



# United Community for Youth Newsletter

*A Collaborative Newsletter featuring the Healthy Community/ Healthy Youth Initiative, Tobacco Prevention, and Drug-Free Community Support Program*

January/ February 2010 Edition

[www.frc-sc.org](http://www.frc-sc.org)

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## Parent Networking

*"Monitor and Observe" is one of the top 5 parenting strategies identified by The Harvard School of Public Health's report Raising Teens.*



Newest research in substance abuse prevention has re-discovered an initiative that is free and the results can be immediate. This strategy requires no grant money, no taxpayer money, no legislation, and no governmental authorization. It recognizes that adolescents, due to their developmental life stage, require this. It has been approved by all the leading health and social science experts of the nation. It is called Parental Monitoring and it is effective.

"Monitor and Observe" is one of the top 5 parenting strategies identified by the Harvard School of Public Health's published report entitled *Raising Teens*. The report reminds us that "teens need parents to be aware of—and let teens know they are aware of—their activities, including school performance, work experiences, after-school activities, peer relationships, adult relationships, and recreation." This can be challenging since teens increasingly spend more time away from their families. This monitoring as the report further suggests parents use "a process that increasingly involves less direct supervision and more communication, observation, and networking with other adults."

How do parents effectively keep track of their teen's activities and whereabouts? They need to use direct and indirect methods such as listening, observing, and networking with others whom their teen comes in contact. Parents should keep in touch with other adults who are willing and able to let them know of positive or negative trends in their teen's behavior, such as neighbors, family, religious and community leaders, shopkeepers, employers, teachers, and friend's parents.

The Sheboygan Parent Network is an avenue for all Sheboygan County parents to keep in touch with other interested parents in an effort to successfully monitor their especially teens. The Chairperson of the Sheboygan Parent Network Committee, Laurie Cassidy, reminds parents that our youth are in constant contact through electronic communication and that parents need to increase communication as well. Parents also need to build relationships that allow them to share information- positive or negative - in their teen's behavior. By working together we can promote healthy lifestyle choices for our youth. If you would like to start a parent network of your own in your specific locale or for more information on the Sheboygan Parent Network, please check the website at [www.sheboyganparentnetwork.org](http://www.sheboyganparentnetwork.org).

### Activities and Events:

January 18th: Martin Luther King Jr. Day event:  
The Community Art Project will take place after school hours at the John Michael Kohler Arts Center Artery in the week prior to the event. Dale Knakk will assist with creating a mural that will travel to all the schools involved in the project. The Commemorative March will begin at 3:30pm at the Sheboygan Co. Courthouse. Contact Project Youth for details at (920) 458-7100

### Meetings:

Alcohol and other drug abuse meetings are held in the morning in Sheboygan at First United Lutheran Church on the 1st Wed. of each month and at noon in Plymouth at the PHS Boardroom the 2nd Thurs. of each month. Contact Phil Duket or Erik Wagner at (920) 892-6706 to attend.

### Contact Information:

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## I Have Assets - 4H

*4H is highlighted due its many **creative activities** for youth.*



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Resource Center  
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### Hours & Locations

**In Sheboygan:**  
920-457-1888 2508 S.  
8th St.

**Sheboygan hours:**  
Mon. 9-5  
Tues. 1-5  
Weds. 9-5  
Thurs. 9-1  
Closed on Fri.

**In Plymouth:**  
920-892-6706  
1209A Eastern Ave

**Plymouth hours:**  
Mon. 9-5  
Tues. 1-6  
Weds. 9-5  
Thurs. 1-6  
Closed on Fri.

[www.frc-sc.org](http://www.frc-sc.org)

The January Asset of the Month is **creative activities**. It is important for youth to have opportunities to participate in many **creative activities** both at home and in their community to help them find their spark in life. That is why the United Community for Youth Newsletters highlights The Sheboygan County 4-H Youth Development Program, which has a foundation of youth asset-building.

With extensive research supporting it, the 4-H program is the largest out-of-school youth development program in the world; and with the guidance of UW-Extension, the Sheboygan County 4-H program is one of the largest in WI. With over 1,000 members from grades K-13, there are ample opportunities to promote the strengths of youth. While the 4-H Youth Development Program builds internal assets among its membership, it also excels at developing external assets such as youth making constructive use of their time through **creative activities**. Each fall, after an Annual Open House, the 4-H year kicks off enrolling member in over 30 community clubs. These community clubs meet at least once a month to engage their youth members in making decisions about social activities, community service projects, and other regular business. Clubs also provide an opportunity for youth to learn more about the different project areas youth have to explore in 4-H.

Throughout the year, 4-H provides a number of **creative activities** at the county level for youth to participate in and provide leadership. Through the winter months, adult project leaders begin to hold county-level meetings to provide learning opportunities in everything from photography to woodworking. The Music and Drama Festival in February empowers youth to select, rehearse, and perform a short musical or skit for their peers. 4-H Project Day provides an opportunity for older youth to teach and lead learning in various topic areas alongside adult leaders. Throughout spring and summer, 4-H holds programs like the Speaking and Demonstration Contest, a club softball league, Bowl-a-Thon, an extensive camp-staff training and 4-H Summer Camp. The end of the year brings several opportunities to celebrate and acknowledge members and leaders at the Sheboygan County Fair, the 4-H Project and Leaders Awards, and Clover Awards Ceremony. ;

Along with the traditional Community Club program, 4-H provides additional out-of-school programming to middle and elementary-age youth in the Sheboygan Area School District through 4-H Afterschool Programs at Sheridan Elementary and Farnsworth Middle School. These programs further the mission of building leadership, citizenship, and life skills in young people. These are just a few of the many **creative activities** that the 4-H Youth Development Program offers youth in Sheboygan County and that is why 4-H youth members can proudly say, "I Have Assets."

For more information on the 4-H Youth Development program, contact Sarah Tarjeson at (920) 459-5900 or at [sarah.tarjeson@ces.uwex.edu](mailto:sarah.tarjeson@ces.uwex.edu). For more information on the I Have Assets program or the Healthy Communities/ Healthy Youth Initiative contact Erik Wagner at (920) 892-6706 or at [erikfrc@excel.net](mailto:erikfrc@excel.net).

# Governor Doyle Announces Significant Decrease in Tobacco Sales to Wisconsin Minors



The logo features the words "TOBACCO-FREE" in a large, bold, serif font. Below it, "SHEBOYGAN COUNTY COALITION" is written in a smaller, sans-serif font. The entire logo is framed by a decorative border of small vertical lines.

In November, Governor Jim Doyle announced a significant decrease in tobacco sales to Wisconsin minors. The state's 2009 Synar Sales Compliance Survey, which determines the number of retail outlets that are selling tobacco illegally to minors, shows a noncompliance rate of 5.7 percent—a significant decrease from the 2008 rate of 7.2 percent. "In Wisconsin, we are working hard to protect our kids from the scourge of tobacco," Governor Doyle said. "Our state has a long history of preventing youth tobacco sales and I'm pleased our efforts are paying off."

Governor Doyle also thanked retailers for helping keep tobacco out of the hands of minors and for their dedication to protecting young people from tobacco's harmful effects. The annual Synar survey randomly selects retail outlets from across the state to determine a reliable estimate of the rate of illegal tobacco sales to minors. Synar legislation requires all states to monitor and reduce the rate of illegal tobacco sales to minors at retail establishments.

The state's Wisconsin Wins program provides the framework for reducing tobacco sales to youth. The program, managed by the Wisconsin Department of Health Services (DHS), works with local partners, including health departments and other local agencies, to conduct investigations to determine retailer compliance. In addition to providing education, media, and community outreach, Wisconsin Wins also offers free online retailer training at [www.smokecheck.org](http://www.smokecheck.org). "Limiting youth access to tobacco products means our young people will be healthier," said DHS Secretary Karen Timberlake. "We're very proud of all the Wisconsin Wins program has accomplished during the last eight years."

Despite this good news, these are statewide results and Sheboygan County often has higher rates than neighboring counties. The fight is not over. To take part in the fight against tobacco contact Liz Ablor of the Tobacco Free Coalition of Sheboygan County at (920) 459-3038 or at [ablereaa@co.sheboygan.wi.us](mailto:ablereaa@co.sheboygan.wi.us). For more information about the Synar report and tobacco control efforts in Wisconsin, please visit <http://dhfs.wisconsin.gov/tobacco>.

*~ Do not wait for leaders; do it alone, person to person.  
- Mother Teresa*

*The United Community for Youth Newsletter is a collaborative effort that would not be possible without the help from supportive affiliations such as The Family Resource Center, the Healthy Communities/ Healthy Youth Initiative, the Drug-Free Communities Support Program, the Healthy Sheboygan County Alcohol and Other Drug Abuse Committee, and the Tobacco Free Coalition of Sheboygan County. Special Thanks to Sarah Tarjeson and Laurie Cassidy for the articles concerning their specific organizations. For specific information on any of these projects, contact those mentioned at the end of each article OR for general information or resources specific to you, call the Family Resource Center at (920) 892-6706 or email [erikfrc@excel.net](mailto:erikfrc@excel.net).*