

January 2016



coalition news

Prevention news and information from the Tiverton Prevention Coalition

A Purple Opportunity to Support Drug-Free Teens: January 25 to 29

Imagine Tiverton teens on school buses at the end of January, passing by house after house, church after church, business after business and seeing the color purple displayed on every door or mail box. They'll know what it means.

education, reducing risk factors and teaching teens the skills they need to protect themselves against the harms associated with substance use, but it also must include positive reinforcement — taking time to praise kids who make healthy choices. We have over 800 kids between the ages of 10 and 17 in Tiverton and nearly 80 percent of them choose to remain drug-free. Given the drug culture we live in and the many opportunities our teens have to try alcohol and marijuana, they deserve to be recognized for staying above the influence."



Project Purple, an initiative of The Herren Project, is celebrated in communities across the country. It's a once-a-year opportunity for an entire community to show its support for teens that have the courage to remain drug and alcohol free. And in Tiverton, that's most of them! They deserve praise and encouragement — and that's what purple means.

Think Positive Reinforcement. "Project Purple is a positive approach to prevention," Coalition Coordinator Rebecca Elwell said. "Certainly, prevention strategies must include

All you need is a bow. To encourage community participation in the Project Purple initiative, the Coalition is sponsoring a raffle for all residents, businesses and organizations who add a splash of purple to their front doors or mailboxes during Tiverton's Project Purple week, which runs from January 25 through January 29. Just decorate your front door or

mail box with purple, take a photo and email the photo to tivertonprevention@gmail.com — or post it on The [Tiverton Prevention Coalition Facebook page](#) — no later than January 29 at 5 PM, and you'll be entered into a drawing for a Super Bowl Party Platter for 10, to be delivered to you on February 6th. For your convenience, eight-inch purple pull-bows are available through the Coalition. Send an [e-mail](#) request to Rebecca Elwell or pick one up at your child's school.

Let's paint Tiverton purple this month. Show Tiverton teens that you support their choice to remain drug-free.

 **REBECCA'S** notes

It's the time of year when people talk about New Year's Resolutions and based on prevention science I'd like to suggest resolutions various community sectors can make to prevent and reduce underage substance use in Tiverton.

Parents resolve to learn about the risks and talk about them often with teens and tweens.

Teens resolve to get smart about drugs and promote safe, healthy lifestyles to their peers.

Schools resolve to teach about drugs and healthy decision-making in a drug-free environment, and provide substance use counseling services to students when needed.

Coaches resolve to promote programs like [Life of an Athlete®](#) — a science-based program that teaches teens and teams how to function at peak performance.

Pediatric Offices resolve to screen for drug use disorders as part of a physical exam.

Businesses resolve to hire youth, co-sponsor prevention programs, and maintain a zero-tolerance policy in the workplace. Liquor stores, check IDs. If you serve alcohol, require employees to complete Responsible Beverages Service training.

Organizations and Faith Communities resolve to offer youth programs and promote prevention among their members.

Police resolve use Best Practices for enforcing substance use laws and ordinances and train Drug Recognition Experts (DREs).

Town Government resolve to enact and fund the enforcement of ordinances and policies known to reduce and prevent underage substance.

It does take a community to keep teens drug-free. Here's hoping that we all resolve to do our part in 2016.

Happy New Year!

Coming Next Month
OTC Homeschooling Kit

In the [October 2015 issue](#) of *Coalition News* we reported some startling facts about misperceptions tweens have about over-the-counter and prescription medications.

According to a nationwide survey, just 31 percent knew it is not safe to take more medicine than what is directed on the label. Only about half the tweens surveyed believe OTC medicines can be misused. About half knew how to read a Drug Facts label and how to safely store medicine; the other half did not. These misperceptions result in over 10,000 ER visits for kids younger than 18 each year.



To help parents discuss OTC and Rx medicines with tweens, the Coalition is producing the *Safe Medicine Kit*, a series of five interactive exercises designed to raise OTC literacy scores among Tiverton tweens.

The *Safe Medicine Kit* will include a special incentive for tweens who complete the homeschooling kit with their parents. Tweens will be asked to complete a short online survey about the *Safe Medicine Kit* (with parents' help). All tweens who complete the survey will be entered into a drawing for a family night out: four movie tickets and dinner at a local restaurant.

Watch for details next month. It's not only a fun way to make sure your tweens know the rules for safe medicine use; it could also be your tween's opportunity to "pick up the tab" for a family night out!