



You Caught Your Teen Drinking - Now What?

You thought you were on top of things as a parent. You talked to your teen many times about drinking alcohol. Then you find out they've been drinking. What do you do? Here are 5 steps to take in response to underage drinking.

1. *Don't react in anger.* - With as few words as possible, let them know that you know about it. Then be silent. Give it a day for you to calm down and for your teen to think about it.
2. *Once calm, sit down with them and ask open-ended questions to determine why they were drinking.* - This is a heart issue and you need to know what is going on inside. Maybe it was curiosity, peer pressure, a means of escape, an identity or image issue or flat out rebellion. If your child doesn't want to talk, let them know that you will sit there with them until they discuss it with you.
3. *Help your teenager develop the right thinking about alcohol.* - Communicate with your teen that alcohol is a depressant and if they are down or depressed about something, it will only make matters worse. Make them aware that it is also illegal for anyone to buy or possess alcohol until 21 years of age. People who have been drinking and driving can have their license suspended, be subjected to heavy fines or have their car permanently taken away. If they hurt or kill someone else while being under the influence, they will live with it for the rest of their lives and may even be sent to prison. Lastly, Teens that use alcohol have higher rates of both academic problems and poor performance than non-drinkers. More than 67% of young people who start drinking before the age of 15 will try an illegal drug. Children who drink are more than 22 times more likely to use marijuana than children who never drink.
4. *Talk about consequences and your future expectations.* - Now is the time to circle the wagons and bring your teen closer to you and closer to home. Start by letting them know the consequences of their actions. Those consequences might include things like losing phone or computer privileges, going out on weekends or driving privileges. When they are home, do your best to be there with them to just hang out together. Also share with your child that just as bad company corrupts good character, good company builds character. Help your child understand that who they associate with is very, very important and that you expect them to start making wise choices in that area.
5. *Stay on top of it.* - This is not a one-time discussion; it's an ongoing dialogue. It's not simply handing out some consequences and then forgetting about it. When your child does leave the house, always make sure you know who your child is with, where they are going and what they are doing. You need to know their G.P.S. Have them check in with you on a regular basis. Your teen ultimately needs to understand that they have breached your trust and this is part of the process for them to earn your trust again.

Click [HERE](#) to download a parent/child contract on underage drinking and drug use.

McDowell Mountain Elementary CARES

The Falcon Leaders' community service project for December is collecting **new** men's and women's socks to benefit Shoebox Ministry and the homeless in Phoenix.

Please help McDowell Mountain students by bringing a **new** pair of socks to school no later than Friday, December 14th.



FHHS Above That 2 Club Energizes Campus



Under the direction of Matt Keating, the Above That 2 Club, sponsored by the Coalition, has grown and become an integral part of the campus activities offered at Fountain Hills High School.

Each month, the Above That 2 student council (pictured left) meets prior to club meetings to decide on topics to be presented to club members. Topics include vaping, sleep deprivation, social media, and stress management just to name a few. The next club meeting on December 13th, will feature speaker and nutritionist, Patti Milligan, MS, RD, CNS, and a Fountain Hills resident who has been in the nutrition field for 34 years. Ms. Milligan will discuss the role healthy nutrition plays in a teenager's life and ways they can safely fuel their bodies for optimal brain and physical performance.

A special thank you to our Fountain Hills branch of the Boys and Girls Club for their partnership in providing lunch for students during Above That 2 club meetings!

Please consider a Tax Credit donation to support excellence in our schools!

You can make your 2018 Public School Tax Credit contribution to FHUSD between now and April 15, 2019. You will receive a dollar for dollar reduction on your state income tax liability. Help support extra curricular activities in our schools by lowering your state tax bill!

Click [HERE](#) for more information provided on the Fountain Hills Unified School District website or [HERE](#) for the tax credit form (through Google Docs).

In Appreciation.....

A special presentation was given by Coalition Board

member and newly-elected Town Council representative, Mike Scharnow during the last Coalition meeting held on November 29th.

Former Mayor Linda Kavanagh was thanked for her unwavering support of the Coalition during her six years as Mayor of Fountain Hills. The Mayor vowed to continue advocating for our town's youth and the Coalition's mission to provide substance abuse prevention programs throughout our community.



Wishing you and your family
a very Merry Christmas and a
safe, healthy and Happy New Year!