

BACK TO SCHOOL ISSUE



Dear Maria,

Lunches are packed, school supplies are bought and alarms are set. Back to school can be an exciting time for our kids- new friends, new challenges and new experiences. But with that also come tests- both in and out of the classroom.

Even when trying to do their best academically and socially, it can be hard for teenagers to resist peer pressure. With the pressures of wanting to fit in, many seek approval of their peers and begin experimenting with drugs and alcohol.

Here are some steps you can take to work with your teen on how to handle peer pressure as they return to school:

#1: Be in the Know

Communicate! Teenagers often get into trouble when they act without thinking. Talking about peer pressure can help prepare for a difficult moment with friends. Helping to avoid peer pressure isn't just about making sure they know the risks involved - it's about the parent being in the know as well. Become a member in the Safe Homes Network to help stay in the know.

#2: Teach Teens to Recognize Risky Situations

Peer pressure is something that every teen will face in their lifetime. For some teens, saying "no" to their friends and to a "best" friend may be

difficult. Talk to your son or daughter about different ways of responding to peer pressure. Also, encourage walking away from unhealthy friendships built on peer pressure. Develop a rescue plan with your child. Make sure to emphasize that you are available to pick them up or help them if they are ever put in a risky situation and will always prioritize safety over punishment.

#3: Provide Positive Parenting

Parents should help teens cope with peer pressure by encouraging positive relationships and becoming involved and supportive in his or her interests. Participation in afterschool clubs and sports will help students avoid potential scenarios and form relationships with peers who share these positive interests.

IT'S NOT TOO LATE..... TO SAVE \$5 OFF HIGH SCHOOL REGISTRATION FEES!



If you have a high school student in 2014-2015, you can still save \$5 off registration by re-pledging the Safe Homes Network by September 15th. Invite your friends and they can also save \$5 off their student's fees when they join the Safe Homes Network! Visit our website at www.FHCoalition.org to take the pledge and be on the lookout for your \$5 rebate in your mailbox!

Welcome to our newest Safe Homes Network families:

Karen Berry
Carmellae George
Traci Goure
Sherry Hampton

Tamara Helm
Susan Hixson
Marie Hoyt
Carol Ricker-Bailey

Denise Regeski
Robert Rossfeld
Deb Smith
Bethany Traettino

James Walters
Haining Xia
Maria Zeyouma



WE HOPE YOU CAN JOIN US FOR THESE AWESOME EVENTS!

Tuesday, August 19th-6:30 PM

PTO Evening Social at McDowell Mountain Elementary School

Hear the exciting things PTO has planned and how to get involved if you choose. Become a member of the PTO for \$20 and enjoy a savings card of 10% off local businesses. Visit www.fhusdpto.org for more information.

Friday, August 29th - 6:30 PM

FHHS Home Football Game- FHHS Football Field

Bring the family and come cheer on our mighty Falcons at their first home game and have the chance to win \$500! All new and current Safe Homes Network members in attendance will receive two tickets in the raffle to be drawn at the end of the game.



www.FHCoalition.org

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