

# PREVENTION WORKS!



October/November 2015



**“Education is the most powerful weapon which you can use to change the world.”**  
~ Nelson Mandela

## 2015 National Red Ribbon Theme



Please let us know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by Oct. 26th for the Nov/Dec 2015 edition of the Prevention Works newsletter! Submit your newsletter contributions to: [debbie.clifford@yolocounty.org](mailto:debbie.clifford@yolocounty.org)

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## How Did Red Ribbon Week Get Started?



Enrique “Kiki” Camarena grew up in a dirt floored house with hopes and dreams of making a difference. Camarena worked his way through college, served in the Marines and became a police officer. When he decided to join the U.S. Drug Enforcement Administration, his mother tried to talk him out of it. “I can’t not do this,” he told her. “I’m only one person, but I want to make a difference.”

The DEA sent Camarena to work undercover in Mexico to investigate a major drug cartel believed to include officers in the Mexican Army, police, and government. On February 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch.

Five men appeared at the agent’s side and shoved him in a car. One month later, Camarena’s body was found in a shallow grave. He had been tortured to death.

In honor of Camarena’s memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena’s memory, the red ribbon. The National Family Partnership organized the first Nationwide Red Ribbon Campaign in 1988.

In 1997, the Texas Commission on Alcohol and Drug Abuse (now the Department of State Health Services) began committing resources to ensure the continuation of the Red Ribbon Campaign in Texas, as well as the hopes and beliefs behind this grassroots effort to protect children from the dangers of alcohol and other drugs.










**Celebrate October 23-31, 2015**

### **What exactly is Red Ribbon Week?**

Red Ribbon Week is a week long national campaign for alcohol, tobacco and other drug prevention awareness that is observed annually in October. Students all across the country take the pledge to be drug and alcohol free.

### **What Can We Do To Celebrate Red Ribbon Week?**

-  Plan a kick-off breakfast, luncheon or dinner. Plan the menu to include red foods like red berry pancake syrup, spaghetti, cherry pie. Include the community and civic leaders.
-  Display drug-free posters created by youth.
-  Tie red ribbons around on trees, fences and door knobs. Be sure to get permission!
-  Weave plastic red ribbon or crepe paper through chain link fences.
-  Have children wear their red ribbons on their Halloween costumes and say “Boo To Drugs” when trick-or-treating.
-  Ask the Chamber of Commerce to issue a challenge for businesses to decorate for Red Ribbon Week. It could include a Storefront-Doorfront Decoration Contest or a Red All Over Day.
-  Coordinate Red Ribbon Week Activities with crime prevention officers. Invite someone from law enforcement to give a drug and alcohol presentation. If they have a drug-sniffing dog, ask them to give a demonstration. Remember—October is National Crime Prevention month.

### **Myth Or Fact?**

**1. As soon as a person feels normal, all the drug is out of the body.**

**Myth!** Long after the effects of the drug stop being felt, the drug can still be in the body. For example, cocaine can be found in the body up to one week and marijuana up to 3 months after a single use.

**2. Pot isn't as bad for you as cigarettes.**

**Myth!** Marijuana smoke has more cancer causing chemicals than tobacco.

**3. E-cigarettes are just water vapor.**

**Myth!** The liquid in e-cigarettes is a combination of many different chemicals. Formaldehyde, acetone, lead and nicotine are just a few of the chemicals that are considered harmful.



## "Talk. They Hear You." Application

Practice talking to your kids about the dangers of alcohol.

Prepare for one of the most important conversations you may ever have with your kids about underage drinking. SAMHSA's "Talk. They Hear You." app is available on desktop computers and on the go from the App Store,<sup>SM</sup> Google Play,<sup>TM</sup> Windows<sup>®</sup> Store, Windows<sup>®</sup> Phone Store.

### About the "Talk. They Hear You." App

The app features an interactive simulation that helps you learn the do's and don'ts of talking to kids about underage drinking. Using avatars, you will:

- Practice bringing up the topic of alcohol
- Learn the questions to ask
- Get ideas for keeping the conversation going

Adapted from <http://www.samhsa.gov/underage-drinking/mobile-application>

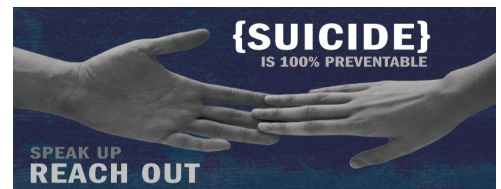


## It's Never Too Late To Reach Out For Help



**National Suicide Prevention Hotline** 1-800-273-TALK (8255)

**Trevor Project Lifeline for LGBTQ** 1-866-488-7386



**Note:** The Trevor Project also offers other services such as TrevorChat (Instant message service that provides live help to LGBTQ youth ages 13-24), TrevorText (Provides live help for LGBTQ youth 13-24 over text.), and TrevorSpace (Social networking site for LGBTQ youth 13-24 and their friends and allies).

**Crisis Call Center** Call 1-775-784-8090 OR text "ANSWERS" to 839863



# Youth Traffic Safety Summit



Seventeen high school students from the Yolo County Friday Night Live Youth Council spent the weekend of September 11-14, 2015 at the state-wide Annual Traffic Safety Summit in Anaheim, CA sponsored by California Friday Night Live Partnership, AllState Foundation and The California Office of Traffic Safety (OTS).

These students from the Yolo County Friday Night Live Youth Council gained knowledge about how to make positive changes in their communities that will reduce the risky driving behaviors that can take lives. At the summit, there were a variety of interesting and motivating workshops where these students had the opportunity to learn new information about distracted driving and alternative nicotine products like electronic cigarettes. The information they learned will aid them in their public health efforts in their communities. Almost 700 students from across California came together to learn new leadership skills, share successes and challenges, learn new strategies and connect with others who share their passion for safer communities.



# DRIVINGTHEREVOLUTION





## Unlock Your Potential (UYP) Conference FAQ's

These are the answers to some of the most frequently asked questions (FAQ) about UYP conference.

### 1. What is UYP?

UYP is an annual one day conference for middle school students in Yolo County designed and facilitated by the Yolo County Friday Night Live (FNL) high school youth council, where middle school students learn valuable leadership and life skills.

### 2. What is FNL?

Friday Night Live (FNL) is a state/county-wide program that builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. FNL is a youth-adult partnership that supports a lifestyle free of alcohol, tobacco and other drugs.

### 3. What topics will be covered at UYP?

Topics for the 2016 UYP conference have not been finalized. In the past years, UYP has covered issues such as bullying, cyber bullying, self esteem, consequences of using alcohol and binge drinking, social media etc.

### 4. Why should my child/student attend UYP?

Middle school students should attend because it is a memorable experience and youth have the opportunity to engage in meaningful skill building activities as well as meet other students their age.

### 5. Is food provided at UYP?

Yes. Participants will be given a small morning snack, lunch and dinner as well as an afternoon snack.

### 6. Does my child/student need money?

No. Only the cost of registration.

# SAVE THE DATE!

# U NLOCK

# Y OUR

# P OTENTIAL

Conference for Middle School Students

## FEBRUARY 27, 2016

(SATURDAY)

## 8:00am - 8:00pm

### COST - \$25

Includes: general sessions, food, motivational speaker & lots of FUN!

Limited Scholarships Available!

LOCATION:

Collings Teen Center

1541 Merkley Avenue, West Sacramento, CA 95691

FOR MORE INFORMATION

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"TO BUILD YOUTH-ADULT PARTNERSHIPS  
WHICH PROMOTE POSITIVE  
COMMUNITIES"

Yolo County  
Health & Human Services Agency

PREVENTION PROGRAMS



# HAPPY HALLOWEEN


## Halloween Safety Tips

**S**tay in groups  
**C**ostumes should be well fitting and flame resistant  
**A**lways test makeup  
**R**emember to look both ways when crossing streets  
**E**xamine all treats before eating

**S**tay on sidewalks when possible  
**A**void dark houses  
**F**lashlights + glowsticks for visibility  
**E**njoy with caution!

American Safety Council

**YOLO COUNTY CHAMPIONS FOR LITERACY PRESENT:**



# READ TO SUCCEED CONFERENCE

## OUR CHILDREN - OUR FUTURE

Let's come together to support early literacy for ALL children

**Thursday, October 29, 2015**  
**8:00am - 2:30pm** (refreshments & lunch provided)  
**Woodland Community and Senior Center**  
 2001 East Street, Woodland, CA 95776

**Register online by October 23, 2015:**  
[www.ycoe.org/read2succeed-conference](http://www.ycoe.org/read2succeed-conference)

#YoloRead2Succeed

**Keynote Speaker Presentations:**

*Smart Investments: The Role of Business in Promoting Early Literacy*  
 by Lenny Mendonca  
 Chair, Children Now

*Mobilizing a Community for Preschool for All*  
 by Margaret Brodtkin  
 Founder and Director, Funding the Next Generation

