

GOT PREVENTION

February 2017

VOLUNTEERS NEEDED

In April 2015 the Student Health Survey will be administered to all the Middle School students in Somerville from grades 6-8. We need at least 20 volunteers to administer the survey. Volunteering will be a great opportunity to meet new people and see the great schools of Somerville.

Everyone is welcome to volunteer. The more the merrier. It will take about 2 hours out of the morning to administer since we are doing all the grammar schools.

If you would like to assist the City of Somerville in administration of the Student Health Survey in April 2015 please contact Cory Mashburn at 617-625-6600 x 2570 or cmashburn@somervillema.gov.

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For more information on e-cigarette use
go to:

<https://e-cigarettes.surgeongeneral.gov/>





Somerville Positive Forces Update

January was a busy month for **Somerville Positive Forces Youth Programs** – SPF100 (high school) and SPFJr. (Middle School).

SPF100 youth worked on organizing and presenting the *SCAP Community Game Show and World Cafe Discussions*. This event is important to SCAP's Community Assessment phase of our coalition strategic planning process, which uses the *Strategic Prevention Framework* for substance abuse prevention. During this event youth leaders presented the *2016 Somerville High School Student Health Survey Results* to the community in a game format. SPF100 followed this presentation with World Café style discussions that engaged community members and leaders in sharing their ideas and experiences around student health topic areas which included mental health, violence in safety, physical and sexual health, and substance abuse. They also shared their MOST DON'T Campaign (to correct misperceptions around peer substance use) with event participants!

CONGRATULATIONS TO SPF100 FOR A WONDERFUL AND EXCITING EVENT!

Don't worry if you missed this great event... you can catch it on the CITY Channel!

SCAP will share outcomes from the World Café discussions along with community-selected priorities for each health area with organizations working in each of these areas. Some top issues participants identified for teen substance use included not enough education and misinformation; and parent substance use and attitudes toward use. Additionally, SCAP will provide prevention information and technical assistance to community organizations to support efforts that address community concerns related to substance abuse prevention. Please attend our Prevention 101 Workshop on February 2nd from 5:30pm to 7:30pm in the SHS Highlander Café to learn about the Strategic Prevention Framework we use to plan our prevention initiatives and learn about prevention best practices and evidence-based strategies. Together we can make a difference!

SPF Junior youth came together this month to participate in a Bullying Prevention training presented in partnership with the Boston vs. Bullies. Youth learned all about different types of bullying; why people bully; and what they can do about bullying they see in their community. They had the opportunity to role play scenarios to practice best responses to various bullying situations. Next, SPF leaders will consider how to integrate this information into their prevention work to expand our current bullying prevention campaign, We R Somerville.

Special thanks to our Boston vs. Bullies partners!

*** SPF program updates are provided by Lovelee Heller-Bottari and SPF Youth Leaders.

SPF Mission is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.

SPF Vision is to create a community where youth are seen as assets and have access to a number of opportunities and experiences that foster human potential and leadership.

For more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov



Marijuana: Facts Parents Need to Know

A Letter to Parents

Marijuana is the illegal drug most often used in this country. Since 1991, lifetime marijuana use has doubled among 8th- and 10th-grade students, and increased by a third among high school seniors (19). Our research shows that accompanying this upward pattern of use is a significant erosion in antidrug perceptions and knowledge among young people today. As the number of young people who use marijuana has increased, the number who view the drug as harmful has decreased. Among high school seniors surveyed in 1997, current marijuana use has increased by about 72 percent since 1991. The proportion of those seniors who believe regular use of marijuana is harmful has dropped by about 26 percent since 1991(19).

These changes in perception and knowledge may be due to a decrease in antidrug messages in the media, an increase in prodrug messages through the pop culture, and a lack of awareness among parents about this resurgence in drug use - most thinking, perhaps, that this threat to their children had diminished.

In December 1994, HHS Secretary Donna E. Shalala, Ph.D., called for an Initiative to alert the public - particularly parents - to the rise in marijuana use, its potential health consequences to young people, and the need for parents to take action to prevent the return of a full-blown epidemic of teenage drug use.

Because many parents of this generation of teenagers experimented with marijuana when they were in college, they often find it difficult to talk about marijuana use with their children and to set strict ground rules against drug use. But marijuana use today starts at a younger age - and more potent forms of the drug are available to these young children. Parents need to recognize that marijuana use is a serious threat - and they need to tell their children not to use it.

We at the National Institute on Drug Abuse (NIDA) are pleased to offer these two short booklets, Marijuana: Facts for Teens and Marijuana: Facts Parents Need to Know, for parents and their children to review the scientific facts about marijuana. While it is best to talk about drugs when children are young, it is never too late to talk about the dangers of drug use.

Talking to our children about drug abuse is not always easy, but it is very important. I hope these booklets can help.

Alan I. Leshner, Ph.D.
Director
National Institute on Drug Abuse

If you would like more information please go to: <http://www.healthieryou.com/mjparent.html>



TEENS TAKE ACTION

FREE PIZZA!

DON'T GET MAD.
GET ACTIVE.

TEENS TAKE ACTION SOMERVILLE

PRESENT

A KNOW YOUR RIGHTS
WORKSHOP FOR TEENS

February 22nd 3:30-5:30

Groundwork Somerville

24 Park St, Somerville

facilitated by MA ACLU, the Student
Immigrant Movement, and more!



Marijuana 'baked goods' no joke

Somerville Times by Aaron Smith

Shortly before the Winter Break, two Somerville High School students were transported to the hospital, displaying signs of disorientation and fatigue. School officials determined that the students had consumed baked goods that contained marijuana.

The parents of the students affected were notified immediately and were invited to meet with school administrators. A Somerville High School student was identified as the provider of the baked goods, and disciplinary action has been taken.



Somerville High School was quick to act, immediately implementing a plan to educate both students and parents on the dangers and consequences of marijuana consumption or distribution on school grounds.

The Somerville Public Schools continue to enforce a zero tolerance policy with regards to drug use. Along with the "Somerville Cares About Prevention" program and the Somerville Health and Human Services Department, Somerville Public Schools have hosted in-school and after-school education sessions in preparation for the legalization of marijuana in Massachusetts.

Over the course of the past week, public schools in Somerville have hosted a series of assemblies for students. These assemblies covered the description of the new statute on marijuana law, the Somerville Public Schools discipline policy, and substance abuse prevention and education. The presenters included Chief Fallon of the SPD, SHS Headmaster John Oteri, and Director of the Office of Prevention Cory Mashburn.

Additionally, SHS hosted a parent/guardian informational meeting, *How You Can Support Your Child within the New Marijuana Law*. This took place Wednesday, January 25 at the Somerville High Library and was open to the public. The Somerville Public Schools continue to actively educate students on the dangers and consequences of marijuana consumption and distribution.



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VOLUNTEER OPPORTUNITIES

Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.