



## Congratulations Falcon Class of 2019!

### 7 Tips To Keep Kids Safe This Summer

Summer means sleeping late, hanging out with friends, and for many teens it means experimenting with drugs or drinking for the first time. A 2017 study showed that in the United States, there are now twice as many daily or near-daily marijuana users than a decade ago, with about **8,300** new users each day.

Boredom and more free time without adult supervision are two of the biggest contributors to teen drug use over the summer months. Teens with summer jobs suddenly have their own money to spend as well. Parents who are working, traveling or away from home face the challenge of keeping tabs on teens who want their freedom. Here are a few steps parents can take to reduce the chances that their kids will fill their free time with unhealthy activities.

1. Remind them that you have zero tolerance for drug use, including alcohol, vaping and cigarettes. The Arizona Youth Survey found that students whose parents let them know that they think marijuana use is "very wrong" were significantly less likely to use it.
2. Agree on rules for their free time and follow through on the consequences if they break the rules.
3. Sit down to dinner together. Research shows that having family meals together just 2-3 days a week helps keep teens from using drugs.
4. Know where they are, who they are with and what they are doing. Unsupervised teens are more likely to get into trouble.
5. Have them check in throughout the day. Set ground rules for them to respond to your efforts to reach them (when I text or call I expect a response within 10 minutes).
6. Your child may have new summer friends versus school friends. If your child gets invited to a friend's house over the summer check the [Fountain Hills Coalition Safe Homes Network](#) and check in with that child's parent. Enter the password prevention to gain access to the directory.
7. Reward your teens for being responsible over the summer. Helping them feel good about making good decisions develops their self-confidence and ability to trust their own judgment.

**Summer Is The Perfect Time to Utilize P3**

For directions on how to download the **P3** mobile app [CLICK HERE](#).

A reminder that Text-A-Tip is now P3 Tips. The smartphone app replaces the former Text-A-Tip program that was launched for the community by the Coalition in 2010.



P3 Tips is now available to be used for anonymous tips to the Maricopa County Sheriff's Office. The application-based format allows residents to take advantage of new options yet remain anonymous.

The P3 app is user-friendly and provides categories to report suspicious activity. The app also features an option to review and update existing tips among others.

*If you see something, text something.*

## Above That Clubs Wrap Up An Outstanding Year!



Through the FHMS Above That and FHHS Above That 2 Club, students have learned the importance of living a healthy lifestyle that includes staying away from alcohol, prescription drugs, illegal drugs and vaping. Both groups are led by student council members who decide the topics discussed at the lunchtime meetings. Topics at the high school have also included nutrition, recognizing toxic relationships and dealing with stress. Facilitated by Patti Schultz (FHMS) and Matt Keating (FHHS), education on these relative issues reaches 75 students each month. We appreciate the teachers, council and students who have made this school year the best yet!

## National Prescription Drug Take Back Day A Big Success



On April 27th the U.S. Drug Enforcement Agency (DEA) sponsored a Prescription Drug Take Back Day across the country. During the four hour event, Fountain Hills MCSO officers collected 92 lbs. of over the counter and prescription medications at Town Hall.

This program is a semi-annual event that helps reduce the number of prescription drugs that may otherwise be taken by someone other than the prescribed recipient. To learn more about our local prescription drop box and how you can safely dispose of unused or expired medications throughout the year [CLICK HERE](#).

