

Welcome to TeenWorld

A Guide for Parents

Friends

social media

FAMILY

school

summer job

Stress

Freedom

relationships

FITTING IN

the future



**Rhode Island
Regional Coalitions**
Prevention and Health Promotion for Life.



Congratulations Parents!

**You've successfully made it through
your child's early formative years.**

You've survived all those 2am feedings, toddler temper tantrums, the "I'm not eating THAT" and "you're not wearing THAT" battles.

So why does the word "teenager" cause you so much worry?

Welcome to a teen's world!

The teen years are a period of intense growth, not only physically but emotionally and intellectually. So it's completely understandable that, at times, parents may have feelings of confusion, frustration and sometimes being overwhelmed.

The core of our mission is to promote the overall health and wellbeing of families in our communities, including support for parents, grandparents and caregivers. The Rhode Island Regional Coalitions created this booklet to provide parents with some useful resources to help them better understand their teen's world and hopefully make raising healthy kids a little more fun for everyone. *Enjoy!*

*For more information on programs and resources,
please check out www.riprevention.org
or find us on Facebook or Instagram @riprevention.*





A Coaches' Playbook for Happy, Healthy Families

Play #1 – Bonding

X Try using a Conversation Jar at Dinner. Put questions in a jar or a hat and let everyone pick one out and answer it! Open the conversation with some questions.

(See next page on how to make your own Conversation Jar.)

X Set aside some "My Time." Take 10-15 minutes a day (or at least 3 times a week) and allow your child to pick an activity that they want to do with you, then do it! During this time there should be no criticisms or arguments, just pure fun and enjoying an activity that your child wants to do.

Play #2 – Boundaries

X Set firm family rules with fair consistent consequences. Setting rules against things like alcohol, tobacco, and other drugs, increases the likelihood that your children will not use them! Setting consequences together gives children control and understanding in addition to helping you be consistent!

X Utilize Open Communication. Open communication with your child not only gives them a chance to own up to what they've done, it also creates an opportunity to bond with them.

Play #3 – Monitoring

X Lock Liquor Cabinets. When kids are at a friend's house there is a chance they could drink alcohol. From the hours of 3 to 5pm the likelihood of a child with access to drinking increases substantially. Locking a liquor cabinet can be the thing that stops your child from having access to those substances.

X Properly dispose of ALL medications including over-the-counter medications. Sometimes we forget about the expired medications in our home. Painkillers and other medications can be tempting for kids looking to experiment. Making sure all expired or unused medications are properly disposed of can save a child's life!

Interested? Why not take the class?



TO REGISTER for SFP in Kent County,
Scan QRC on the left or email
Cynthia Rego at crego@risas.org.

TO REGISTER for SFP in South County,
Scan QRC to the right or email
Kathy Gardner at Kgardner@risas.org.





Encourage family talks with this fun and insightful activity

Having conversations with your kids is an effective way to help prevent underage drinking. Cut out the questions below, place in a jar, and put on the dinner table. Decorate the jar with markers, paints, fabric, paper or family photos.

During the family meal, take turns drawing questions from the jar. Some questions are specifically for parents to answer (left-hand column), but make sure everyone gets a chance to answer each of the other questions.

Questions for Parents:

What beliefs give you strength?

What was your first job? Did you like it?

Did you have any pets growing up? If so, tell me about them.

What was one thing your parents made you do that you hated?

What kind of food did you hate as a kid but love now?

Why is being honest so important to building a stable society?

What was your least favorite subject in school? What was your favorite?

When you were my age, what did you want to be when you grew up?

What was one thing you did when you were a kid that made you the happiest?

What was one thing you did when you were a kid that made your parents proud of you?

Did you take family vacations when you were a kid? Where did you go? How did you get there?

Who was your best friend growing up? Tell us one of your favorite stories about things you did together.

If you could have anything for dinner, what would you have?

What is your favorite place in the world and why?

If you could be on any television show, what would it be?

What is the best present you've ever received?

If you could live anywhere in the world, where would you live and why?

If you had three wishes, what would they be?

What would you do if you were President?

If you won a million dollars, what would you do with it?

If you could have any job, what job would it be and why do you think you would like it?

If you could invite three famous people (present or past) to dinner, who would they be and why?

What is the one thing you think should be invented to make your life easier or more enjoyable?

If you could go anywhere for your next vacation, where would you go and what would you do?

Questions for Everyone:

What thing do you like best about life?

Tell us about your favorite memory.

Tell us one thing that is really important to you.

Tell us one thing that is nice about yourself.

Tell us about something that makes you laugh.

Tell us whom you admire most and why.

What was the hardest choice you ever made?

Tell us one way you want to improve your life.

What holds you back from doing what you really want to do?

What is one thing you could do to help our family?

Tell us what things make you feel loved.

(Fill in the blank) When I feel sad, I need....

Who is your best friend? Why?

What could you do to make the world a better place?

If you could have any animal as a pet, what would it be?

If you could pick a new first name, what would it be?

What was the very best thing that happened to you today?

If you added one item to your bedroom, what would it be?

If you could visit any city, where would you visit?

Why is driving drunk so costly and harmful to society?

If you could be any animal, what animal would you be?

If you had to leave the earth on a space ship and take 4 friends with you, who would you take?

If you were allowed to stop doing one chore around the house, what would it be?

How can using drugs or alcohol underage limit your possibilities?

(Cut out the questions along dotted lines.)



Source:
Strengthening Families Program
by Dr. Karol Kumpfer

APOLOGIES

Learning to apologize and ask for an apology helps heal relationships.



All of us make mistakes sometimes and say or do things that hurt or offend others. When that happens, we need to take responsibility, admit we did wrong, and say "I'm sorry."

A sincere apology removes the "hostile barb" you inflicted, allowing their emotional wounds to heal.

Source: Strengthening Families Program

How to Apologize

1. Admit wrongdoing.
2. Acknowledge that what you did or said was hurtful (even if it wasn't intentional).
3. Express sincere remorse.
4. Commit that you won't do or say it again.*
5. Express willingness to make amends.

You could say "I'm sorry I yelled at you for spilling your juice during breakfast. I'm sure that offended or hurt you. I feel badly about it. What can I do to make it up to you?"

***One way to help you not offend again is to try Positive Practice.** Examine what you did or said that caused the hurt and choose a positive opposite of the negative behavior to practice instead. This will help you wire the new, more appropriate behavior into your brain.

How to Ask for an Apology

1. Clarify in your mind how and why you feel hurt and how it affected you. Write it down.
2. Examine your own attitudes, words, or behaviors to see if you contributed in any way to the harmful situation, problem, or hurt you experienced. If so, acknowledge it.
3. If you feel the situation is safe to do so, calmly talk to the person privately, or write them a letter, to express how you feel. Always be respectful.

You could say "I don't know if you are aware of this or not, but when you _____, I felt _____. A sincere apology would help me to feel better towards you."

You could say "I felt really sad and hurt when you _____. It would help me to know that you are sorry and that it won't happen again."

What NOT To Do if someone expresses hurt at your behavior

1. Don't deny there was a problem.
2. Don't minimize the person's hurt feelings.
3. Don't justify your hurtful behavior.
4. Don't become offended at their words.
5. Don't be too prideful to apologize.

ASK TERI

Teri Gregg, LICSW, CSAC
Clinical Supervisor
RI Student Assistance Services

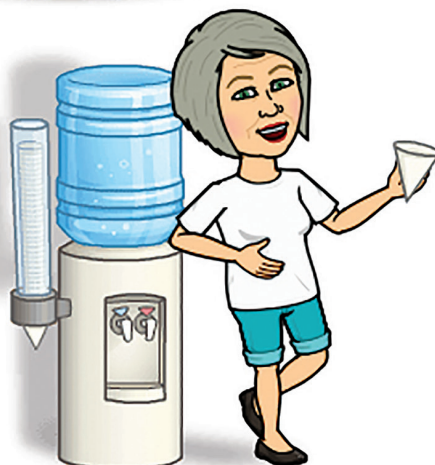


*Dear Teri,
I just found this
in my son's room.
What is it?
Signed,
OUT OF THE LOOP*

Dear "Out of the Loop," that is a pod for an e-cigarette. An e-cigarette is an electronic nicotine delivery device. Your son probably has a device that the pod goes into so he can inhale the vapor and get the nicotine. The number of teens who have taken up vaping has increased significantly over the last few years. According to the 2019 Youth Risk Survey, a little over half of all RI teens have tried an e-cigarette. Each pod has high levels of nicotine. There are many health risks associated with vaping. Please do your research before you speak to your son. It is very important that YOU know the facts before you speak to him about why this is such a risky behavior. Many kids see vaping as healthier than smoking cigarettes. BOTH have their health concerns so I would recommend doing your research and then approach your son with what you have discovered and why you are concerned. Listen to what he has to say and as calmly as you can, offer your knowledge. You can learn more at the Truth Campaign, the American Lung Association, The Campaign for Tobacco Free Youth, or your local Prevention Coalition Website.

*Dear Teri,
My daughter, 13, wants to go to a sleep over this weekend. She is a really good kid and I know she makes good decisions. The problem is I don't know the parents and it's a boy/girl party. It would be her first. She says I should trust her because she is such a good kid and is adamant that I do not contact the parents for fear I will embarrass her. I do trust her, but I just don't trust the situation.
Signed, NOT THE COOL MOM*

let's
DISCUSS



Dear Cool Mom,
You are a cool mom. You are the COOLEST! Because you care about the wellbeing of your daughter. How you proceed is tricky because you want to trust her and give her the room to make a good decision. Of course she is going to be mad at you for asking questions AND as she matures, of course she will be grateful for your care and concern. Achieving a balance between letting your child spread their wings and stopping them from flying too high is a tight rope walk. What you do now will set the expectations for your stan-

dards as she moves forward into independence. This is not about trusting or not trusting your child. This is about an unknown situation that could have long lasting consequences. Sometimes we know we are doing our job when our kids are mad at us. You are her cool Mom. Not her cool friend. She needs you to be her better judgment until hers is rock solid.

*Dear Teri,
My child's school was remote all year and they are already nervous about going back to school in person next year. What can I do to support them?
Signed, STILL AFRAID OF COVID*

Dear Afraid,
Whew. WHAT A YEAR IT HAS BEEN! The good news is we have a summer ahead of us to help them acclimate to an in-person world again. One day at a time is always my go-to way to handle a stressful time. Start slowly with family gatherings, then maybe include friends. Think about a day at an outdoor event or a meal at a favorite restaurant that you have missed. 10 weeks is a good long time to practice being with others again. One day at a time.

Dear Teri,
I don't know what I'm doing wrong. My son and I were so close. I wasn't close to my dad and I swore that I would do anything to remain close to my boy. I have tried telling him that I relate and have gone through many of the same things he has, but he just rolls his eyes and says there is no way I can understand.

Signed, LONELY DAD

Dear Lonely Dad,
I hate to break it to you, but he is right. You may be able to understand some of what your son is experiencing, but most of it is unique to his generation. We will NEVER completely understand what it has been like to grow up in this time. Just like our parents didn't truly understand what it was like for us. Try listening to what he has to say about being a teen these days. Sometimes having something to distract you both from having it be too direct helps a conversation, like driving, an activity, making dinner together, a walk. Every time you hear yourself about to say, "when I was a kid," smile and nod instead. He will want to hear your stories later. He wants to tell his now.

Dear Teri,
I know this is something all parents go through, but WHY? WHY does my kid have to be so difficult with me and such a charmer with everybody else? WHY? My son's classmates' parents say my son clears the table, chats with them, offers to help. It CANNOT be the same kid. In my house, I am lucky to get a grunt at dinner, and God forbid I ask them to take out the garbage. It is like I am asking them to move a mountain. And then, 10 minutes later they want me to bring them to their friend's house!

Signed, STEREOTYPED ANGRY MOM

Dear Hurt Mom,
Yup, see what I did there? It does hurt when our kids push us out. This is the toughest. At around 14 or so, kids start hearing this voice "it's time to go." Its independence calling them. Some can manage it and still have a relationship with their caretakers, but most have to push them away to tolerate the pain of needing to separate. That's right. Your kid, the more difficult they are, is having a terrible time with the idea of separating from you. It's not usually something you can talk about with them. It's just the process.

Be patient. Your relationship is still in there. It is the foundation for all of his new relationships. And while your child will have new adult role models in their lives, you are always their Mom. I highly recommend the book "Get Out Of My Life, But First Take Cheryl and I to the Mall" by Anthony Wolf. It was my go-to book during my teens "push me away" years.

Dear Teri,
My daughter, 16, came out as gay last year. I am totally okay with that BUT, she just told me that she wants me to use the pronouns "they/them" instead of she/her. I am having a very very hard time with this. What does that mean? Is she not a girl anymore? How do I make sense of this? And it just isn't grammatically correct.
Signed, PRIDE FLAG WAVING BUT A BIT CONFUSED

Dear Pride Flag,
The generation coming up is revolutionizing gender stereotypes. I don't want to speak for them, because each person who chooses to identify with they/them has their own reasons. I would recommend contacting PFLAG. PFLAG provides support, education and advocacy for parents, families, friends and allies of the LGBTQ+++ community. There is a thriving Rhode Island Chapter. You can reach out to them at (401) 307-1802. Or visit their web site at <https://www.pflagprovidence.org/> Once you feel comfortable with the language, maybe ask them what it means to identify with they/them pronouns?

I commend you on your support for your child. Many LGBTQ+ youth do not get the support they need to come out. The suicide rate for the LGBTQ+ youth community is significantly higher than in the general population. Making sure your child has a safe place to be themselves and to be with other kids who are understanding is very important. Youth Pride in Providence has amazing support groups and social opportunities. <https://www.youthprideri.org/> Also, their school might have a GSA (Gay, Straight Alliance) support group. Way to wave the Rainbow Flag!

Our job is NOT easy. As a therapist, I hear "I'm a terrible parent" or "I just don't know what I am doing." My response is: We are all terrible parents at some point and we all don't have a clue! Keep your sense of humor and adore your teen. They need that most of all.

TEST YOUR KNOWLEDGE ABOUT VAPING & E-CIGARETTES

Fill in the blanks below with selections from the word bank!



1. Nearly _____ kids start vaping everyday.
2. Some e-cigarettes can be used to "vape" _____.
3. Using an e-cigarette is often called vaping, but the device actually produces an _____ not a vapor.
4. _____ are now the most popular tobacco product among youth.
5. Some e-cigarettes resemble cigarettes, others look more like cigars, pipes, pens and even _____.
6. _____ % of RI High school youth have vaped in the last 30 days.
7. Kids who use e-cigarettes are _____ times more likely to try a regular cigarette.
8. At least _____ chemical compounds have been found in e-liquids.
9. One JUUL pod is equal to roughly _____ cigarettes.
10. Using e-cigarette for marijuana concentrates is appealing because it's _____ and easy to conceal.

MARIJUANA CONCENTRATES

E-CIGARETTES

8,000

60

20

USB FLASH DRIVES

ODORLESS

AEROSOL

4

30

(Answers on inside back cover)

To find more resources about e-cigarettes from the American Lung Association, go to Lung.org/Ecigs or from the CDC, go to https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm. You can also contact your child's school Student Assistance Counselor or go to RISAS.org.



SCAN ME

HIDDEN IN PLAIN SIGHT

Hidden in Plain Sight is a virtual presentation that allows parents a unique interactive opportunity to look into a teen's mock bedroom. The room is full of common household items that could be used to hide or disguise drug, alcohol, tobacco use or other "risky" behaviors.

Move your mouse around the virtual bedroom to "find" the items and click on them to view more information. Please take time to talk to your teen about items you see and use it as a way to launch a conversation about the dangers of substance use. Parents are the #1 influence on kids against substance use!

<https://riprevention.org/hidden-in-plain-sight>

Over-The-Counter does not mean On-The-Counter.

Securing ALL medications in the home is not only safe, it's smart.

Lock ALL medications including:

- Aspirin
- Acetaminophen
- Antihistamines
- Ibuprofen
- Prescription Drugs



It's too easy for your child or teen to access drugs left on kitchen or bathroom counters and medicine cabinets. Securely store ALL painkillers and other common drugs.

Count It! Keep a small number in a childproof bottle. Lock the rest.

Lock It! Use a Lock Bag to secure medications away from youth.

Drop It! Drop off unused pills at a Drop Box.

To find a Drop Box location or to get your **FREE Lock Bag**,

 SCAN ME



riprevention.org/campaigns



**Rhode Island
Regional Coalitions**
Prevention and Health Promotion for Life.



Count It! Lock It! Drop It!



CRISIS TEXT LINE |

Text HOME to 741741



Call 800-273-8255



Driving kids to practice or taking family road trips, riding in the car together with your children is the perfect opportunity to talk with them.

Children usually respond better when they don't have to look you in the eyes since you're focusing on the road.

Sitting beside or better yet, behind a parent, can feel less intimidating or less threatening to a child. Keep the conversation simple to get your point across and engage in a dialogue.

Don't be afraid to joke with your kids, be silly! Let them break the rules sometimes; to get a milkshake before dinner or let them say "butt" or "fart" without scolding them.

- Ask open ended questions like "What happened in art class today?" instead of "How was art class?"

- Acknowledge what they say. Repeating some of their story or identifying with their emotions shows you're really listening and not on autopilot.

- Don't react. No gasping, a shocked "what?" or "Oh no!" Let them process their emotions without you inserting yours.

- Turn off music or leave headphones/phone off.

- Empathize with your kids, even if it sounds crazy.

- Instead of giving advice or your opinion ask them, "Do you want to know what I'd do?" or "would you like to hear my take on it?" And here's the tricky part, be OK when they say "no."

Things Kids Wish they could tell their parents

I never gave up on them, and I still love them for who they are.

Even when it looks like I am ignoring you, I am listening. Maybe not ALL the time but more than you know!

I worry that our dog is secretly your favorite kid.

I wish I could tell them how I really feel about them.

I realized that I am a good friend because of how you treated me.

I CAN study with my headphones on!

I wish you knew how important it was to me that you never miss my games.

Sometimes its hard to tell them how I feel or hard to ask them for things.

I can't tell you when I am sad because it makes you so worried.

It's hard for me to admit that you were right about my ex.

Things Kids Say

All our teachers tell us that they care about us and know Covid has been hard, but then they pile on the work.

I would rather be smelly than take extra time in the morning to shower.

The day I move out will be the last day I eat vegetables.

I'm trying.

I will miss seeing my mom waiting at the bus stop once I start driving to school this week.

You can swear in front of me! I'm 16! Can I swear too?

It was me who ate all the fancy chocolate that Uncle Jimmy brought!

When you say, "maybe" I know that means, "yes" and it is only a matter of time.

I miss blowing bubbles!

Parents should not be allowed to choose songs on road trips.



Family Dinners: A Recipe for Healthy Kids

Over three decades of research have shown that regular family meals offer physical, social, emotional and academic benefits.

The Family Dinner Project recommends combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

CASAColumbia, an organization focused on improving the understanding, prevention, and treatment of substance use and addiction, surveyed thousands of American teens and their parents to identify situations and circumstances that influence the risk of teen substance use. Parental engagement is fundamental to keeping children away from tobacco, alcohol and other substances, and that parents have the greatest influence on whether their teens will choose not to use substances.

The surveys have consistently found a relationship between children having frequent dinners with their parents and a decreased risk of their smoking, drinking or using other substances, and that parental engagement fostered around the dinner table is one of the most potent tools to help parents raise healthy, substance-free children. <https://thefamilydinnerproject.org>

Specific Benefits of Family Dinners

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity
- Better cardiovascular health in teens
- Bigger vocabulary in preschoolers
- Healthier eating patterns in young adults

Simply put: frequent family dinners make a big difference.



Family Homemade Pizza Night

Pizza is a family favorite any time of the year. Rather than calling for take out, why not combine a favorite food with some creative family time.

You can create this homemade version in just 30 minutes for \$10 or less, and since you'll have control over the ingredients, your pizza can be healthier than the take-out variety. For extra fun, let each family member make an individual-sized pizza and pile on their favorite toppings — going heavy on the veggies for a yummy, well-balanced meal!

Ingredients – Serves 1

- 1 1/2 cups all-purpose flour
- 1 to 1 1/2 cups whole-wheat flour
- 1 Tablespoon sugar
- 1 package fast-rising yeast
- 1 1/2 tsp. salt
- 1 cup water
- 2 tablespoons vegetable or olive oil

For sauce:

- 1 (8-oz) can tomato sauce
- 1/4 cup tomato paste
- 1/2 tsp. each dry oregano, garlic and basil

For topping:

- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Cheddar cheese
- 1/2 cup grated Parmesan or Romano cheese
- Sliced vegetables or meats, as desired
- *Or, be creative and top with your own favorite!*



Preparation

1. In a large bowl, combine 2 cups flour, sugar, undissolved yeast and salt.
2. Heat water and oil until warm (90-105 degrees). Stir into dry ingredients. Stir in only enough remaining flour to make a rough ball of dough. Turn out onto a floured surface or knead in the bowl. (You may not use all the flour.) If dough is dry or stiff, knead in 1-2 Tbls. water.
3. Cover; let rest 10 minutes. (Or, refrigerate in an oiled sealed container overnight, punching once and reforming the dough after an hour.)
4. Divide dough in half. Shape each half into a ball. Roll or press each into a 12-14 inch circle. Place on greased pizza pans or baking sheets.
5. Brush or rub with garlic and oil. Prick dough with fork; let rest for 10 minutes.
6. Pre-bake crusts at 450 degrees for 5-7 minutes.
7. To make the sauce, combine the tomato sauce, tomato paste, oregano, garlic and basil. Spread the sauce on the pre-baked crusts.
8. Top with cheese and additional toppings of your choice. Bake on wire racks at 450 degrees for 10 minutes or until the cheese is melted and bubbly.

Add a little FUN to the preparation by asking each family member to name their favorite celebrity. The next player names another celebrity whose first name begins with the first letter of the original choice's last name.

Or get a family CONVERSATION going with something like "what is your favorite summertime tradition? If you can't think of any, maybe we could start one? What would it be?"

Summer Fun Ideas for Your Teens

School is out and the sun is shining, meaning it's time for water activities, barbeques, flip flops and fun times with friends. Here are some ideas for teens to enjoy their time away from school, decompress and relax.

10

OUTDOOR ACTIVITIES for Teenagers During Summer

1. Try out a new sport like frisbee golf, bocce ball, tennis.
2. Relax in a hammock.
3. Camp out in the back yard.
4. Go roller-blading.
5. Have a picnic in the park.
6. Go fishing.
7. Go on a scavenger hunt.
8. Have a day at the beach (build sandcastles, beachcomb etc.).
9. Have a picnic or a BBQ.
10. Have a bonfire and roast marshmallows or make s'mores.



10

FUN INDOOR ACTIVITIES for Teenagers During Summer

1. Handwrite letters to friends and family.
2. Go to a museum.
3. Do a 1,000 piece puzzle.
4. Give your pet a bath.
5. Make a YouTube video.
6. Make a homemade pizza with your favorite toppings.
7. Paint a mural on one of your bedroom walls.
8. Try a new food you've never tasted before.
9. Learn a magic trick and perform it for your friends.
10. Make non-alcoholic cocktails.



**10**

Things for Teenagers TO DO WITH FRIENDS

1. Have a water balloon fight.
2. Hold a mini Olympics with your friends.
3. Go on a long bike ride.
4. Have a garden party. Ask friends to bring different foods!
5. Host a craft, beauty, dinner party, movie night with friends.
6. Have a clothes swap with your friends.
7. Hold a group yard sale or car wash.
8. Make your own face scrub using ingredients from kitchen or garden.
9. Make your own slip-n-slide with plastic garbage bags.
10. Have a big game of capture-the-flag.

10

Things a Teenager CAN DO ALONE

1. Learn a few words or phrases in a foreign language.
2. Take some interesting photographs of your neighborhood.
3. Start a scrapbook or journal.
4. Learn a new instrument.
5. Write a song, poem, or short story.
6. Decorate a pinboard with postcards, pictures, and notes.
7. Clean your closet. Donate unwanted clothes to a local charity.
8. Research your family tree.
9. Give yourself a makeover — try a new hairdo, or do crazy nails.
10. E-mail or phone a friend you haven't spoken to in a while.

For More Fun Family Activities, Check These Out!

11 Activities to Encourage a Positive Attitude in Your Kids

<https://rediscoveredfamilies.com/positive-attitude/>

25 Fabulously Fun Family Activities To Bring You Closer Together

<https://www.lifehack.org/790143/fun-family-activities>

60 Ideas for Summer Family Fun!

<https://genmindful.com/blogs/mindful-moments/60-ideas-for-summer-family-fun>

RI Walks from the Rhode Island Land trust Council

<https://www.riwalks.org/challenge.php>

What Parents Should Know About Social Host Laws

Social host laws focus on reducing social access to alcohol by youth under the age of 21 — one of the best strategies for preventing underage drinking. In addition to prevention of youth getting alcohol from friends, parents, and relatives, it also aims to reduce access at venues where young people may consume alcohol such as house parties or private events.

Social host ordinances give communities a practical tool for holding adults accountable and send a message that hosting underage drinking parties is not acceptable. They also provide law enforcement with a tool to address underage drinking parties by allowing them to cite the individual who hosts the party on their property — a real threat to community safety.

RI Social Host Law

It is illegal in Rhode Island, for a host to “permit” an underage person to consume alcohol. “Permit” is defined as to give permission for, or approval of, the possession or consumption of an alcoholic beverage by any form of conduct, that would cause a reasonable person to believe that permission or approval has been given.

The Consequences:

- First offense is a misdemeanor punishable by a minimum fine of \$350 and a maximum fine of \$1,000, and/or a prison sentence not to exceed six months.
- Second offense is a misdemeanor punishable by a minimum fine of \$750 and maximum fine of \$1,000, and/or a prison sentence not to exceed one year.
- Third and subsequent offenses are a felony punishable by minimum fine of \$1,000 and maximum fine of \$2,500, and/or a prison sentence not to exceed 3 years.
- For 18- to 21-year-olds, there may be a civil penalty of not more than \$500 and required attendance at an educational program to recognize the dangers of underage drinking, and completion of up to 30 hours of community service.

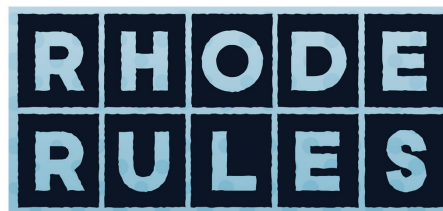
Hosting a party with underage drinking can be a dangerous situation. As a community, we need to respect our teens by providing safe and enjoyable experiences. Let's join together to reduce underage drinking for the safety of our youth and our entire community.

RI Social Host Awareness Campaign Launched

A new campaign is being launched by the Partnerships for Success grant to reduce underage drinking and raise awareness among adults regarding social host laws.

This new campaign aims to educate and inform Rhode Island residents about the Social Host Law, which states it is illegal to buy, provide, supply alcohol, or provide a place to consume alcohol to anyone under the age of 21. It also raises awareness of the health and social consequences of

underage drinking, including impacting brain development and decision making skills. The campaign was developed by JSI Research and Training Institute, Inc., on behalf of six of the Rhode Island Partnership for Success Coalitions and will run throughout the summer months.



Teen Slang Dictionary for Parents

Each generation of teens develops their own unique language. As a parent, it can be hard to keep up. Some of this slang eventually becomes part of the mainstream vocabulary—and then is no longer cool — or “sic.” Most of these words disappear as they lose favor with kids and are almost instantaneously replaced with new ones.

Common Slang

Dope - Cool or awesome
Gucci - Good, cool, or going well
Lit - Amazing, cool, or exciting
Salty - Bitter, angry, agitated
Sic/Sick - Cool or sweet
Snatched - Looks good, perfect, or fashionable
Fire - Hot, trendy, amazing, or on point
TBH - To be honest
Tea - Gossip, situation, story, or news
Thirsty - Trying to get attention

People or Relationships

Bae - “Before anyone else,”
(boyfriend, girlfriend, or good friend)
Basic - Boring, average, or unoriginal
BFF - “Best friends forever”
Bruh - Bro or dude (all are gender-neutral)
A Karen - A rude, petty middle-aged woman
Throw shade - To give someone a dirty look
Tool - Stupid, obnoxious, rude, often a jock
Cap - Fake or a lie
Curve - To reject someone romantically
Emo - Emotional person or a drama queen

So, as cool and up to speed as we adults think we may be, most of us could benefit from a primer on the latest teen slang. It’s important to educate yourself so that you understand what your teen is talking about — both online and in-person.

Compound Expressions

Crashy - Crazy and trashy, like a trainwreck
Crunk - Getting high and drunk at same time
Hangry - Hungry and angry
Requestion - Request and a question
Tope - Tight and dope

Parties, Drugs, and Sex

53X - Sex
CU46 - See you for sex
Dayger - Party during the day
Molly or X - Ecstasy, a dangerous party drug
Netflix and Chill - Front for inviting someone over to make out (or maybe more)
Smash - To have casual sex
The plug - Someone that supplies alcohol/drugs
Turnt - To be high or drunk
WTTP - Want to trade photos?
LMIRL - Let’s meet in real life

If you aren’t sure what a slang term means, the website Urban Dictionary can help. There are also phone apps that can help you translate teen slang. SlangIt - The Slang Dictionary and the Chat Slang Dictionary are just a few examples. Or you can simply try asking your teen—or other teens you know—to translate slang you don’t understand.

Fun Summer Moments

CAN YOU
HAND ME MY
WATER BOTTLE?
I'M DYING
OF THIRST!



Ugh!
Can you
carry this?

Inspired by: Susanne Kerns, Writer

Illustrated by: Hedger Humor

Solving a murder?

No. I'm sorting out my
kids' summer schedule.



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Being a parent can surely be trying some days. Try to keep a sense of humor about things and smile even when you don't feel like smiling!

Just for Laughs

Laughing together is a way to connect with your kids. A good sense of humor can make kids smarter, healthier, and better able to cope with challenges.

Honey, not now... I'm making an online photobook to celebrate the time we have together.



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THINGS WE HOPE THEY WON'T REMEMBER

Betje.com™ for babble



Resources for Parents

Rhode Island Regional Coalitions <https://www.riprevention.org>

Rhode Island Student Assistance Services <https://www.risas.org>

Kids' LINK RI – Bradley Hospital <https://www.lifespan.org/centers-services/kids-link-ri>
1-855-543-5465

BH LINK <https://www.bhlink.org>
1-401-414-LINK (5465)

SAMHSA's National Helpline <https://www.samhsa.gov/find-help/national-helpline>

Trevor Project <https://www.thetrevorproject.org>

National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org> 1-800-273-TALK

NAMI <http://strengthofus.org>

Partnership to End Addiction <https://drugfree.org>

NIDA for Teens <https://teens.drugabuse.gov>

Campaign to Change Direction <https://www.changedirection.org>

The Truth Campaign <https://thetruth.com>

National Institute on Alcohol Abuse and Alcoholism <https://www.niaaa.nih.gov>

Screenagers Movie – Growing Up in the Digital Age
<https://www.screenagersmovie.com/resources>.

Answers to Vaping Quiz on page 6.

1. Nearly **8,000** kids start vaping everyday.
2. Some e-cigarettes can be used to “vape” **MARIJUANA CONCENTRATES**.
3. Using an e-cigarette is often called vaping, but the device actually produces an **AEROSOL** not a vapor.
4. **E-CIGARETTES** are now the most popular tobacco product among youth.
5. Some e-cigarettes resemble cigarettes, others look more like cigars, pipes, pens and even **USB FLASH DRIVES**.
6. **30%** of RI High school youth have vaped in the last 30 days.
7. Kids who use e-cigarettes are **4** times more likely to try a regular cigarette.
8. At least **60** chemical compounds have been found in e-liquids.
9. One JUUL pod is equal to roughly **20** cigarettes.
10. Using e-cigarette for marijuana concentrates is appealing because it's **ODORLESS** and easy to conceal.



Visit the New
www.riprevention.org

Our new website has more resources
for you and your family
with information about our
current regional and local programs!

Partnerships
FOR SUCCESS



**Rhode Island
Regional Coalitions**
Prevention and Health Promotion for Life.

