



**"Building Strong Families and Strong Communities"**

**Events and Activities:**

♦ **Jan. 8th, 2009:**

John Underwood of the American Athletic Institute speaks to students at Sheboygan South High School and Plymouth High School about the effects of drugs and alcohol on athletic performance. Contact Phil Duket at 892-6706 for more information.

♦ **Jan. 14th, 21st, 2009:**

Open Developmental Asset Training opportunity focusing on a community-wide effort to raise healthy youth. Church for details at (920) 457-4818. For more information on Developmental Assets contact Erik Wagner (information below) or Mike Burns at (920)451-8000.

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# United Community for Youth Newsletter

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

1209A Eastern Avenue  
Plymouth, WI 53073  
(920)892-6706

January/ February 2009

Page 1

www.frc-sc.org

## Asset Tip: Coping with Cabin Fever

It is cold and snowy this time of year and at some point (and for lots of reasons) every family ends up spending just a bit too much time together inside. Here are ways to make your indoor time together pleasant and productive:

Try it...

*Parents with children ages birth to 5*

•Make sure children get as much physical activity during the day as possible. Even if you can't take them outside or leave your home, children can play and have fun in ways that stretch and move their bodies, such as dancing to music or singing along with a favorite CD.

•Stretch young minds by

reading good books together, listening to books on tape, and playing creative problem-solving games involving simple puzzles.

•Check out the "play" schedule at your local community center for open gym and recreation times.

*Parents with children ages 6 - 9*

•Look for a regular community activity in which your children can participate. Check out local sports teams, the YMCA/ YWCA, Boys and Girls Clubs, parks and recreation departments, community education through the public schools, and local



organizations that serve children and families. Other parents, neighbors, and teachers are all great networking sources of information.

If neighborhood kids are scarce, be intentional about arranging regular play dates for your children with their friends to allow young friendships to flourish. Invite the parents over for adult socializing,

*Continued on page 2...*

## Update: Parents Who Host Lose the Most

A key component of the statewide *Parents Who Host Lose the Most* initiative, will be the establishment of parent networks at the local level. As part of the Parent Network, parents will be asked to commit themselves to making the

safety and health of children their number one priority. What this means is to work at:

1. Creating an atmosphere in which the use of alcohol and drugs is not considered an acceptable or normal part of the adolescent experience.

2. Sponsoring only alcohol, drug and tobacco free events for children in your home or other gathering places.

3. Actively supervising all

gatherings of youth in their home or on their property.

4. Talking directly with other parents who sponsor youth events or parties to ensure that their events will be chaperoned and free of alcohol, tobacco and other drugs.

5. Communicating a clear "no use" message about underage use of alcohol and other drugs.

6. Setting good limits for their children regarding

*Continued on page 2...*





## National Kick Butts Day Initiative to Help Fight Youth Tobacco Use March 25, 2009

Young people from Sheboygan County are invited to join thousands of kids across the country who are taking part in Kick Butts Day (KBD), March 25, 2009, a nationwide initiative that makes kids leaders in the effort to stop youth tobacco use. As part of the Kick Butts Day celebration, elementary, middle, high school, and college students can choose to participate in a variety of KBD activities such as surveying tobacco advertising in their communities; urging local officials to support anti-tobacco ordinances; and tossing caps, hats, jackets and other items carrying tobacco brand names into giant dumpsters.

In 2008, Riverview Middle Schools students planned a Kick Butts Day Carnival that attracted over 50 students. The carnival included fun games and activities such as Tobacco Free Bingo and the Target Big Tobacco balloon pop that educated students and parents on the harmful effects of tobacco use. Across the country, thousands of kids carried out nearly 2,000 events. We expect this number to increase in 2009.

Throughout the year, young advocates take part in a variety of activities to protect kids from tobacco, including working with elected officials to develop policies that reduce youth tobacco use and exposure to secondhand smoke, educating their peers about tobacco companies' deceptive marketing practices, and helping local retailer's keep tobacco out of the hands of minors.

***“I love skateboarding but how do you think I got the skill I have today — by not smoking of course.”***

-Cody Schmidt, age 13: A Kick Butts Day contributor

I love skateboarding but how do you think I got the skill I have today—by not smoking of course. I know it is bad for you. The tobacco companies make smoking look cool in their ads, but that's nothing but a lie,” said Cody Schmidt, age 13. “There's nothing cool about bad breath, smelly clothes and tobacco-stained teeth.”

“Kids are a powerful part of the solution to reducing youth tobacco use,” said Matthew L. Myers, president of the Campaign for Tobacco-Free Kids, which coordinates KBD. “For Kick Butts Day 2009, kids are sending two important messages: they want the tobacco industry to stop targeting them with advertising and they want elected leaders at all levels to do more to protect them from tobacco.”

So save the date, March 25, 2009, and get your Kick Butts Day event registered at [www.kickbuttsday.org](http://www.kickbuttsday.org). If you are a youth group, need local assistance, or have more questions on doing an activity or about FACT, contact Jessica Dalske, WINS Coordinator at the Family Resource Centers of Sheboygan County at 920-892-6706.

### Asset Tip...continued from page 1...

too, as your children play together. Get to know your kids' friends, and don't forget to play with the children yourself!

#### *Parents with children ages 10 - 15*

•Help your preteens and teens identify after-school or out-of-school activities that appeal to them. If your school district doesn't offer such options, it's likely that a community organization in your area does. Don't hesitate to ask about sliding-fee scales and scholarships if expense becomes an issue. The positive benefits of structured activities to both youth and their parents is enormous and worth pursuing.

•If possible, designate a space in your home for rougher play. Let your kids know that if they need to blow off steam and can't get outside, this is the place to do it. Chin bars, exercise mats, bouncy balls, and exercise videos are all helpful additions for the indoor season.

#### *For parents with children ages 16 - 18*

•Together with your teens, learn warm-up stretches and muscle-building activities that don't require a lot of space. You can try things like yoga positions, push-ups, sit-ups, or slow, basic stretching right in your own home. These activities can help everyone relax and use pent-up energy.

•Make sure you, too, are getting the time and space you need when you're confined to the indoors. Sometimes our children can be irritating, not because of their behavior but because of our own attitudes. If you're feeling restless, plan an activity and schedule a change of scenery for yourself.

*Concentrate on what you can do, not on what you cannot do. ~ Unknown*

For more information on the 40 Developmental Assets contact Erik Wagner at (920)892-6706 or at [erikfrc@excel.net](mailto:erikfrc@excel.net) or Mike Burns at (920)451-8000 or at [ysports@sheboygancountyymca.org](mailto:ysports@sheboygancountyymca.org).

### Parents Who Host continued from page 1...

curfew, where their children are allowed to go, etc.

7. Being a good role model for children to help them learn about healthy and responsible behaviors.

Parents do make a difference and can create a healthier and safer community for all youth. Let's work together and keep our kids safe and healthy.



For other information regarding *The Parent Who Host Lose the Most* Campaign or other drug and alcohol issues, contact Phil Duket at (920) 892-6706 or at [pduket@excel.net](mailto:pduket@excel.net).



## Thank You! to the Following Local Businesses that are Smoke-Free

The Tobacco-Free Sheboygan County Coalition (TFSCC) advocates to businesses to provide patrons of Sheboygan County smoke-free restaurants, taverns, and lodging facilities. The venues that choose to go smoke-free are featured in the Sheboygan County Smoke-Free Dining Guide. The guide is available at:

[www.co.sheboygan.wi.us/html/d\\_hhs\\_pblchlth\\_smokefree.htm](http://www.co.sheboygan.wi.us/html/d_hhs_pblchlth_smokefree.htm)

or by contacting Liz Abler, RN, Sheboygan County Health and Human Services, Division of Public Health, (920) 459-6443.

In addition to the guide, The United Community for Youth Newsletter features new businesses that decide to go smoke-free. We are doing this to promote clean air businesses and to support our goal of a smoke-free Wisconsin.

Congratulations to the following businesses that have recently gone smoke-free:

- **Sub-King:** Sheboygan Memorial Mall, 3347 Kohler Memorial Dr. Sheboygan, WI 53081 (920) 452-2731
- **Urbane:** Pub and restaurant, 1231 N 8 Street Sheboygan, WI 53081 (920) 783-0814

### ...And Knowing is Half the Battle...

According to the Gannett Newspaper series, *State of Drinking, How our love of alcohol shapes Wisconsin's cultural landscape*, 37.7 percent of 12-20 year-olds in Wisconsin used alcohol in the past month (June '08), while 26.6 percent engaged in binge drinking, defined as five or more drinks on one occasion. There are more than 10,000 youth ages 12—20 in Sheboygan County. If one applies this data to Sheboygan County, there were more than 3,770 youth between 12-20 years of age that used alcohol in the last month and over 2,660 of which, binge drank. Now you know! And knowing is half the battle.

### FRC: FYI

Unfortunately, due to unforeseen technical difficulties, the Family Resource Center of Sheboygan County needed to change the staffs' email addresses. The good news is that all staff emails return to the same address each had before the recent alterations. Please make the necessary changes to your contact lists. Below is an updated list of staff email addresses:

- Deb Binversie dbinversie@excel.net
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### Quitting Smoking for the New Year?

Most smokers want to quit, but either don't know where to start, or fear failure. If you have tried different approaches but lacked long term success, there is help. Quitting smoking is a two part process including overcoming the physical addiction to nicotine as well as breaking the habit. The use of nicotine replacement therapy or prescription products along with the support and education found in a smoking cessation program has proven to provide the greatest success. St. Nicholas Hospital offers the American Lung Association Freedom From Smoking® program throughout the year. It is a five-week, six-session program that offers the education, support, and encouragement you need to quit smoking. Freedom From Smoking prepares you to take the steps you need to quit and teaches you how to maintain your new, nonsmoking lifestyle. For more information please call Ellen at 920-451-7488 or visit their website at [www.stnicholashospital.org](http://www.stnicholashospital.org).

Thank you to the following sponsors of the United Community for Youth Newsletter:



**Sheboygan County DHHS-  
Division of Public Health**



Family Resource Center  
1209A Eastern Avenue  
Plymouth, WI 53073



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## United Community for Youth Newsletter!

### In this Issue:

**The Family Resource  
Center of Sheboygan  
County Has Moved  
Our Sheboygan Site  
to 2508 S. 8th Street**



Upcoming Events, Meetings, and Contact Information.....page 1

Asset Tip: Coping with Cabin Fever.....page 1

Update: Parents Who Host Lose the Most .....page 1

National Kick Butts Day Initiative to Help Fight  
Youth Tobacco Use, March 25, 2009.....page 2

Thank You! to the Following Local Businesses that are Smoke-Free .....page 3

...And Knowing is Half the Battle.....page 3

FRC: FYI.....page 3

Quitting Smoking for the New Year?.....page 3

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