

Parenting, Substance Use Prevention, Internet Safety, and more...



January 2021 Newsletter ([Spanish version](#))

A Message from Emma Alvarez, Clinton PTA's Spanish Liaison and Spanish Translator



Happy New Year Clinton Families!!

A new year begins and with it my best wishes that all Clinton families remain healthy and I hope that all of your goals will become a reality.

My name is Emma Alvarez, 21 years ago my husband and I decided to leave our country and start our family in the United States, that's how we came to Clinton.

5 years ago I was invited to be part of the Clinton PTA, and I am very happy to have done it and to be part of a group of people who feel the same passion that I feel for all the students in our schools to be successful regardless of their origin or condition.

By being involved in the Clinton PTA I found many of the answers I needed and I have also been able to set up an example to my kids that if we want to make positive changes in our society and in the educational system we must get involved and make our voice heard.

The Clinton PTA led a talk in Spanish to guide parents about “How to apply for Universities in the United States” and it was very well received. If you need information on any subject please contact us and we will gladly try to help you.

I invite you to become a member of the PTA, it is an investment of \$15 a year that helps our organization fulfill its mission of being a collective voice for students, parents and teachers of the Clinton Public Schools.

Sincerely,
Emma Alvarez
Spanish Liaison and Translator
Clinton PTA



A few weeks ago, Morgan Principal Keri Hagness publicized in the Weekly Blast about two great parenting webinars presented by Operation Parent. In case you missed the webinars, Clinton PTA has listened to them and summarized them for you. This month we present 5 Strategies to Raise a Drug Free Kid. We hope you find this helpful! Please check our upcoming February PTA newsletter for a summary of Talking with Teens About Underage Drinking. And look for other great parenting webinars in the future at www.operationparent.org.

5 STRATEGIES TO RAISE A DRUG FREE KID

This webinar was hosted by Mary Beth Uberti. If you have any questions, she can be reached at marybeth@operationparent.org

1. Communication

- a. Teens whose parents talk with them regularly about the dangers of drugs are 42% less likely to use drugs than those whose parents do not.
- b. 80% of teens report when parents set clear boundaries about alcohol usage, they are less likely to drink.
- c. Only 1 in 4 teens reports having these conversations with their parents!
- d. Talk to them early, and talk to them often!
- e. Educate yourself and your child about the effects of teen drinking.

- f. Create a parent/teen Drug & Alcohol Contract
 - i. Here are two ideas for contracts you can use:
 - 1. Parent/Child Drug and Alcohol Contract
 - a. https://drive.google.com/file/d/1n64zk-BcJMpRtRjydK9li_-qVLp2Mmiz/view?usp=sharing
 - 2. Write a Contract with Your Kids
 - a. https://drive.google.com/file/d/1RU1H24O_j9PphC-oCYO_ggkwYatNP-8V/view?usp=sharing
- 2. **Friends**
 - a. Get to know your children's friends! Encourage friends to visit your home.
 - b. Ask questions if your child is going to a friend's house!
 - i. Who, What, When, Where
 - ii. Will parents be present?
 - iii. Will drugs/alcohol be present?
 - c. Communicate to your child that you will not allow drug/alcohol usage.
 - d. Meet parents
 - i. Call to check on plans.
 - ii. Go to the door when you drop off your child to meet the parents.
- 3. **Get in the Way!**
 - a. Practice "what if" situations and responses with your child.
 - b. Create a Code Word.
 - c. Be the one to pick them up from an evening out.
 - d. Set curfew
 - i. Agreed upon time
 - ii. Enforce consequences
 - e. Be awake when they get home.
 - f. Talk and hug them!
 - g. What if they don't follow rules?
 - i. Avoid the fight when they come home. Put them to bed and set time for family meeting the next morning.
- 4. **Model Behavior**
 - a. Pay attention to your usage of alcohol, prescriptions and illicit drugs.
 - b. Don't share prescription drugs.
 - c. Dispose of expired medications.
 - d. Lock up medications and alcohol.
 - e. Do not participate in drinking or drugged driving yourself.
- 5. **Family Time**
 - a. Build a positive relationship with your teen
 - i. Have family dinners as often as possible.
 - ii. Ask them about their goals for the future.
 - b. No cell phones in their room at night
 - c. Discuss positive coping skills
 - d. Parent/Teen contract for driving

6. Follow Up

- a. Be the reason they say “no”
 - b. Thank them when they follow the rules
 - c. Know they make many difficult choices every day
 - d. Review your contract with your child regularly
 - e. Resources
 - i. Links to helpful sites for help with raising a drug free kids:
https://drive.google.com/file/d/1XoXXI4kVaiJalEkHAgPc_hpbOyaV6zwW/view?usp=sharing
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**Free February Webinar series with one of our favorite speakers, DR. ALICIA FARRELL!
Wednesdays 7:00-8:30 pm**

Alicia understands the many issues parents, children and teachers face, and she offers awesome advice with a sense of humor. [Click here and watch this video](#) and you will understand why you need to participate!

2/03 The Pressure to be Perfect and Its Unintended Consequences

2/10 Weeding out Fact from Fiction: Marijuana, Alcohol, Nicotine & More

2/17 The Negative Influences of Screen-Time and Content on Children’s Development and What We Can Do About It

2/24 Boots on the Ground Parenting: Raising Children with Grit and Resilience

For more details and to REGISTER to get Zoom links, visit aliciafarrellphd.com/events/



Mental Health Mondays, Wellness Wednesdays, and Feel Good Fridays:

Tune into [Facebook](#) and [Instagram](#) on Mondays, Wednesdays, and Fridays, when our team will continue to share articles and tips covering topics such as coping during the pandemic, suicide awareness & prevention, stress management, and self-care.



At one of our fall parenting sessions, we were asked if there was a **Family Guide to Internet Safety**. **Google** provided exactly what we were looking for. **Google's Be Internet Awesome** program (endorsed by National PTA) teaches kids the fundamentals of digital citizenship and safety so they can explore the online world with confidence. The following link will bring you to the Family Guide in English and Spanish, and much more, including a fun game - yes a **video game you want to encourage your kids to play!**

https://beinternetawesome.withgoogle.com/en_us/families

Eliot parents, in case your kids don't share, 7th and 8th grade students are being taught about digital citizenship in ASPIRE. The course includes copyright, evaluating websites for reliability and credibility, and citing sources. They use [Common Sense Media](#).



JANUARY EVENTS - MARK YOUR CALENDARS!

Friday, 1/1: New Year's Day (no school)

Monday, 1/4: Board of Education meeting (click [here](#) for details)

Friday, 1/15: Professional Development (early dismissal)

Monday, 1/18: Martin L. King, Jr. Day (no school)

Tuesday, 1/19: PTA meeting at 7:00 PM

Monday, 1/25: Board of Education meeting (click [here](#) for details)

*You're
Invited!*

ALL are welcome at PTA meetings!

Please come join in the conversation! Our next meeting will be held on Tuesday, January 19 from 7:00-8:30 PM (location TBD; Zoom link, if applicable, will be posted on social media).

Join us!

PTA Board Openings

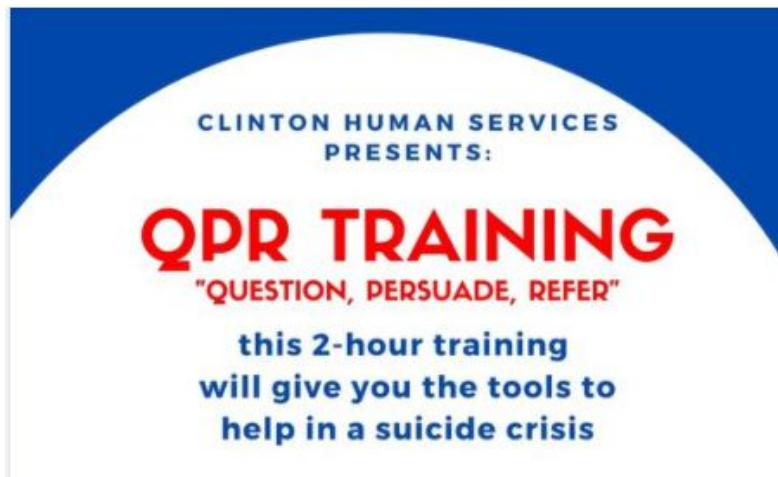
Clinton PTA still has openings for two important roles: Membership Chair and Programming Chair. Please contact [Heather](#) if you would like more information about these positions!

ENJOY THE BENEFITS OF MEMBERSHIP



Have you renewed your membership yet?

Your membership helps us provide important programming and speakers. Membership runs 7/1-6/30 and is only \$15-\$25 (\$5.50 for students and teachers). Options to join/renew can be found here: <http://www.clintonpta.org/membership/>.



QPR Suicide Prevention Training

Clinton PTA is asking all of our Board members to be trained in QPR. We would also like to extend that invitation to our PTA members! For upcoming dates, please reach out to Clinton Human Services at humanservices@clintonct.org or 860-664-1155.

Thank you to Clinton PTA's generous sponsors!



Help us reach more parents and teachers!

Please share this newsletter on Facebook or forward to your friends via email.
