

# The BAYTEAM

# buzz

## CVS QUILTS FOR GOOD!



The BAY Team commends CVS pharmacy for ending the sale of tobacco products in their stores. The company recognizes that the sale

of tobacco products is inconsistent with their purpose – helping people to better health. The BAY Team also thanks CVS for partnering with us for our annual Drug Take Back day on Saturday, April 26th. Drop off unwanted medications at CVS on County Road from 10 am – 2 pm



## Reminder: Celebrate Safely!

Spring can be a time for celebrations. But, celebrations can become risky when parties include alcohol. Every day, studies reveal alarming evidence and long-term consequences of underage drinking. That's why it's important to address how and where youth get alcohol and what we, as parents and concerned citizens, can do to avert tragedy.

No matter what the occasion, alcohol should never be purchased for or served to teens.

Under RI's social host law, is illegal to furnish or procure alcoholic beverages for underage youth. (RI Law § 3-8-11.1)

- TIPS:
- Let your underage guests and their parents know alcohol is **not** allowed
  - Offer plenty of non-alcoholic beverages
  - Have guest put backpacks in a common area
  - Monitor guests' behavior

If you suspect an underage guest has been drinking, call their parents.

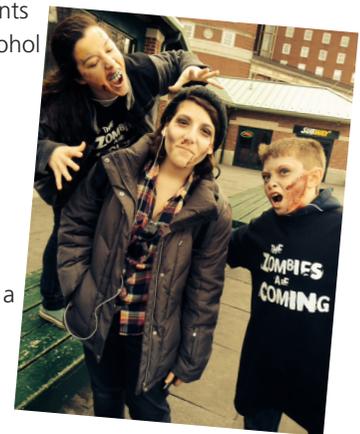
## BAYouth Students in Action!

**Barrington High School's BAYouth group helps raise awareness about destructive decisions.**

The students recently created a "Reality Wall." The project aimed to convey the message that in reality alcohol and other drug use can have many negative effects on individuals and families. Students were asked to describe the negative impact of alcohol or drugs had on someone they know. These brief statements formed bricks on the wall.

The wall includes many different negative consequences and sad realities. "Hurtful words", "disappointed grandparents," "we are not friends anymore", "divorce", "made me feel worse", and "pulled over and arrested" were just a sample of the many comments placed on the wall by students.

*Dressed as Zombies BAYouth members help raise awareness about the harms of cigarette smoking!*



## Save the Date!

### How Well Do You Communicate with Your Teen?

**Dr. Matt Bellace** is coming to Barrington to present to teens and parents. Bellace is a psychologist and comedian who combines humor and science to share his message about the importance of communicating with your teen. Bellace shows how to engage teens in conversations about responsibility, healthy coping skills, and substance use.

Join us on April 29th at 7 pm in Barrington High School. Admission is free.

### Social Media Safety Speaker

**Rob Hackenson**

When: April 14, 2014

Time: 7pm

Where: Barrington Middle School Library

Admission is free.

Panel discussion following the parent presentation.



The Barrington Adult Youth Team  
Against Alcohol and Drug Abuse

The BAY Team  
Barrington Town Hall  
283 County Road  
Barrington, RI 02806

[www.thebayteam.org](http://www.thebayteam.org)

# Stress Busters

All children will experience stress. Some stress is normal and should be expected, but an overwhelming amount of stress is unhealthy and can take a toll on developing minds and bodies. Adolescent stress must be effectively managed and parents can help. Here are a few tips to help keep stress in check:

Help your child slow down: While it may be easier said than done, it is important to plan regular downtime for relaxing, and recharging.

- \* Unplug – Take some time away from social media, especially at night. Turn off electronics at a certain time of night, and leave them off.
- \* Encourage Exercise – Exercise releases feel-good endorphins that relieve stress, promote a feeling of well-being and contributes to a better nights sleep.
- \* Make Sleep a Priority – Sleep fuels the brain. Lack of it increases stress, makes kids grouchy, and impairs decision-making skills and concentration.
- \* Help them eat well – breakfast every day, no skipping meals. Lots of fruits and veggies, and H2O to stay hydrated during the day.
- \* Keep them talking – bottled up emotions can wreak havoc on an adolescent's thought process. Encourage your child to talk about their problems with you or a trusted friend or teacher.

As stress increases, the natural desire for relaxation and relief increases. By helping kids manage their stress in healthy ways, you will reduce the risk of them turning to drugs or alcohol to achieve that relief. ([drugfreeactionalliance.org](http://drugfreeactionalliance.org))



### HMS Posters!

Look for posters created by 4th & 5th grade Hampden Meadows School students. Thanks to Shaws, Verizon Wireless, Barrington Police Department, MADD and our members for displaying these messages.

