



Natick Together for Youth

Working to keep our youth healthy and safe.

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www.naticktogetherforyouth.org

Natick Together for Youth Wishes You Happy Holidays

During this season, we want to wish you safe and happy holidays and offer you these reminders:

1. Your children are watching you.
2. Be a good role model. If you plan to drink alcohol away from home, be sure to mention out loud so your children hear that you know your limits (the limit is under .08) or that you have a designated driver.
3. Watch out for friends and family.
4. Have a pitcher of water on your table during celebratory meals.
5. Have plenty of non-alcoholic drink options on hand.
6. If a friend or relative overindulges, talk about the importance of safety.

The best gifts you can give are kindness, forgiveness and a good laugh!

It's the thought that counts- People who receive a gift will think: "You remembered me! You care about me."



“Medicinal Marijuana” in Ma Supported By Voters

Why Talking To Your Kids Is More Important Than Ever

Natick residents voted to allow medical marijuana in Ma by an almost 2 to 1 ratio thus paving the way for availability to those who will benefit from its use. When marijuana was decriminalized in 2009, people (especially youth) interpreted the measure to mean that marijuana is legal. What it did mean is there will be no criminal consequences for possession under an ounce.

Marijuana became popular in the 1960's and many adults have experimented. Most people managed to do so without serious life consequences. However, in the last fifty years we have learned some important information about drug use that you should talk about with your children:

1. The earlier someone starts experimenting, the more at risk they become of developing dependence.

This is especially true for children who have family members with an addiction.

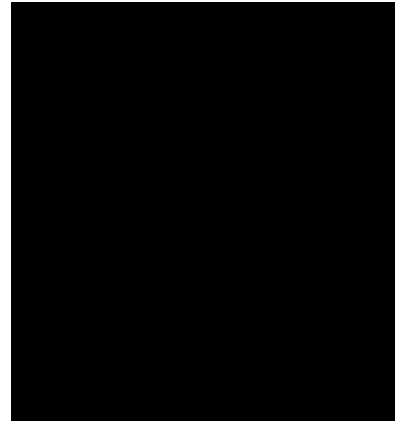
2. The brain continues to develop into the 20's. If you want to stay competitive in athletics, academics, music, and learn to develop good social skills, heavy use of alcohol and other drugs can affect your competitive "edge."
3. Marijuana has been (Cont. on pg. 3)

Natick Safe Home Pledge – Keep Our Kids Safe

The Safe Homes Pledge program was created to help parents identify other like minded parents who agree not to serve alcohol or allow drug use in your home. The Pledge allows parents to sign up and view the names of others who have also committed to ensuring a safe home.

By signing the Safe Home Pledge, you will join other parents in our community who are actively trying to prevent underage drinking and teen drug abuse.

Go to NTY’s website at www.naticktogetherforyouth.org and click on Safe Home Pledge to view and sign up for the Pledge.



AlcoholEdu® For NHS Freshman And Parents!!

AlcoholEdu® for High School students is nationally recognized, evidence-based online alcohol prevention program. The interactive approach has students travel through an online community to better understand the impact of alcohol on their life and the lives of others.

Natick Freshman report that 16% have had a drink in the last 30 days. The number jumps to 30% by Sophomore year. Since health class is not

offered until Junior year, AlcoholEdu will provide important information about alcohol when they need it.

The program was piloted with half the freshmen in Physical Education classes during the second quarter. The second half of the class will do the program in the fourth quarter.

NTY is proud to support this important program!

ATTENTION PARENTS!
Why do the online program? AlcoholEdu® for High School Parents program? It will allow you to experience what your children are learning and provide an opening for meaningful and effective conversations about alcohol.

Access is Free and Easy!
1. Got to: <http://highschoolparents.alcholedu.com>
2. Under New User type: 12PH18908PARENT
3. Click “Sign Up”!



WHY SHOULD PARENTS DO THE ALCHOLEDU® ON-LINE PROGRAM?

1. You may learn that kids drink differently now than when you were in high school.
2. You will learn what your children are learning about alcohol.
3. The course will provide you with an opening to have a conversation with your freshmen. “I understand you took the AlcoholEdu® program in Physical Education class. Why do you think that NHS wanted you to know about alcohol? Do you hear about your peers drinking? Have you been around people who have been drinking? What are you thinking about alcohol?”
4. It will give you an opportunity to clarify your rules. “I/we hope you will wait until you are 21 to drink alcohol. We know there are many reasons why this is confusing and hard. Here is what I/we am thinking...”

ALCHOLEDU® PROVIDES AN OPENING TO TALK WITH YOUR STUDENT. TAKE ADVANATGE OF IT!!



NTY Coalition Director, Erica Dinerman completed three weeks of required CADCA (Community Anti-Drug Coalition Academy) training for the Drug Free Communities grant in Fort Indiantown Gap, PA.

NTY Website –CHECK IT OUT-VISIT OFTEN

www.naticktogetherforyouth.org

With the help of Natick High School students, Allie Glass and Sam O’Gorman, NTY has a new website! Allie worked over the summer of 2012 to construct a website that is easy to use and can provide good information

Sam is currently working with us on content management.

LET US KNOW IF THERE IS A WEBSITE YOU WOULD LIKE TO SHARE WITH THE COMMUNITY!



www.naticktogetherforyouth.org

October:

2: Medicinal Marijuana Forum @ Wayland High School – Walden Forum, Marijuana Debate

22: Marijuana and Youth @ Natick High School – NHS PTSO and NTY: Marilyn Belmonte, Prevention Specialist

November:

1: Conversations that Matter – High School Transitions

December:

28: Conversations that Matter – Technology

February:

27: Conversations that Matter –Healthy Relationships

March:

18, 20: Promoting Healthy Choices –Two-part parent workshop

TBD: Natick Health Survey Results – Parenting for Prevention

27: Conversations that Matter – Health Survey Results

April:

TBD: Social Hosting Seminar – Hosting parties with teens

LIKE US ON FACEBOOK



Natick Together for Youth

NTY Members

- Rick Halloran**, *Natick Police Dept.*
- Jane Biagi**, *Parent, Norfolk District Attorney's Office*
- Karen Rufo**,
Nurse Leader, NPS Health Services
- Nick Mabry**, *Selectman*
- Deb Sayre**, *Kids Connect*
- Michelle Cromwell**, *Parent, MultiCultural Village*
- James White**,
Director, Natick Health Dept
- Moira Munns**, *Director, Council on Aging, Human Services*
- Astrid Dretler**, *Parent*
- Arthur Fair**, *President, Fair & Yeager Insurance*
- Reverend Vicky Guest**,
First Congregational Church
- Christine Guthery**, *Parents Against Bullying and Cyberbullying*
- Peter Sanchioni**, *Superintendent, Natick Public Schools*
- Chief James Hicks**,
Natick Police Department
- Elizabeth Heffler**,
Natick Police Department
- Deb Budd**,
Council on Aging, Human Services
- Dan Keefe**, *Natick Recreation Department*
- Shelly Joseph**, *Attorney, Parent*
- Ian Wong**, *Natick Board of Health*
- Marie Caradonna**, *WAGLY*
- Chuck Young**, *Pharmacist, Parent*
- Frank Lombardo**, *FDA*
- Jane Detwiler**, *Parent Educator*
- Pam Koskovich**,
Family Resources of Natick
- Anna Nolin**, *Principal, WMS*
- Diane Packer**, *Clerk, Town of Natick*
- Bryant Walls**, *School Social Worker, WMS*
- Margaret Boudreau**, *Assistant Principal, NHS*
- Firkins Reed**, *School Committee, Town of Natick*
- Erica Dinerman**, *Director, Natick Together for Youth*

NTY – Who Are We?

Natick Together for Youth, formerly Natick Together2, is a Coalition of community members working to keep Natick youth healthy and safe. Our primary focus is substance use, however prevention and resiliency models are similar to those used to deal with anti-bullying, domestic violence and other social, and mental and emotional health issues.

A Five Year Commitment

In October 2011, Natick was awarded a five-year Drug-Free Communities grant to prevent, delay and reduce substance use. Substance abuse threatens all communities, but we are fortunate to have the support of the Natick Public Schools and the Federal Government to address the issues in Natick.

NTY began the second year of our five-year grant on October 1st. Highlights from our Year One Action Plan included raising community awareness of NTY, hosting/sponsoring educational forums for parents and students, initiating social norms campaign, creating a parent network, and developing youth

partnerships.

Through the use of social media, education and awareness for parents, students and the community, we hope to change the culture of acceptance and reduce use of alcohol and marijuana use in Natick.

According to the MetroWest Adolescent Health Survey from 2010, 22% of NHS students reported recent binge drinking (defined as consuming 5 or more drinks in a row) in the past 30 days.

Marijuana use has increased since it was decriminalized in 2010. Potency has also increased. Studies show that the brain is not fully developed until the mid-20's so high school marijuana use can have a detrimental effect on brain growth.

Get Involved

NTY is committed to providing varied educational opportunities to learn about prevention. Our meeting schedule is posted on both the NTY and the Town of Natick website.



COMMUNITY PROFILE
Common Street
Community Church

Allow me to introduce myself. My name is Ian and I'm the founder and pastor of Common Street Community Church, Natick's newest church. I'm also the father of three daughters (6, 4, 1) and a doctoral candidate in Social and Ecological Ethics at Boston University. When I came to town this summer I began asking questions about the community, including its needs. After hearing from many that Natick pretty much has it all— and I agree, Natick is a wonderful place to live! —I started to hear from community members and leaders, and to see for myself, that youth in Natick are underserved.

As I walked through the Common St. in Natick Center, I stopped to talk with groups of youth and heard things like, "We've got nothing to do and nowhere to go, and so were out here making bad decisions." On one occasion, an older teen pointed right at my church and exclaimed, "That should be a youth center." Cont. pg. 5

NTY Mission Statement..

"To promote a safe, healthy and drug free community through the collaboration of public and private groups, organizations and individuals, using proven strategies to reduce risk factors and increase resiliency among Natick youth."

CONVERSATIONS THAT MATTER

Natick Together for Youth in collaboration with Parents Against Bullying and Cyberbullying and the Natick Parent Network has hosted two ***Conversations That Matter (CTM)*** so far this school year with more scheduled.

CTM provide parents with opportunities to hear from experts and then to meet and talk with each other. The first *CTM* was for parents of 8th and 9th grade parents about Transitioning to Natick High School. Panelists included Margaret Boudreau, Asst Principal, Guidance Counselor, Sharon Greenholt, three parents-Joe Kohen, Stephanie Oddleifson and Holly McKean and Natick Public Schools Prevention Specialist and Natick Together for Youth Coalition Director, Erica Dinerman. The presentation addressed some of the social-emotional issues that freshmen and parents face

when moving from the middle school to the high school.

Some of these issues included:

- * Making friends
- *How challenging courses should be
- *Driving with upperclassmen
- *Going to homes of families you don't know
- *The importance of getting involved with extra-curricular activities or getting a job
- *Having friendships and activities NOT at NHS

This program was a way for freshmen high school parents to meet one another and get some questions answered.

The second ***Conversation That Matters*** featured Lynette Owens who talked about technology and limit setting. Information about both presentations can be found on the Natick Together For Youth website.

We hope you will join us to meet other parents and to talk about things that matter.

Find the schedule at:
www.naticktogetherforyouth.org



Cont. Community Partner

Natick has no youth center. I began to see that our church building on Common St., with its large gathering spaces, kitchen, classrooms, stage, etc., might be part of the solution. It was the youth I met on the Common, who remind me so much of myself as a teen, that sparked my vision for a "Natick Center Youth Center" housed in our church focused on safe space, youth empowerment, creativity and the arts, self-worth, and fun social events. With this vision in hand I began networking with other community members who are interested in bettering the lives of youth in Natick, which soon led me to join Natick Together for Youth (NTY), a coalition of community members and leaders from all sectors working for solutions preventing substance abuse among Natick youth. My work with NTY has been really rewarding and eye-opening. There is so much power in community. We've all got a part to play in making sure the youth in our community are treated right and given the start in life that they deserve. *To find out more about the Natick Center Youth Center, contact Ian at ian@commonstreet.org.*

Peace, Ian