



YOUR VOICE = YOUR CHOICE

The Throggs Neck Community Action Partnership has been sponsoring neighborhood youth poster campaigns for the last 18 years covering diverse themes based on current issues and concerns within the Throggs Neck community.

The poster campaign involves a lesson to youth in grades 3 – 8 as a creative way to educate them on important health and safety skills.

Participating schools and programs are: Urban Institute of Mathematics (UIM), Mott Hall Community School, St. Benedict School, St. Frances de Chantal School, Phipps

Beacon @ IS 192, and Preston Center of Compassion After School program.



2018: Are you making the right choices campaign?

In today's world there is so much misunderstanding around what are good medications and how to take these medications safely, so children do not end up taking more drugs than needed. When medications are taken improv-

erly there can be risks to the body, to the mind and to social situations. There are risks and consequences for abusing these drugs. Teaching children the skills to make the "Right Choices" and learning the effects that medicine can have on the body will help youth be better able to make healthier decisions throughout their developing years.

The 2018 Poster Ceremony was made possible by the generous contributions of Senator Jeff Klein, Assemblyman Benedetto, Havana Café, and Peter Urban (First Lutheran Church of Throggs Neck).



Protect Your Children

Information for Parents



It Only Makes Sense.



What Can Parents Do?

- Safeguard all prescription drugs and medications at home.
- Monitor the quantities on a regular basis to control access.
- Dispose of old or unused medications.
- Be a good role model; follow the same rules with your own use.
- Ask family and friends to safeguard their medications.
- Talk to your child about alcohol and drug abuse and the risks of misusing prescription and over-the-counter drugs.

Produced by the New York State Department of Health and the Office of Alcoholism and

You Should Know

- Nationally, 1 in 5 teens have taken prescription drugs without a doctor's prescription one or more times in their life. (MMWR June 8, 2012)
- The majority of both teens and young adults obtain the prescription drugs they abuse from friends and relatives, sometimes without their knowledge.
- Despite what many teens think, abusing prescription drugs is not safer than misusing illicit drugs.
- Prescription drugs can be addictive and lethal when misused.
- Combining prescription drugs/over-the-counter medications and alcohol can cause respiratory failure and death.
- In 2011, non-medical use of prescription drugs among youth ages 12 to 17 and young adults ages 18 – 25 was the second most prevalent illicit drug use category, with marijuana being first. (NSDUH 2011)

LOCK
YOUR Rx STOCK
Help Prevent Drug Abuse

Download “Talk, They Hear You” App

Alcohol is still the number one drug of choice amongst youth.”

Importance of parents

Research shows that parents are the leading influence on their child’s decisions about alcohol. When parents talk about underage drinking, their children do hear them.

Why are the ages 9-15 so crucial?

To prevent young people from starting to drink, the campaign focuses on ages 9–15. Around 9, children begin thinking alcohol may not be just for adults. By 15, many youth begin drinking. Youth who start drinking before age 15 are 5x more likely to develop alcohol problems as adults than those who begin drinking at 21 or older.

Alcohol is a gateway drug– it is an introduction to all other drugs such as



Opioid.

What are the consequences of underage drinking?

Underage drinking has severe consequences, including:

- Injury or death from accidents.
- Academic problems.

What are the goals of the Campaign?

The “Talk. They Hear You.” campaign aims to:

Increase parents’ awareness of the prevalence and risk of underage drinking.

Equip parents with the knowledge, skills, and confidence to prevent underage drinking.

Increase parents’ actions to prevent underage drinking.

To download the application please visit: Underagedring.samhsa.gov

IT’S ALMOST SUMMER BREAK. STAY ACTIVE!



1. Get ready to Boogie! **On May 29, June 26, July 31, and August 28, 2016**, the last Sundays of each month, *the center lanes of the Grand Concourse starting at 162nd Street* will be closed to cars and open to a world of fun with free music, art and fitness programs hosted by organizations from the Bronx and beyond.
2. “**Bike the Bronx**” over 170 miles of bike paths, lanes and greenways, many of which are car-free.
3. Visit **Poe Cottage**, former home of the eccentric poet Edgar Allan Poe. Round out the day playing in Poe Park (2640 Grand Concourse, Bronx, NY 10458).
4. Join us every weekend in the **Sally and Gilbert Kerlin Learning Center** in **Wave Hill House, Saturday and Sunday** mornings from **10AM to 1PM**, for a naturally creative **Family Art Project**. West 249th Street and Independence Avenue Bronx, NY 10471-2899.
5. Relax on the gorgeous grounds and participate in family programming at the **New York Botanical Garden, 2900 Southern Blvd, Bronx, NY 10458**. Enjoy free grounds passes on Wednesdays.
6. Soak up some sun at **Orchard Beach and Promenade**, where you’ll also find the Pelican Bay Playground, basketball and handball courts and tons of space to run around.
7. Celebrate the summer with Bronx Terminal Market and Rooftop Films **Tuesday, July 16, 23, & 30**. Bring your beach chairs or towels for a FREE, family-friendly film series under the stars on Bronx Terminal Market’s Level 6 garage roof deck. We’ll be screening blockbuster hits, *Despicable Me on July 16th, Wreck-It Ralph on July 23rd and The Goonies on July 30th!* Movies begin promptly at sunset (around 8:30pm)
8. Hit the **Children’s Zoo**, ride the Bug Carousel and marvel at the majestic animals of the **Bronx Zoo** (2300 Southern Blvd, Bronx, NY 10460). Wednesdays are “pay-what-you-wish.”
9. Don’t miss “**Kids Rule Weekend**” at **Lehman College** (250 Bedford Park Blvd W, Bronx, NY 10468) Saturday, August 6 and Sunday, August 7.

If you are looking for daily local activities visit, <https://www.nycgovparks.org/events/kids>

Swimming Safety Tips



Never swim alone.
Always have a grown-up
watching you.

Never push or
shove anyone
near a pool.



Always walk,
never run
by a pool.

Do not go into
water during a
storm.

