



IN OUR HANDS NEWSLETTER

Summer 2013

burlingtonpartnership.org

School's Out For Summer!

By Mariah Sanderson, Director

Summer vacation can be a welcome break from the school routine for kids *and* parents, but it can also come with more unstructured, unsupervised time, and unwelcome risk for tweens and teens.

Who is the most powerful person in shaping healthy decision making in your teen's life? YOU! Parents play a key role in preventing substance use and other risky behaviors kids can engage in with too much unsupervised time during the summer. Here are just a few tips to help you manage the summer and keep it fun for everyone:

Connect: Predictable and close relationships with caregivers can build a foundation of trust. Spend one-on-one time with your child throughout the summer. This can help you cue in to your child's emotional state and enriches your relationship, regardless of their age.

Set Rules and Boundaries: Establish clear rules regarding your expectations while they are unsupervised. And in particular make sure they are clear on your expectations related to drinking and other drug use. And follow through on both consequences and rewards!

Establish some predictable routines and structure: You don't have to be locked in to a rigid schedule (it is summer after all!) but building in some predictability to your summer can help your child feel more comfortable and stable. As kids get older it can become more challenging to figure out how to provide the right kind of structure, a summer job, camp or class can help!

Monitor: Know what your children are doing and where they are at all times. This can be challenging especially for parents of high school students; however, try to be physically present for some of every day. When you can't, ask a neighbor, relative or friend to check on them. Team up when you can! Get to know the parents of your children's friends and make sure they feel the same way you do about the rules and boundaries.

We hope you have a wonderful summer, filled with beautiful weather, fun together, and fond memories!



It's hard to know what to say and do during the challenging years of middle and high school...

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can help!

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What have we been up to lately?



Chittenden County Above the Influence Youth Leadership Retreat



I choose not to smoke because I want to be there for my family. goVKat.org/OVX.org



Our Director, Mariah, speaking at VT Prevention Day 2013



Our student hire, Tian, making buttons with kids at the Burlington Winter Festival



Support Healthy Retailers! Research shows that youth are 3 times more sensitive to alcohol and tobacco advertisements than adults and that greater exposure to this kind of advertising contributes to an increase in favorable attitudes towards alcohol and tobacco use in teens. To see pictures of our work with Waggy's Store & Deli to reduce advertising, go to our Facebook page. If you know another local convenience store who would like to become a Healthy Retailer send them our way!

The Burlington Partnership for a Healthy Community is a coalition of Burlington residents, businesses, educators, community members, youth, medical professionals, social service representatives, law enforcement officials, and more, who recognize that the damages of drugs, alcohol abuse, and tobacco effect us all. We work together to create an environment in Burlington that supports healthy choices.

We welcome any contributions of time, money, and resources. You can send financial contributions to: PO Box 1353, Burlington, VT 05402. To learn more about how to help, check us out at www.burlingtonpartnership.org or contact Mariah at 802-324-3867 or mariah@burlingtonpartnership.org



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