

# North Kitsap Substance Abuse Prevention Coalition

July 2019 - October 2019



FUNDED THROUGH THE KITSAP COUNTY PREVENTION PROGRAM

## Chatting with Youth

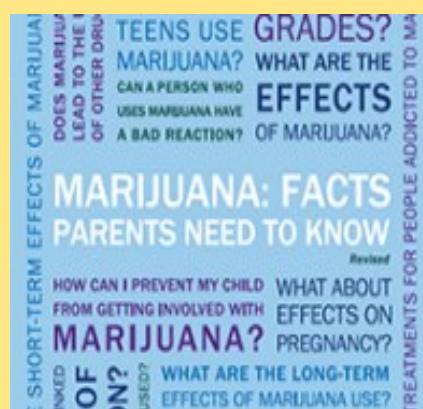
Did you know that in January of each year there is a National 'event' called *Drugs and Alcohol Chat Day*? This provides an opportunity for youth to chat with scientists about tough alcohol and drug questions. You don't have to be a scientist to talk to kids about alcohol, tobacco or other drugs. And, you do not have to wait until January to chat with youth about drugs and alcohol.

Brian Dirks shares the following information; "As a parent you will likely recall your own sense of excitement on returning to school after summer break. You also may have experienced a touch of anxiety in thinking about whether your new teachers would be soft or strict, whether your stories of summer fun would match up to those of your friends, if your new clothes would cause a splash, a ripple or a thud, and if your new classes would be delightful or dull.

You may also remember the peer pressure facing you to try to fit in with the right crowd or be "cool" or "hip" as these terms have evolved from your own parents' generation. Of course none of that has changed, just your perspective. Back in "your day" you may not have had to face some of the decisions that many youth do today – starting as early as middle school – about alcohol, marijuana or other drugs.

That's where you can truly make a difference just by talking to your teen on this topic. Parents are the biggest influence on their kids' behavior. But if you have trouble starting the conversation or finding the right words, you are not alone. This web site and many others are full of advice on what we can say and do to help kids make healthy choices." (Starttalking now.org)

There are a variety of great tools and resources available to help you when it comes to substance use and abuse, drug trends and how to make a difference in the life of youth. Every conversation counts!



National Institute on Drug Abuse for Teens: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>  
StartTalkingNow.org: <https://www.starttalkingnow.org/parents>  
The Athena Forum.org: <https://www.theathenaforum.org/>



## Mark Your Calendar

**Kingston Farmers Market**, Kingston Marina Park. Operates on Saturdays, May 6th to Oct. 7th, 9:00 am - 2:00 pm.

**National Night Out**, <https://natw.org/>  
Check for a location near you, Aug. 6,

**Eat Your Way Through Kitsap History**, <http://www.Kitsapmuseum.com>, Bainbridge Island, Aug. 15

**Kitsap County Fair and Rodeo**, Kitsap County Fairgrounds, Silverdale. Aug. 21-25th.

**National Recovery Month**, (Sept) <https://www.getsmartaboutdrugs.gov/get-involved/national-recovery-month>, learn more

**Poulsbo Kids Day**, 21650 Market Place NW Poulsbo, Sept. 7, 10am 2pm

**Red Ribbon Week**, Oct. 23-31, <http://redribbon.org/theme/>

## Making Prevention Work:

The North Kitsap Substance Abuse Prevention Coalition works to mobilize the community to effectively prevent and reduce substance abuse in the North Kitsap District through collaboration with community organizations, public education and awareness strategies, and implementation of evidence based substance abuse prevention programs.

# Risk and Protective Factors in Drug and Alcohol Abuse Prevention

North Kitsap Substance Abuse Prevention Coalition Mission

To Create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe, healthy environment for all.

In more than 20 years of drug abuse research, the National Institute on Drug Abuse (NIDA) has identified important principles for prevention programs in the family, school, and community. Prevention programs are often designed to enhance 'protective factors' and to reduce 'risk factors'. Protective factors are those associated with reduced potential for drug abuse. Risk factors are those that make drug use more likely. Research has shown that many of the same factors apply to behaviors such as violence, delinquency, school dropout, risky sexual behaviors, and teen pregnancy.

Researchers have found that the more risks a child or youth experiences, the more likely she/he will experience substance abuse and related problems in adolescence or young adulthood. Researchers have also found that the more risks in a child's life can be reduced, the less vulnerable that child will have to subsequent health and social problems (Hawkins, Catalano, & Miller, 1992).

However, research has also demonstrated that exposure to even a significant number of risk factors in a child's life does not necessarily mean that substance use or other problem behaviors will inevitably follow. Many children and youth growing up in presumably high-risk families and environments emerge relatively free of problems. The reason for this, according to many researchers, is the presence of protective factors in

these young people's lives. Protective factors balance and buffer risk factors (Hawkins et al., 1992).

**In upcoming issues** we will be exploring types of risk and protective factors in the form of 'life domains'. Additionally, we will be exploring risk and protective factors in the form of 'subdomains'. With these tools we will be more equipped to build resilience and resistance skills in our youth.



If you are a partner of the North Kitsap Substance Abuse Prevention Coalition and would like your logo on this publication please contact us.

## North Kitsap Substance Abuse Prevention Coalition

Deanne Jackson  
Human Services Coordinator

Phone: 360-337-4878  
Website: <http://kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

## Want to Get Involved?

Please consider attending our Monthly meetings. All are welcome!

Upcoming meeting dates:  
July 8, 2019  
August 12, 2019  
Sept. 9, 2019  
Oct. 21, 2019  
Time: 1:00-2:30PM

Location:

Village Green Community Center  
26201 Dulay Rd. Kingston



KITSAP COUNTY COMMISSION  
ON CHILDREN AND YOUTH

