

Have you ever noticed the signs as you enter a city or town? “Welcome to the Tree Friendly or Bicycle Friendly town.” Did you ever wonder if these towns were also “Youth Friendly”?

Think about your town or village.

- Do you have a public park?
- Does the park have daily activities?
- Do you have a school(s)?
- Are there after-school activities?
- Are there churches in town?
- Do churches have activities for youth during non-school hours?

Think about families in your town.

- Do most adults work away from home?
- Do some adults work more than one job?
- Is there an adult at home during non-school hours?
- What time do most adults leave home for work & what time do they return?

Safe Haven - a place to go to participate in positive activities.



If you were 8 years old and came home to an empty house, what would you do to fill the hours before an adult got home? If you were 11, what would you do? If you were 15, what would you do?

The answers to these questions are good indicators of your community’s need for SAFE HAVENS for Youth during Non-School hours

Some things to consider:

North Hawaii Drug-Free Coalition is a community based organization working toward the development of *Healthy Communities Choosing To Live Drug-Free.*

The communities of Hamakua, Kohala, Waikoloa, & Waimea are working together to help community partners join with parents to tackle the problems of youth substance abuse.

Teen Brain Chemistry:

New research shows alcohol affects a developing teenager’s brain differently than an adult’s. The brain goes through rapid development and “wiring” changes during the ages of 12 through 21. Teen alcohol use can damage this brain wiring, which is essential to become a mature, thoughtful, responsible adult.

Did you know...

- Self care and boredom can increase the likelihood that a young person will experiment with drugs and alcohol by as much as 50 percent.
- Youth tend to develop patterns of alcohol, tobacco, and other drug use - or nonuse – from ages 12 to 15.
- Teens who do not participate in afterschool programs are nearly three times more likely to skip classes at school than teens who do participate. They are three times more likely to use marijuana or other drugs, and also more likely to drink alcohol, smoke cigarettes and engage in sexual activity than teens not in afterschool programs.

How does a community create support for youth?

Work Together

Put ideas together for activities and potential locations.

Create a Unified Message

All community adults should be consistent with a NO-USE of Alcohol, Tobacco & Other Drugs message for youth.

Parent Pledge

Parents agree to host drug & alcohol free parties AND to be present when parties occur.

Enforce Curfew

Know where your kids are and be aware of curfew laws.

Create "Exit Signals"

Establish a family phrase for kids to use when they need a ride home from a party – no questions asked.

Websites for Parents:

Parents. The Anti Drug ~
www.theantidrug.com

National Institute on Drug Abuse ~
www.nida.nih.gov

Hawaii County Resources ~
www.healingourisland.com

Websites for Youth:

For Teens ~
www.teenlinehawaii.org

For Middle Schoolers ~
www.thecoolspot.gov

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NORTH HAWAII DRUG-FREE COALITION

Hamakua · Kohala · Waikoloa · Waimea
Healthy Communities Choosing To Live Drug Free!



Community Focus on Youth



Where does
YOUR
community
stand?