



**February 2007**

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

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### **Tips for Parenting Teens**

Take time to talk to your teen. Let your teenager in on all the things you find wonderful about him or her. Teens need to hear positive comments about their lives and who they are as individuals – not just when they make the basketball team.

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### **Rock the Belt**

Does your teen buckle up when they drive or when they are a passenger? Did you know that car crashes are the leading cause of death for Minnesota teens and young adults?

Teens from the Northfield Union of Youth (Key) recently surveyed drivers at NHS and found that only 60% of the drivers were buckled up.

In an effort to boost those numbers and remind teens to wear seat belts, the Rice County Safe Communities Coalition (RCSCC) with the help of the Key and other Rice County young organizations, has launched a county-wide, six month campaign in high schools to increase seat belt use. "Rock the Belt" is the theme of the promotion that uses teen-friendly messages to "drive" home the importance of seat belts. At the end of the campaign, the Key teens will repeat the seat belt survey, compare it to the initial survey and report the findings.

Look for the bright colored banner at parent/teacher conferences and ...

**Remind your teen driver to buckle up!**

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### **The Survey Says...**

Risk taking among adolescents is not new. Peer pressure and media messages come at teens from all angles. Parents should share their thoughts on drug and alcohol use and talk to teens to find out what they have learned about substance abuse and where they stand on the topic.

NHS freshman and junior classes completed the Healthy Community Initiative (HCI) Student Survey on February 6 and 8. The survey is designed to collect data on risk taking behaviors in Northfield. It is an anonymous tool and completely voluntary. Included are questions pertaining to youths' perceptions of the level of risk taking behavior among youth in Northfield. NMS students in grades 6 and 8 will complete the survey on February 19 and 20. Results of the survey are useful in helping identify areas of risky behaviors that need more attention and also show changing trends in the community.

If you have questions on the survey please call the Healthy Community Initiative at 664-3524.

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### **NHS Student Directory**

If you did not receive a NHS Student Directory or have lost yours, extra copies are available. Contact the HCI Office at 664-3524 to request one.

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### **Parent Communication Network (PCN)**

*We want to do more!* We want to reach as many parents as possible in the Northfield Middle and High Schools. If you know of a family that is interested in becoming a member of PCN, please let them know it only takes a few minutes to fill out the on-line form on [www.northfieldhci.org](http://www.northfieldhci.org). Also remind them of the PCN mission to foster communication among parents, help parents develop good parenting skills and prevent risky situations for all Northfield teens.