

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER March 2015



National Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The next Kick Butts Day is March 18, 2015. We're expecting more than 1,000 events in schools and communities across the United States and even around the world.

On Kick Butts Day, teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. The first Kick Butts Day was held in 1996.

While Kick Butts Day is officially held on one day each year, our hope is that every day will be Kick Butts Day in the fight against tobacco. By making every day Kick Butts Day, we can win the fight against tobacco use, the number one cause of preventable death in the United States and around the world.

Tobacco-Free Communities in Kittson, Marshall, Pennington, Red Lake and Roseau Counties will be taking part in Kick Butts Day. First we will be hanging a banner in all the schools with students that took part in making commercials last summer. The banners will have a specific anti-tobacco message. Each school can decide on an activity provided by TFC to recognize National Kick Butts Day.

I love asking kids what they want to be when they grow up, because I am still looking for ideas.

Why Immunize?

Immunization protects against several dangerous diseases. A child who is not immunized is more likely to become undernourished, to become disabled, and to die.

Immunization protects children against some of the most dangerous diseases of childhood. A child is immunized by vaccines, which are injected or given by mouth. The vaccines work by building up the child's defenses. If the diseases strike before a child is immunized, immunization is too late.

POISON PREVENTION

March is poison prevention month. Medications are the leading cause of poisonings each year, affecting almost 70,000 children annually.



Cleaning out your medicine cabinet? Take any unused or expired medications to a local drop off box. Contact your local law enforcement center - Pennington County 218-681-6161, Red Lake County 218-253-2996

Tweets from our Teens

Twitter address: @RedPennWellness

* **Smoking** is on the decline, but some people are still lighting up. Why? The answer is addiction.

Parenting Tips

How to Talk About Bullying

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

Help Kids Understand Bullying

- Kids who know what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.
- Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to report bullying if it happens.
- Talk about how to stand up to kids who bully. Give tips, like using humor and saying "stop" directly and confidently. Talk about what to do if those actions don't work, like walking away.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.
- Watch the short [webisodes](#) and discuss them with kids.

Parenting Tips – Bullying continued

Keep the Lines of Communication Open

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What would you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does "bullying" mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- What do you think parents can do to help stop bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Source: www.stopbullying.gov



Public Health & Home Health Care
Serving Pennington & Red Lake Counties
218-681-0876 TRF or 218-253-4378 RLF
www.intercountynursingservice.com