

Reaching Out

Norristown Area Communities That Care for Youth

Keeping Youth Safe & Drug Free

Spring 2012

DUI Simulator at NASD

Norristown Area Communities That Care for Youth (CTC) focuses on activities that remind our kids to stay alcohol free.

On May 16 and 17, in conjunction with the Montgomery County Health Department, CTC sponsored the DUI simulator at Norristown Area High School (*photo below*). Seniors had the opportunity to simulate driving while experiencing challenges associated with being intoxicated.

Students who participate in NAFAD (Norristown Area Fight Against Drugs) and BACKTALK facilitated other activities throughout the day including “walking the line” with the DUI goggles, creating a banner of future goals, and setting up a visual display on the loss of life that young people experience each year as a result of alcohol use.



Help Your Children Have a Safe Summer

The lazy, unstructured days of summer can be a wonderful time for children to have new experiences. It is in the summer months that most children learn to swim, ride a bike, catch fireflies and negotiate the rules for three-on-three basketball games. Families sit on the porch and chat with neighbors and our fast-paced world seems to slow down a bit.

Nevertheless, research tells us that many middle and high school aged children experiment with alcohol and other negative behaviors for the first time in the summer months. They are too old for babysitters and too young for long periods of unsupervised time.

Parents can help their children make good choices by setting guidelines, monitoring to see that their guidelines are being followed and administering consistent and reasonable consequences when necessary.

Here are a few additional tips:

- Know your child’s friends and their parents
- Call and verify that activities are being supervised
- Spend as much quality family time together as possible

If your children have a strong and positive bond with you and know that they can talk to you about daily events and issues of concern, they are more likely to follow the guidelines that you set before them.

Remember, you are the most powerful influence in your child’s life. Young people who learn about the risks of alcohol and drug use at home are 50 percent less likely to use them.

Make family activities a priority and help your children have a safe and enjoyable summer!

Parents and youth need to be aware that the legal consequences of underage drinking are significant and can impact future work and college opportunities (fines, drivers' license suspension).



An adult who supplies minors with alcohol will receive a fine of \$1,000 to \$2,500 and up to one year in jail for each subsequent offense.

What parents can do to prevent underage drinking

- Talk with your child(ren) about underage drinking.
- Let them know that it is not acceptable in your family.
- Explain why you are taking this position.
- Make them aware of the consequences that they will face if they drink.
- Pay attention to your child's friends. Do they choose to avoid alcohol?
- Encourage your child to join youth groups and participate in supervised activities. Kids ages 12 to 17 who spend time in these activities are less likely to get into trouble.
- Make your child's friends feel welcome in your home.
- Provide them with a safe and healthy environment in which to interact.
- Learn the signs and symptoms of alcohol use so you can spot them in your children or their friends.



Summer Activities Sponsored by PAL

For more information on these activities, contact Greater Norristown PAL,
340 Harding Boulevard, Norristown, at 610-278-8040 or info@norristownpal.org.

Mid June — Summer Basketball League for boys and girls ages 7-14. Starting date TBA.

June 25-August 10 — Summer NJTL Tennis Program,
Beginners: 9 a.m.-Noon at Eisenhower Middle School;
Advanced: 1-4 p.m. Location to be announced.

June 27-August 1 (Except 7/4) — **Guitar Lessons for Beginners,** 2-2:30 p.m. or 2:45-3:15 p.m. for six weeks of lessons. Space is very limited.

July 10-13 — FAME at Montgomery County Community College, Noon-3:30 p.m., lunch will be included. Students will be able to try their hand at performing arts (music, dance and theatre); radio (make your own public service announcement to be broadcasted); digital music for movies (create a soundtrack for a movie); and electronic game design (learn the fundamentals of how to create your own game).

July 17 (rain date: July 24) — Fishing, 4-7:30 p.m.
Stony Creek Anglers will provide the equipment and expertise to help you learn how to fish. Dinner will be provided.

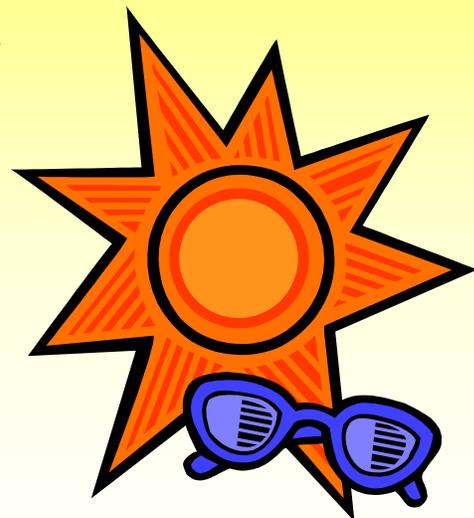
July 18 — 76ers basketball clinic at the Greater Norristown PAL Center, 2 p.m.

July 19 — Horseback trail ride at the Red Buffalo Ranch, 4-6 p.m.

July 24 — Rock climbing at Philadelphia Rock Gym, 12:30-3:30 p.m.

July 26 — Bowling at Facenda-Whitaker Lanes, 12:30-3:30 p.m.

July 30-August 3 and August 6-10 — Basketball camp for boys and girls ages 7-14



Who can find the time to keep up with their kids lives?

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&
DRUG FREE

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Communities That Care (CTC) is a risk-focused approach to reducing adolescent problem behaviors through community mobilization and planning. Local citizens and community leaders work together to identify the risk factors that increase the likelihood of problem behaviors developing, and enhance the protective factors that can shield youngsters from problems. The risk and protective factors are used to implement a comprehensive plan to step ahead of the problems with far-reaching and long-lasting solutions.

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For more information, please call 610-278-8040.