



**Burlington
Partnership
for a Healthy
Community**

In Our Hands Newsletter

Summer 2015

burlingtonpartnership.org

School's out. Now What?

It's summertime! The livin' is supposed to be easy now, right? No more shoveling snow, homework to do, rushing out of the house to get to school. It is all sunny days, ice cream, bike riding, fresh vegetables and easy living from now until September...right? Right? Well, we hope most of you have a summer like that, but to help parents create a fulfilling one for you and your kids we've shared a few suggestions.



Create structure and supervision.

Summertime often leaves kids with a lot of unmonitored time. We know it can be challenging if you still have to work, or your kids are getting older and don't want a parent around all the time, but try to have an adult be physically present for some time each day. Maybe you have a neighbor or a friend who can check in randomly. Or work out a plan with parents of your children's summer. Kids really do benefit from having adults to look up to and turn to in difficult times. Helping to monitor and support your children's growth and development (which research shows is a predictor of future success). As kids get older it can be more challenging to figure out how to provide the right kind of structure — for teens (just like teenagers, or even a summer job can help!



Find time to connect each day.

Even though they may be pushing away, don't forget that teens still say that the most important thing that impacts their decisions is their parents. Summer is a good time to look for ways to engage your kids in something interactive you can do together to make sure you have opportunities to share your values and support. Have you thought about volunteering together? On the Chittenden County United Way website you can search for volunteer opportunities by age of your youth! Or start a summer reading list together and make time to get together and discuss the books. You could start a tradition now that your kids will remember for years to come!

A great way to connect daily is through scheduled family mealtimes. Research shows that having family meals together can make a BIG difference in your children's ability to make good choices. Try enhancing the time by making the meals together. Youth who have dinner with their family 5-7 times a week are:

13% less likely to smoke cigarettes
19% less likely to use marijuana
23% less likely to have sex

17% less likely to drink alcohol
22% less likely to fight physically
32% less likely to make a suicide plan

Cartoonist James Dent says, "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." We hope you get at least one perfect summer day!



YouParent.info

It's hard to know what
to say and do during
the challenging years

You Parent
BURLINGTON
Real. Parenting. Support.

Empowering Youth to Engage & Lead

Engaging young people in school and community wellness initiatives that build a culture supportive of a substance free life is a strong component of our mission. Below are recent collaborative activities with local youth prevention groups to support and empower one of our most valuable community assets - our youth.



PROJECT STICKER SHOCK: Keeping Kids Safe for Prom

Research shows that more teens die from drinking and driving during prom and graduation season than any other time of year. This May, our staff and 9 students from Burlington High School's Students Taking Action & Risks Together group traveled to retailers in Burlington to implement Project Sticker Shock in the week before the BHS prom! The group placed bright stickers on alcoholic beverages and cooler windows at liquor and convenience stores that read: *"Hey there, please keep this out of the hands of minors. Providing alcohol to people under 21 may result in fines up to \$2,000 and 2 years in jail."*



This event is a great way to remind adults the importance of supporting youth to make healthy decisions and resist negative influence. BHS senior Tian Berry gave this reason for participating, "Sticker Shock is important because I think underage drinking is often overlooked among the high school population and the attention surrounding alcohol is usually around UVM and that age. In my opinion, teens should not drink alcohol because life only happens once and you should remember the good parts, not the part where you go to court for drunk driving or something like that."

Please help us thank the following Burlington retailers for participating this year:

Waggy's Store & Deli
Bessery's Quality Market

Pearl Street Beverage
JR's Corner Store

Pine Street Deli
802 Beer Wine Spirits

Kerry's Kwik Stop



National Kick Butts Day

For the third year in a row kids from youth prevention groups, Vermont Kids Against Tobacco (VKAT), Our Voices Exposed (OVX) and BHS START partnered with our coalition to raise awareness of the harmful effects of tobacco use and exposure to secondhand smoke for National Kick Butts Day on Wednesday, March 18th. Kick Butts Day is a national day of activism that empowers youth to speak up against the big tobacco companies marketing to them. Tobacco kills 1,300 Americans every single day. In order to stay in business when their customers are dying, the tobacco industry aggressively markets their products and according to industry documents seeks "replacement smokers," specifically teens.

In Burlington, middle school VKAT students decorated lamp posts on Church St. with blue ribbons that shared messages from the students about why they choose not to smoke. The messages also thanked Burlington for the new smoke free ordinance on Church St. helping to reduce exposure to secondhand smoke and youth tobacco use. At the same time, teens from BHS START and OVX visited businesses along Church St. asking them to put a BPHC decal in their store window that says, "Breathe Easy. Smoke Free Zone." They were met with enthusiasm from merchants who agreed to display the bright decal and show their support for a smoke free Marketplace.

SAVE THE DATE for our 7th Annual Roots of Prevention Award Celebration!

Our annual celebration brings people together to support the hard work of individuals, programs, and organizations instrumental in creating a healthier, safer and more vibrant Burlington community! Save the date to join us in recognizing those making a positive difference in the health and wellness of our city.

OCTOBER 21ST ~ 8:30-10:30AM

registration and breakfast buffet begin at 8:00am

**donations are appreciated, but are not required to attend*
FOR MORE INFO: BURLINGTONPARTNERSHIP.ORG



A special thank you to our presenting sponsor Burlington Labs and our other sponsors below for supporting us to host this event for our community, free of charge!



**BlueCross BlueShield
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.



Reducing the Impact of Big Tobacco

COUNTER BALANCE

**VERMONT YOUTH ARE EXPOSED
TO TOBACCO ADVERTISING EVERY
DAY WHERE THEY LEARN & PLAY.**



Did you know the tobacco industry spends over \$19 MILLION a year on tobacco advertising here in Vermont and that youth are 3 times as sensitive as adults to that advertising? In Vermont, the majority of those advertising

dollars go to "point of purchase" advertising that is most often seen in the small convenience stores where adults are stopping for their gas and morning coffee or our kids are stopping by after school to pick up a snack, or in the pharmacies that were originally designed to sell medicines and other health related products. Join with us and other Vermonters to address the placement, quantity, and access to these adult products to create a healthy environment in Vermont for youth to succeed.

Last fall we worked with Burlington middle and high school youth to assess the 44 tobacco retailers in Burlington! Here are a few highlights from the assessment:

- 22% of tobacco retailers have cigarette ads within 3 feet of the floor.
- 18% have a pharmacy counter
- 20% sell tobacco and 23 % sell e-cigarettes within 12 inches of gum, candy toys, slushy machines or ice cream.

So what do we do now? To learn more about how to reduce Big Tobacco's influence on Burlington go to COUNTERBALANCEVT.COM. Here are a few ways we can all help:

Teach kids to think critically about advertising by talking through ideas and challenging messaging they hear.

Support policies that eliminate smoking or advertising in public places: Now is a great time to reach out to policy leaders to share your opinions and ideas on how to reduce the negative health consequences of smoking and advertising. Whether it be a letter, e-mail or phone call, all forms of thoughtful correspondence are valuable.

Promote your public events as smoke-free: We offer the use of smoke-free event signs, banners, and handouts for events in Burlington. If you are interested in borrowing the signs for an event contact Mariah at mariah@burlingtonpartnership.org or give us a call at (802) 652-0997.



Free Cessation Support with 802Quits



Our coalition is excited to help promote Vermont's 802Quits resources to help smokers quit.

FREE smoking cessation support and resources for all Vermont residents, including students in residence at Vermont colleges.

- Online at 802Quits.org
- By phone at 1-800-QUIT-NOW
- In person with **Vermont Quit Partners** around the state

Board of Directors:

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Goodbye Tian :-(Hello Jessica :-)



Goodbye, Tian! If you've ever seen BPHC in the news, chances are you've seen Tian Berry! Tian joined our staff youth position in 2012, helping with projects such as Sticker Shock, resource tables, Above the Influence promotion, youth retreats, Red Ribbon Week, Kick Butt's Day, and Dialogue Nights. She grew into a wonderful spokesperson for her peers and for health in our community, and was interviewed by local news stations and papers countless times. Tian graduated from BHS and is heading to Merrimack College in MA this fall where she will study Elementary Education with a concentration in Special Ed. It has been amazing to watch Tian's commitment and passion for supporting health in her community as a high school student. Tian, we wish you well as you take that passion out into the larger community! *Thank you*, for your hard work and dedication! We sure will miss you.

Welcome, Jessica! We are very excited to welcome Jessica Summer to our staff as our new Office Assistant. Jessica grew up in North Carolina and currently lives in Essex Junction. She earned a BA in English from Franklin Pierce University in 2009 and a Master of Library Science degree from North Carolina Central University in 2012. She loves working with youth and families and keeping things organized (which is a great fit for her new position with us!). When she's not in our office, Jessica can be found at the Winooski Memorial Library where she also works part-time as the Youth Services Librarian. Welcome to the team, Jessica!



We rely on the community's generous donations of time, ideas, creativity and money. To get involved, contact us, or make a donation:

