender coconut water, musk melon juice; add slices of fresh fruit like lemons, limes or watermelons to your water for a delicious flavour. Staying hydrated prevents heat related illness: symptoms are headache, cold sweats, exhaustion, nausea and/or vomiting, and diarrhoea.

Wear Sunscreen

Apply sunscreen about every 2-3 hours and more often when in or around water.



Wear Sunglasses

Wearing sunglasses blocks up to 99% of UV rays that easily damages the eye because of sunburn.

Get plenty of rest

During the hot summer heat, make sure kids get plenty of rest to prevent heat exhaustion while playing outside, take frequent shaded breaks. Getting 8-10 hours of sleep every night is important for recovery & growth.

