



Parent Webinar Series & Fun Family Activities 2020-2021

October 2020

“Vaping Unveiled” Breathe NH (YOUTH)

Thursday, October 22, 2020 TBD 7-8:30PM

This program provides youth the opportunity to learn more about the impact of vaping, Juuling and nicotine addiction, including the latest youth trends in NH. Learn why teen vaping and nicotine addiction is a public health concern and what you can do to help prevent it. For more than 100 years, Breathe New Hampshire has been a public health nonprofit focused on critical issues related to lung health, such as tobacco use and preventing youth nicotine addiction, COPD (chronic obstructive pulmonary disease), asthma, air quality, and lung cancer. Breathe NH provides educational programs, advocates for public health, and support scientific research to prevent, eliminate, and treat lung disease.

REGISTER: <https://forms.gle/zhuirNtGT6uVJnCx5>

Red Ribbon Hunt

Red Ribbon Week: October 24– October 31

The Red Ribbon Hunt is similar to other fun movements (like the NH Bear Hunt or the Rainbow Hunt) that have been taken place all over the world. To participate, simply put a “Red Ribbon” in a window, somewhere outside, or in your car. Then families and community members can enjoy searching for all the red ribbons in our town and seeing that support for living a drug-free lifestyle is strong in our community.

HOW TO PARTICIPATE:

- **Create a Red Ribbon** to hang in your home from a window, in your yard, or in your car!
- **Take a walk in your neighborhood** or take a drive and count how many Red Ribbons you can find.
- **Document your journey** and share on Social Media! @cadyinc #RedRibbonWeek2020 #CADY #JACredribbonhunt

- **Lastly, have fun with it!** We hope you are able to join us and help share this Drug-Free Community Message!

Our goal is to spread awareness of the National Red Ribbon Week Campaign and have as much community participation as possible! Be part of the solution by helping to spread the word!

Join the **“Red Ribbon Campaign (Central NH)”** Facebook Group -- Take pictures of your Red Ribbon Adventure and show your Red Ribbon Support on Social Media @cadyinc [#RedRibbonWeek2020](#) [#CADY](#) [#JACredribbonhunt](#)

Any questions? Please contact Liz at ebrochu@cadyinc.org

Let us know you will be Participating! **REGISTER TODAY:** <https://www.eventbrite.com/e/red-ribbon-hunt-tickets-124590245779>

Plant the Promise Family Activity

October 24 – October 31, 2020

Plant the Promise is a week-long event where families and community members plant red tulip bulbs in the fall and watch them bloom in the spring.

Please Join the CADY Youth Advisory and Advocacy Council (YAAC) in this fun, engaging, and impactful family activity!

- Learn more about Red Ribbon Week: redribbon.org
- Start the conversation of what it means to live drug-free
- Watch the beautiful red tulips bloom in Spring 2021

The tulips serve as a reminder of the importance of living a healthy, drug-free life.

FREE Red Tulip Bulbs and Red Ribbon Week information packages will be available for pick up at the CADY Office the week of October 23-30, 2020.

Join the **“Red Ribbon Campaign (Central NH)”** Facebook Group -- Take pictures while planting your tulip bulbs and show your Red Ribbon Support on Social Media @cadyinc [#RedRibbonWeek2020](#) [#PlantthePromise](#)

Any questions? Please contact Liz at ebrochu@cadyinc.org

Let us know you will be Participating! **REGISTER TODAY:** <https://www.eventbrite.com/e/plant-the-promise-family-activity-tickets-124595046137>

November 2020

4th Annual Shout Out to Parents Event

Fun, FREE Social Distancing, Adult Event for Parents, Guardians and Grandparents!

Friday, November 6, 2020 6:30-9:30PM at The Barn on The Pemi - *Masks Required*.

KEYNOTE: "Unpredictable – Addressing the Challenges of Growing Up Today"

Brooklyn Raney, Author, "One Trusted Adult." Brooklyn is the Program Director of Generation Change: Let's Learn, Lead, Laugh, and Let Go!

If asked, most parents would report that they would never want to be a teenager today. With the growing influence of technology and other factors, adolescents are finding riskier ways to send the adults in their lives, messages about their fears and anxieties. This presentation will address best parenting practices for creating healthy dining room table talk surrounding the toughest topics facing teens today.

REGISTER WITH EVENTBRITE by November 2nd <https://bit.ly/30bH5YP>

National Parent Involvement Day – Family Challenge Activity

Thursday, November 19, 2020

Parents, please share your favorite family activity, whether it's a special memory-maker or a day-to-day routine, for a chance to win prizes in our Family Challenge! Find new ways to have fun with your family and inspire others with your own traditions as we celebrate National Parent Involvement Day. Whether it's a Tik-Tok video, a family photo, special recipe, or instructions to a scavenger hunt, we want to see how you have fun with your family. Prizes will be awarded for Creativity, Nostalgia, and Budget by the Parent Advisory Council (PAC).

Share via Facebook on the CADY page to spread the fun! #CADYPAC #FamilyChallenge2020

Send all submissions to ebrochu@cadyinc.org by Friday, November 20, 2020

Let us know you will be Participating! **REGISTER TODAY:** <https://www.eventbrite.com/e/national-parent-involvement-day-family-challenge-activity-tickets-124598197563>

“Cultivating Love and Connection in the Lives of Our Children as They Navigate Pain and Disconnection”

Presented by: Dr. Jessica Dutille, Director, Office of Community Impact, PSU / Pemi Youth Center Board of Directors & Founder

Thursday, December 3, 2020, 7:00-8:30PM

Youth are experiencing severe pain and disconnection at alarming rates, which is reflected in the increase of mental health issues, substance use, bullying, violence, self-harm, and suicidal ideation. As a society, we can no longer afford to perpetuate disconnection and separatism while our children suffer the consequences. Instead, we need to teach them how to love themselves and to develop healthy connections inward and outward. Join Dr. Jessica Dutille for this webinar that explores research on love-based practices, such as mindfulness and meditation, and how these can be applied in not only transforming our children’s lives but also our own.

REGISTER: <https://www.eventbrite.com/e/cultivating-love-and-connection-in-the-lives-of-our-children-tickets-124173310715>

January 2021

“Meaningful Places”

Presented by: Dr. Maria Sanders

Thursday January 7, 2021, 7:00-8:30PM

In the Fall of 2019, Dr. Maria Sanders, a Philosophy professor at Plymouth State University, traveled to all fifty states in the United States exploring how people intentionally convert spaces into meaningful places. During this journey Dr. Sanders captured thousands of photos and conducted over one hundred interviews with individuals sharing their ideas and experiences about natural and constructed places. Her photography is featured in a philosophical art exhibition co-curated by the Museum of the White Mountains in the Silver Center (9/8/20 – 11/20/20) entitled Spaces 2 Places, portions of which can be viewed online at <https://www.plymouth.edu/mwm/>. She also has a book contract with West Creek Media who will be publishing a book of her reflective poetry on place entitled Sunrise Sunset. In the Meaningful Places webinar, Maria shares a number of lessons gleaned from these interviews and experiences with place that highlight the importance place plays in our quest to live full, healthy, and flourishing lives.

REGISTER: <https://www.eventbrite.com/e/meaningful-places-tickets-124174787131>

“Communicating with Preteens and Teens”

Presented by: Samantha Worth, NH Teen Institute

Thursday January 21, 2021, 7:00-8:30PM

Positive communication is the cornerstone of staying connected through the ups and downs of adolescence. We will learn tools and skills for increasing positive communication; listening—really listening; expressing ourselves without blame or shame to create understanding and develop empathy, and controlling emotion when things get tough.

REGISTER: <https://www.eventbrite.com/e/communicating-with-preteens-and-teens-tickets-124599022029>

February 2021

“Prime for Life Preview: What is Responsible Drinking?”

Presented by: Liz Brochu and Emily Shanahan

Thursday, February 4, 2021, 7:00-8:30PM

Prime for Life[®], an evidence-based prevention and intervention program, helps people learn to reduce their risks of alcohol and drug-related problems throughout life.

This webinar will briefly cover the National drinking norms for adults and discuss what responsible/moderate drinking really means.

An understanding of the potential risks associated with high-risk alcohol choices is an important tool for protecting what we value. When presented in a non-judgmental way, carefully selected information can provoke new thinking and provide individuals with a solid basis for making decisions about their own alcohol use.

Results from more than 28 years of instructors teaching Prime For Life[®] indicate that the curriculum is effective in helping participants change their high-risk behaviors. Prime For Life[®] has also been shown to reduce recidivism and increase abstinence. Find out more from Prime for Life research evaluations.

REGISTER: <https://www.eventbrite.com/e/prime-for-life-preview-what-is-responsible-drinking-tickets-124600341977>

A Valentine for Prevention

February 7 – February 14, 2021

People may not know it, but prevention – doing something to avoid a negative consequence – is something that we all do every day. Things like brushing your teeth, putting oil in the car, and wearing a mask in public are all practices of prevention!

This Valentine’s Day, we encourage you to create a Valentine for PREVENTION. Make a card, a message, or a piece of art for your favorite preventative habit! It could be a valentine for the dentists helping to prevent cavities, or for a parent who talks about the dangers of underage drinking and drug use. Use your imagination and get creative, then share your great ideas with us!

Prevention is EVERYONE’S Business. Let’s show some LOVE for the wonderful habits that keep us safe, healthy, and strong!

*All submissions due Sunday, February 14, 2021 – to ebrochu@cadyinc.org
Show your LOVE on Social Media @cadyinc #Valentine4Prevention #CADYlove #CADY #ILovePrevention
Any questions? Please contact Liz at ebrochu@cadyinc.org*

Let us know you will be Participating! REGISTER TODAY: <https://www.eventbrite.com/e/a-valentine-for-prevention-tickets-124604121281>

“Talking about Risky Behavior”

Presented by: Samantha Worth, NH Teen Institute

Thursday February 18, 2021, 7:00-8:30PM

Research shows that communicating clear standards for healthy behavior to our children is an important part of guiding our children away from high-risk behavior and helping them make healthy choices. In this workshop, we will learn how to develop clear standards for healthy behavior with our teens.

REGISTER: <https://www.eventbrite.com/e/talking-about-risky-behavior-tickets-124605932699>

March 2021

“History of Lies”

Presented by: CADY’s Junior Action Club

Thursday March 4, 2021, 7:00-8:30PM

This presentation focuses on the ways in which the tobacco industry has used its advertising and promotions in misleading and deceptive ways to obscure the actual risks associated with tobacco use. This advertising – along with the industry’s other deceptive and untruthful activities and statements – are chronicled in a History of Lies spanning the past 100+ years.

REGISTER: <https://www.eventbrite.com/e/history-of-lies-tickets-124607914627>

“Teen Culture”

Presented by: Samantha Worth, NH Teen Institute

Thursday March 18, 2021, 7:00-8:30PM

An opportunity for adults to learn more about the music, TV, movies, websites, and apps around NH (and the country) that currently excite teens. This is an opportunity to explore many ways that popular youth culture has changed and the many ways in which teenagers today are similar to those who came before them.

REGISTER: <https://www.eventbrite.com/e/teen-culture-tickets-124607212527>

April 2021

“Taylor’s Message”

Presented by: Kathi Sullivan

Thursday April 8, 2021, 7:00-8:30PM

After a night of binge drinking and poor choices at a series of underage drinking parties, Kathi’s 17-year old daughter Taylor wandered away alone in the woods, and drowned in only two feet of water. They found her 3 days later.

Two months later, Kathi started sharing Taylor’s story with students and parents in hopes that her message would enlighten others about the dangers of underage drinking and poor choices. Passionate about reaching hearts and minds, she simply shares what happened that night, how it could have been prevented and how Taylor’s death has affected her family, Taylor’s friends, and the community. Students and parents leave Kathi’s presentation feeling like it was their friend or daughter that was lost that fateful night. Her presentation goes far beyond binge drinking, underage drinking, and poor choices! Each audience member will take away something different.

Kathi has made it her mission in life to spread Taylor’s Message. Kathi’s presentation is heart-wrenching but ends with an inspirational message of hope, love and a newfound power for students to deal with peer pressure and tough choices they face every day. Her honesty, openness, and heartfelt message is packed with powerful take-aways and is a presentation that will not be soon forgotten.

REGISTER: <https://www.eventbrite.com/e/taylors-message-tickets-124610305779>

“Pop Culture Influences on Underage Drinking”

Presented by: CADY Youth Advisory and Advocacy Council

Thursday, April 22, 2021

The presentation begins with a discussion of the alcohol industry’s advertising strategy: advertising by association. The student presenters discuss how the industry uses association-style advertising to connect alcohol with positive images, such as: people who have lots of friends, are athletic, are attractive, or who are having fun. The presenters emphasize that often the images used in the advertisements have nothing to do with the actual results of using the product. For example, alcohol causes loss of coordination and balance, slowed reaction time and impaired judgment and yet the alcohol industry frequently advertises using images of speeding race cars and race car drivers.

The presenters then go on to discuss how many of the images that the industry uses are particularly attractive to a young audience. The use of this type of advertising is problematic because it creates the impression in young people’s minds that alcohol use is risk-free, harmless and “everyone is doing it.” This situation is made worse by the reality that, in fact, alcohol is particularly harmful to underage drinkers since alcohol affects a developing teen brain differently than an adult brain. The student presenters point the alcohol industry does not warn people of the actual consequences of using their product since that would impact their profits.

In the core of this presentation students emphasize the “Eight Consequences of Alcohol Use that the Alcohol Industry Won’t Warn You About”.

REGISTER: <https://www.eventbrite.com/e/pop-culture-influences-on-underage-drinking-tickets-124612135251>

May 2021

Family Fun Night

Thursday, May 6, 6:30-7:30PM

Join us for a night of music, prizes, and a WHOLE LOT OF FUN!

Gather your Families and get ready to have an incredible evening!

The CADY Musical Scavenger Hunt is a unique, fun-filled family activity for ALL ages! Solve the musical riddles with your family to win prizes - multiple ways to win!

Listen carefully to musical guru, Tim Keefe's musical clues; be prepared to hunt for items to share; and enjoy a family game night like none other!

REGISTER: <https://www.eventbrite.com/e/family-fun-night-tickets-124614496313>