



## Teens and Screens: Tips for Balance



Without adult guidance, most teenagers would spend almost all of their waking hours staring at a screen. Whether they're texting on their smartphones, or they're watching videos on their laptops, their electronics use can easily get out of control. If your child says "everyone is doing it," it may be correct, but that doesn't mean there aren't serious consequences. Don't let screen time take over. Here are some tips you can use to limit your teen's screen time and how it can benefit your whole family.

### **1. Set rules about screen use**

Rules might cover:

Where your teen can use screens – for example, only in family rooms, not in the bedroom at night, not in the car, mealtimes are free of TV, or no screen time until chores and homework are finished.

### **2. Role model healthy habits**

Be a good role model by limiting your own screen time. Let your teen see you make the choice between looking something up on Google or checking the score of a game. Show your teen how you have learned to treat media as a privilege.

### **3. Educate your teen about media**

Have frequent conversations about various aspects of media. Discuss how advertisements often try to convince young people that certain products will make them more attractive or more popular. Discuss the dangers of too much violence exposure and help them learn how to be an informed viewer.

### **4. Encourage Physical Activity**

Encourage your teen to get some exercise. Going for a walk, playing a game of catch, or even doing some yard work can ensure your teen will get the physical activity they need. Think of activities you can enjoy as a family so it seems less like exercising.

# Safe Homes Network Adds Easy, New Way to Renew Pledges

Join or renew a free Safe Homes Network membership by August 31st and receive:



**\$20 Cash**

New pledges visit  
**FHCoalition.org**  
to sign up

Safe Homes Network  
of Fountain Hills

Funds generously donated by  
*Verne C. Johnson*  
Family Foundation

\*One per household

The Safe Homes Network consists of nearly 600 Fountain Hills' families that have taken a pledge not to allow vaping, underage drinking or drug use in the home. During this year's Safe Homes Network drive you can receive \$20 cash when you renew your Safe Homes Network pledge or take the pledge for the first time!

If you have a child registering for high school this year (2020-2021), you can receive \$20 for renewing or taking the Safe Homes Network pledge before August 31st.

For new pledges please click [HERE](#) to take the pledge

Renewing pledges please text "RENEW" to 833-340-0021

*\*One per household. Msg&Data rates may apply. \$20 to be mailed to the home address provided on pledge form. Please allow 45 days. \*\* Funds generously donated by the Verne C. Johnson Family Foundation. \*\**

Place this postcard on your refrigerator or in your medicine cabinet, and place the DisposeRx packet near your prescription bottle.

#### Directions for use

Should you have leftover medications, dispose of them with DisposeRx...in less than a minute!

#### HOW IT WORKS

1. Add water until vial is 2/3 full.



2. Empty DisposeRx powder into vial, replace cap and shake for 30 seconds.



3. Safely discard in trash.



#### Remember:

- Don't take medications for longer than needed.
- Don't share your prescription with others.
- Don't take someone else's medications.
- Don't take more than the prescribed amounts.
- Don't leave your medications unsecured.



**DisposeRx**  
Saving the problem of drug disposal

are committed to your safety and the safety of your family. Please dispose of medications appropriately.

## Rx At-Home Disposal Kits Are Still Available

Dispose Rx, an at-home Rx disposal option is available through the FH Coalition. Disposing of your unwanted, expired or unused medication is an easy 3 step process. Here's what one Fountain Hills community member shared. "The Rx Packets worked just as advertised. Thanks for sending them and for your efforts in getting prescription drugs disposed of in a safe manner."

Please click [HERE](#) to request a Dispose Rx packet. There is no charge for the packets and shipping is free.

### PROTECT YOUR LOVED ONES AND COMMUNITY FROM THE HIDDEN DANGERS OF LEFTOVER MEDICATION

**DID YOU KNOW:** Over 600 million prescriptions go unused each year? These leftover pills lead to addictions, deaths and pollution if not properly discarded.

Nearly 60,000 kids under age 5 go to ERs annually due to poisoning by unsecured medications.



Dozens of medications have been detected in our drinking water.

70% of people with opioid abuse disorders have taken other people's drugs.



Over 130+ people die each day from opioid (narcotic) overdoses.

### BUT THERE IS A WAY YOU CAN HELP...

DisposeRx was designed specifically to help **solve the problem** of left-over medications and mitigate associated risks by allowing you to dispose of your unused medication in the convenience of **your home**.

When the water and DisposeRx powder are added to your prescription vial and shaken, a gel is formed, making the medication unusable and allowing for the safe disposal in the household trash. **See the reverse side for directions.**

