



What is **PHIT**?

Positive **H**ealth **I**n **T**eens

PHIT is 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, tobacco, and other risky behaviors.

PHIT accomplishments:

- Internet Safety presentation for parents
- Current Drug Trends presentation for community
- School survey reporting on youth perceptions and use of alcohol, tobacco, other drugs, and social behavior
- Adult survey on the perceptions of underage drinking
- Informational letters to community on helpful resources for parents
- Drug awareness billboards and ads created by students
- Information booth at North Stonington Fair

PHIT meets the third Monday of every month at 6:00pm in the Shaw Media Center at Wheeler Highschool

If you would like to be a part of this active group and help promote positive behavior among North Stonington Youth please contact:

Stephanie Spargo

860-848-2800

serac.alerts@sbcglobal.net

Information for Parents and Teens

Resources for Parents:

<http://www.theantidrug.com/>

<http://www.nida.nih.gov/nidahome.html>

<http://www.justthinktwice.com/>

Resources for Teens:

<http://teens.drugabuse.gov/>

<http://www.justthinktwice.com/>

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