

Resources

Info line
Dial 2-1-1

SCADD:
860-447-1717

Child and Family Agency of
SECT:
860-443-2896

North Stonington Social &
Youth Services:
860-535-5084

Mothers Against Drunk
Driving:
203-234-6521

Homework Helpline:
800-866-2449
Mon-Thurs 4-7pm

Center for Substance
Abuse Treatment
800-662-HELP



Contact Us!

PHIT (Positive Health In Teens)
297 Norwich Westerly Rd
North Stonington, CT 06359

Phone: 860-535-0377



***Fostering community
involvement
to promote positive
health for youth in
North Stonington***

What is PHIT?

PHIT stands for

Positive Health In Teens.

It's a community coalition in North Stonington aimed at reducing adolescent substance abuse.

Mission: To foster community participation and commitment to promote positive health in teens.

Goals: Increase awareness about the harm associated with alcohol, marijuana, and tobacco use.

*Adolescent drinkers perform worse in school, and are more likely to have an increased risk of depression, suicidal thoughts and violence. *AMA 2002*

45% of 11th and 12th graders in North Stonington reported drinking within the past 30 days.

68% of North Stonington youth who report drinking have had their first drink before the age of 15.

75% of youth in North Stonington feel close to their parents, and enjoy spending time with them.

Smokeless tobacco rates in North Stonington are above the national average.

Tips for Teens:

- Know yourself
- Find supportive friends
- Know the facts
- Know your options
- Seek advice
- Start a conversation

Tips for Parents:

- Be involved
- Set rules
- Learn as much as you can
- Listen
- Give advice
- Know the facts