

Shelby County Schools Coordinated School Health

2018



April:
Alcohol and Drug Awareness Month



March Highlights from Healthy Teams



Gardenview Healthy Snacks for Parents

Ida B Wells Commit to Fit

Idlewild Ask a Dietician

Hamilton 100th Learning Garden

Macon Hall Elementary PlayBack Memphis

Staff Blood Pressure Screenings



Greetings,

As this new month of April 2018 begins, here are our wishes for you:

May this month bring you satisfaction, peace and joy.

May all the desires of your heart be granted.

May this be the beginning of new things in your life.

Stay strong, be positive and fulfill your dreams

Happy new month friends!

Coordinated School Health Team

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National Youth HIV AIDS and Awareness Day

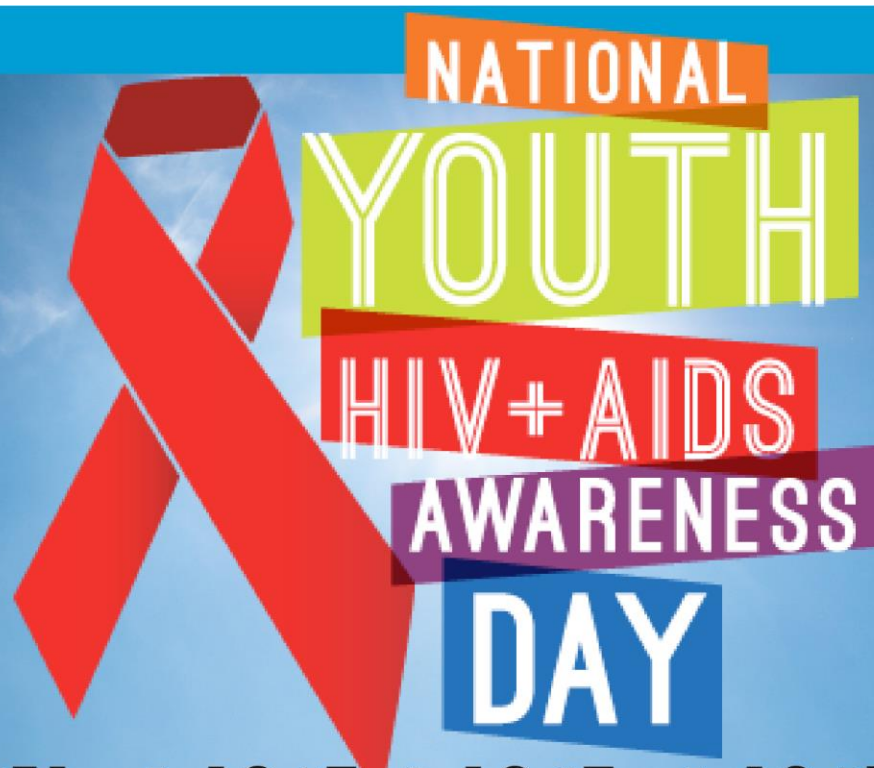
Alcohol & Drug Awareness Month

National Childhood Abuse Prevention Month

Drowsy Driving Awareness

Distracted Driving Awareness

Prom Promise



Get Educated, Get Tested, Get Treated, Get Involved

1 in 4
CDC.gov

**new HIV infections
occurs in youth
ages 13-24 years**

In honor of National Youth HIV/AIDS Awareness Day—Shelby County Schools, Department of Exceptional Children and Health Services, in partnership with the Shelby County Department of Health is offering **FREE testing for students at Wooddale High.**

Date: Thursday, April 12, 2018

Time: 8 a.m. - 1 p.m.

Location: Wooddale High School

This service is exclusive to Wooddale High School students.



Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information.

#Join
TheConvo

APRIL IS

ALCOHOL AWARENESS

MONTH

#Join
TheConvo

ADOLESCENTS AND PARENTS

"I'm rolling
my eyes but
really I am
listening"

Parents are the leading influence in their kid's decision to drink—or not to drink—alcohol.

INCREASED
62%
SINCE
2003

Over the last decade, 62% more kids reported talking with their parents about underage drinking.

Only 11% of 8th graders report consuming alcohol in the past month, down 58% proportionally from 26% in 1992.

DOWN
58%
SINCE
2003

KNOW YOUR LIMITS

Alcohol affects people differently based on: gender, weight, age, type and number of drinks consumed, and time elapsed.

HOW DOES ALCOHOL AFFECT YOU?

FEMALE

23 YEARS OLD
5'5" 120 LBS.

DRINKS

4
GLASSES OF WINE

MALE

26 YEARS OLD
5'11" 180 LBS.

DRINKS

4
BEERS

.13 BAC

SHE WILL RETURN
TO .00 BAC IN

9 HOURS
35 MINUTES

.07 BAC

HE WILL RETURN
TO .00 BAC IN

6 HOURS
10 MINUTES

Though at an all-time low, 9,878 people died in drunk driving crashes, accounting for 31% of all traffic fatalities in 2011.



These different amounts of alcohol have roughly the same effect on you.



COLLEGE DRINKING



64% of college students report they **DO NOT** BINGE drink

81% of college students have tried alcohol at least once in their lifetime

LOW & HIGH RISK ACTIVITIES

LOW RISK	HIGH RISK
Eating a complete meal before drinking	Chugging, drinking games, pre-gaming
Always know what you are drinking	Drinking to get drunk
Having a plan, know how you will get home safely	Going to parties where people drink too much
Abstaining is always the safest choice	Drinking too much too fast

TEENAGE DRIVERS



Parents are the most important driving instructors for teens.



Motor vehicle crashes remain the #1 killer of teenagers ages 15-20, even though drunk driving and underage drinking among teens are at historic lows.



57% OF CRASHES, where a teen is partially responsible, involved going too fast, not paying attention, or failing to yield.

MAY is National Youth Traffic Safety Month!

Why is National Child Abuse Prevention Month so important?

- In FFY 2012, more than 600,000 children were victims of child abuse and neglect.
- In FFY 2012, 50 states reported that more than one-quarter (26.8% or 181,493) of victims were younger than 3 years.
- Twenty percent (19.9%) of victims were in the age group of 3–5 years.



April is Child Abuse Prevention Month.

Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions, and at all levels of education.

A report of child abuse is made every ten seconds. Wear blue and become involved for kids. #wearblue4kids.

SIGNS

that you are

DRIVING

Drowsy:

Difficulty focusing, keeping your eyes open or your head up

Yawning, rubbing your eyes or blinking frequently

Trouble remembering the last few miles driven

Missing exits or traffic signs

Drifting from your lane or hitting the rumble strip

Drive Alert. Arrive Alive.
sleepfoundation.org/drowsy-driving



DON'T

DRIVE

DROWSY

TIPS FOR DRIVING ALERT:

- Get a good night's sleep. 7-9 hours is ideal.
- Plan to drive long trips with a friend or companion.
- Schedule regular stops.
- Avoid alcohol and medications.
- Take a short nap if you feel fatigued (15-20 min).

Drive Alert. Arrive Alive.
sleepfoundation.org/drowsy-driving

The Dangers of Distracted Driving



80%
of all
crashes
involve
distracted
drivers

Risk of an Accident Increases by

3x



reading email
or browsing the
web while
driving

6x



texting
behind the
wheel

9x



reaching for
any thing
other than a
phone while
driving

12x



making a
call while
behind the
wheel

More than
500,000
people are injured
every year by
distracted motorists



Distracted driving is a
factor in at least 2,000
deaths per year

No distraction is worth injury or worse.
Say NO to distracted driving.



JIM DODSON LAW
Where Trust & People Matter



AAA PROMISE

Fact Sheet



**A Program to Support Parents, Teens, and
Law Enforcement to Help Everyone
Get Home Safely on Prom and Grad Night**

Overview

- In 2011, AAA introduced a program called AAA PROMise to help protect teens and other motorists from prom through graduation season.
- AAA PROMise is designed to cater to the unique needs of parents, high school officials, and law enforcement concerned with the safety of young drivers during their junior and senior years of high school.

Purpose

- AAA PROMise encourages young drivers and their parents to talk about the dangers of underage drinking, drug use and impaired driving, especially during prom and graduation season when many teen-related crashes occur.
- AAA PROMise is designed to protect all motorists on the roadways from impaired drivers.

AAA PROMise

- AAA PROMise asks teens to make the adult decision to not drink alcohol or take drugs, drive impaired or get in the car with someone whose sobriety is in question.
- AAA PROMise reinforces the parent-teen relationship by fostering a predetermined agreement that if a teen needs help getting home safely, he/she can call their parent for a safe ride home and not risk ending up in jail, a hospital or worse.
- Together, AAA and parents create a solid defense against the detrimental consequences of impaired driving. The parent picks up the stranded teen, calls 1-800-AAA-HELP, and AAA tows home the family vehicle, free of charge, member or not.
- The teen makes the following promise to their parents before celebrating on prom or graduation night:
 - *I promise not to drink alcohol or take drugs.*
 - *I promise not to drive impaired.*
 - *I promise not to let my friends drive impaired.*
 - *I promise my parents I will get home safely or call them for help.*

Coverage Areas

- Florida, Georgia, Iowa, Michigan, Minnesota, Nebraska, North Dakota, Tennessee, Wisconsin, Most of Illinois and Northern Indiana

Program History

- AAA PROMise was originally piloted in the Tampa Bay area and has now grown to cover the entire 11 state Auto Club Group territory.
- The AAA PROMise program won the 2014 PPAI GOLD Pyramid Award in the category of Social Responsibility.

How to Participate

- All High Schools in the coverage area can visit www.AAAPROMise.com to order a free AAA PROMise toolkit worth over **\$200**.



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