



2020 Vision for a New Year - A Resolution We'll Help You Keep With Your Preteen



The preteen years. It's such a great time in kids' lives. They start to consider their place in the world. They become champions of justice. They begin to use complex problem-solving skills, value their friends' opinions much more, and begin to get curious about everything.

In fact, when it comes to the issue of tobacco, marijuana and alcohol use, this is one of the most important

times in a child's life. Increased exposure to these substances put children of this age group at immediate risk. Sure, your advice may be challenged — but it's also heard.

Use this calendar of events to get a conversation started throughout the year:

January: Make sure your child knows your rules — and that you'll enforce the consequences if rules are broken. Research shows that kids are less likely to use tobacco, alcohol, and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.

March: Act out or talk through scenarios with your child where people offer him/her drugs, tobacco or alcohol. Kids who don't know what to say or hesitate with their response are more likely to give in to peer pressure. Let your child know that he or she can use you as an excuse and say: "No, my mom [or dad, aunt, grandparent, etc.] would ground me for life if I tried that."

June: Tell your child what makes them special. Puberty can play tricks with a child's self-esteem. He or she needs to hear a lot of positive comments about his or her life and who they are as individuals — not just when they bring home an A.

September: Give your children the power to make decisions that go against their peers. You can reinforce this message through small things such as encouraging your child to pick out the shoes he likes rather than the pair his four friends have.

December: Base tobacco, drug and alcohol messages on facts, not fear. Kids love to learn facts — both run-of-the-mill and truly odd. Take advantage of their passion for learning, for help log onto FHCoalition.org.

Also, get to know your child's friends — and their friends' parents. Check in by phone or a visit once in a while to make sure they are giving their children the same kinds of messages you give your children about alcohol, tobacco, and other drugs. Check



8TH ANNUAL ESSAY CONTEST

2020

Free Wendy's Frosty's to all entries!

FIRST PLACE:
\$1,000 CASH

SECOND PLACE:
\$300 CASH

THIRD PLACE:
\$100 CASH

Open to all High School students!

Entry Form and Contest Rules are available in all FH High School English Classrooms, the FH High School Front Office and at the Fountain Hills Library.

Contest Deadline:
January 31, 2020

Choose ONE of the following prompts. Please limit essay to 750 words or less.

1. Moments of our lives are constantly being recorded with our phones and shared on social media. Do you ever feel that you've lost the freedom to try new things because you were afraid someone was recording you? What could this lack of freedom cost this generation?
2. If you were independently wealthy and had no need for employment, what would you do to improve the quality of life for others?
3. For many young people today, they have two identities. One identity is their true self, the other identity is the one that is shared on social media. Have you ever feared losing your real identity/self to the life you've created online?
4. Why do you think vaping has become an epidemic among teens and tweens and what do you think is the most effective way to help those who are addicted to vaping? What about the best ways to prevent future users of vape products?

Title Sponsor: **Verne C. Johnston Family Foundation**

Award funding generously donated by: **Stop & Go Driving School • In Memory of Christopher Peer, CPA**

Contest Sponsored by: **Fountain Hills Coalition**

4C Medical Group • The Hillz' Pizza & Desserts • Kent Martinson - On Q Financial
Stephanie - Sami Fine Jewelry • Tali D. Ekle - Fountain Hills Law Firm
Mike Scharnow/Jerrod Stearnes - Thrivent Financial • Dan Kuchan, CPA
Dori Witzrig - Sonoran Lifestyle Real Estate • The FH Times

8th Annual Essay Contest Kicks Off for ALL High School Students!

Our 8th Annual High School Essay Contest runs through January 31st. Students have the opportunity to win \$1,000, \$300, or \$100, placing as the top three finalists along with 14 honorable mention \$50 winners. The contest is open to all high school students living in Fountain Hills and contest entry forms are located in the FHHS office, all FHHS English classrooms and the FH Library.

Click [HERE](#) for Essay Coversheet/Rules

Middle School Poster Contest Is Just Around The Corner!

The FH Coalition will be kicking off the 6th Annual Middle School Poster Contest on Tuesday, January 21, 2020. This year's theme is "My Dreams. My Future. My Choice!" We hope to inspire teenagers to be "who they are" and to help them recognize their own amazing individuality and self-worth so that they will be more likely to stay on a healthy path throughout their teenage and young adult years. With the theme, "My Dreams. My Future. My Choice", we want students to artistically express those activities and/or influences that help them achieve their own life's aspirations.

Winners from EACH grade will receive awards as follows: 1st place = \$200, 2nd place = \$100 and 3rd place = \$50. All first place posters will be featured as pizza toppers by Papa Murphy's Pizza. The contest officially starts January 21st - February 21st. All middle school students who live in Fountain Hills are invited to participate. Contest rule will be available at Fountain Hills Middle School, and online at [FHCoalition.org](#)

Cash awards generously donated by the Verne C. Johnston Family Foundation.



ABOVE THE INFLUENCE

6TH ANNUAL POSTER CONTEST 2020

MY DREAMS. MY FUTURE. MY CHOICE!

KNOWING WHO YOU ARE AND WHAT YOU BELIEVE IN IS IMPORTANT!

WE ENCOURAGE YOU TO MAKE A POSTER

- 11" X 17"
- ANY MEDIUM/STYLE
- CREATIVE
- UNIQUE!

CONTEST RULES AT:
FOUNTAIN HILLS LIBRARY | FHCALITON.ORG

AWARDS PER GRADE!

1ST PLACE: \$200 CASH

2ND PLACE: \$100 CASH

3RD PLACE: \$50 CASH

CLASSES WITH MOST ENTRIES WIN... SMOOTHIE

SPONSORED BY: **Verne C. Johnston Family Foundation** and **Fountain Hills Coalition**

CONTEST DEADLINE: FEBRUARY 21st

Start Back up!



Make sure you come by the FH Coalition table at the Boys Varsity Home Basketball Game January 21st for you chance to win \$500!! If you are a Safe Homes Network member you will get 2 tickets put in that drawing!