

Parenting FOR Prevention

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Welcome to BPAC's E-Learning Series for Parents

Welcome to your first issue of *Parenting for Prevention*, a new e-learning series published by the [Burrillville Prevention Action Coalition](#). It is one program in a town-wide strategy aimed at keeping our youth safe, healthy and drug-free.

BPAC's task over the next four years is to build a stronger "prevention infrastructure" in Burrillville. With federal funding, it is deploying a strategy proven to reduce and prevent underage substance use in thousands of towns across the nation. The strategy is to engage every sector of the community in prevention work: businesses, organizations, faith communities, law enforcement, town departments, health care professionals, youth workers, coaches and, importantly, parents and schools. The Burrillville School Department is proud to be actively engaged in this effort.

I know parents are busy, which is why I applaud this BPAC e-learning series — and readily agreed to distribute it each month through the district's listserv. Each lesson in the series is a "quick read," even for busy parents, but it's also based on the latest prevention research and science. The *Parenting for Prevention* series offers practical, positive, evidence-based tips and parenting methods that do help teens stay drug-free.

You'll learn about reducing teen stress, which increases the risk of substance use. You'll learn about studies that show how family gatherings and "social and emotional learning" (SEL) techniques reduce the risk of substance use. You'll also learn about social media's role in substance use and facts about "new trends" in underage substance use that you can share with your teens. Each issue will have a link to an on-line resource, if you'd like to learn more. I also want to mention that each of our teachers will also receive a copy of *Parenting for Prevention* in their e-mail boxes each month. It's one more way that parents and teachers can "be on the same page" when it comes to keeping our kids substance-free.

Burrillville schools do have a zero tolerance policy for using, possessing or being under the influence of alcohol

and illicit drugs on school property or at any school sponsored activity. However, we know that saying no is not enough. It's only the first step to preventing substance use. Kids do have to understand that we do not approve but they also deserve to know why, which is an educational challenge both teachers and parents share. In addition, we need to keep up to date on trends and why kids choose drugs — and learn what we can do to help them make the right choices when they're out there on their own. I believe *Parenting for Prevention* is one way to stay up to date.

Working together, we can always make Burrillville a safer, healthier place to raise kids. And there's no better time to start than now.

Dr. Frank Pallotta,
Superintendent, Burrillville Schools



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Next Issue: *Burrillville Health and Wellness Survey*

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