



Dare to Care: Enhancing Emotional & Physical Well-Being

MA ends sale of menthol and other flavored tobacco on June 1:

Information reprinted from Tobacco Free Mass

Law stops tobacco industry practice of targeting minorities and youth with flavored products.

On June 1, Massachusetts will end decades of predatory targeting by the tobacco industry as a law ending the sale of all flavored tobacco products, including menthol cigarettes, in the Commonwealth takes effect. This follows legislative passage of a bill last November to end the sale of these deadly products, tax vape products, and increase access to tobacco cessation medicine and counseling. The law applies to the sale of all flavored tobacco products in Massachusetts retail stores and online.

"My family and community have been expendable for the tobacco companies' bottom line," said Jason Boyd, a community organizer in Dorchester. The tobacco and vaping industries have a long history of unfairly targeting specific groups of people with their deadly products. They have used menthol products to target youth, the black community, the LGBTQ community, and the Latinx community. This cynical marketing strategy increased the use of menthol cigarettes and youth e-cigarette use, and therefore the concentration of chronic conditions in these same communities.

"These chronic conditions put people in these communities at increased risk of illness, hospitalization and death due to COVID 19," said Lauren Smith, a pediatrician and Chair of Tobacco Free Mass. "Massachusetts has acted to remove an injustice that is a root cause of many of the health disparities we see with COVID 19."

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Youth Health Connection Meetings & Events

Youth Health Connection

Thank you for your continued support! We will continue to offer virtual meetings and education through our Zoom Platform.

Coming soon!

We are working on our new Facebook page and the introduction of Podcasts and short videos for easy access to quality education and resources.

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“The harmful effects of menthol cigarettes on lung health are undisputed, and in the wake of COVID-19 we have seen how a compromised respiratory system weakens the ability of a person to fight the disease,” said Senator John Keenan, the bill’s lead sponsor in the Senate. “Decreasing the ability of the tobacco industry to target people with their dangerous products will have both short- and long-term positive impacts on public health. I applaud the Department of Public Health for moving forward to take these products off our shelves and bolstering cessation programs to promote a healthier Commonwealth.”

No Menthol. Know Why

Information about tobacco industry’s use of menthol to target specific communities.

NoMentholKnowWhy.org

See attached for full article

The MA Smokers' Helpline offers
free support to **quit smoking.**

**I QUIT on my 9th TRY
Keep Trying!**

I-800-QUIT-NOW KeepTryingMA.org

Massachusetts Department of Public Health

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10 Tips to help your child develop a positive self image

Angela Veri Babuschak MA, LDN, RDN

Fact: Eating disorders have doubled between 2000 and 2019. Below are some tips to help with prevention and positive body image:

- 1.) Get comfortable with and appreciate YOUR own body... how you treat yourself is modeled to our children.
- 2.) Be mindful of YOUR comments... do not to comment negatively on your or some else's weight.
- 3.) Call out comments that are "fat-phobic" or create shame around fat... this includes siblings and other family members.
- 4.) Advocate for your child with medical professionals... conversations about BMI or dieting should never include the child as that may be perceived as "bad" or "unhealthy" and trigger maladaptive behaviors.
- 5.) Expect your child's body to change... large, progressive weight gain is normal and necessary during adolescence.
- 6.) Incorporate body positive and body diverse books/magazines at home to celebrate ALL body shapes, sizes and colors (see below).
- 7.) Monitor social media to see who their role models are.
- 8.) Focus comments on what our bodies do for us, not what they look like.
- 9.) Movement vs. Exercise... make movement fun and not centered on weight loss or body sculpting.
- 10.) Division of Responsibility... teach children to listen to their own cues around eating and the amount of food they need. This teaches children body trust and autonomy.

Below is a list of suggested readings around positive self-image:

- Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls
by Sonya Renee Taylor
- Amanda's Big Dream by Judith Matz
- Your Body is Awesome: Body Respect for Children by Sigrun Danielsdottir



Community Education: Virtual Events for June

New 7:30pm start time

YHC Contact Information

Medical Director:
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Youth Health Connection is a community benefits program of South Shore Health dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, families and community providers to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection:

Builds and sustains community connections through healthy dialogue and sharing knowledge to keep our youth safe today and moving forward.

To subscribe, please visit: <http://bit.ly/26t0y1h>

Connect with us:



JUNE 3, 7:30PM

CASEY CORCORAN

**THE BIRDS, THE BEES
AND THE BUTTERFLIES**



We oftentimes talk to our kids about *the birds and the bees* but leave out "the butterflies". The "butterflies" are emotions that young people often feel when they are in an intense relationship or friendship. This presentation will focus on concrete strategies, conversation starters, and resources that parents and caregivers can use with their kids in 6th-12th grade, to promote healthy relationships.

JUNE 10, 7:30PM

**JULIE B. CULLEN,
LICSW**



PANDEMIC PARENTING: GRADES K-5

Come learn about some specific techniques you can use to help support your elementary school children in the face of Covid-19. We will talk about managing remote learning, working around your work schedule, supporting family mental wellness, and incorporating fun activities along the way.

JUNE 17, 7:30PM

DR. DANIEL MUSE

**TREATING ACUTE PAIN:
NONADDICTIVE OPTIONS**



All too often, sports and other injuries have led to addiction due to the misuse of opioids as pain relievers. This webinar will discuss why this has occurred and how athletes, parents and schools can help prevent this from happening. The information can be used for treating other acute pain.

JUNE 24, 7:30PM

KRISTEN WASON

**CURRENT TREATMENTS FOR
ALCOHOL AND OPIOID DISORDERS**



Many people in Milton struggle with alcohol and opioid dependency. But recovery is possible! Milton resident and addiction treatment practitioner Kristin Wason will provide an overview of the risk factors and brain changes that contribute to a person developing a substance use disorder. She will then discuss best practices for treating these disorders as well as local treatment resources.

To register visit:

<https://www.milton-coalition.org/>

