

Spring Break

Peer Pressure

Peer Pressure involves encouragement from others who are of similar age to participate in certain behaviors or activities. A young person's social identity is often molded by their social group, and by their desire to fit in and be part of the "in crowd." Peer pressure is a massive factor in whether or not a person will engage in risky behaviors, which includes underage drinking.

Peer Pressure can be both direct and indirect:

- Direct Peer Pressure involves one person to another, with things like offering someone a drink explicitly or encouraging a person to drink. This may happen in a social situation like a party.
 - Drinks may be refilled without asking for them to be; a person may buy another a drink; or someone may give another a hard time if they are not drinking.
 - Direct peer pressure can also come in the form of an invitation to a social situation with the expectation that drinking will occur.
- Indirect Peer Pressure is a form of peer pressure may occur as social modeling.
 - For example, a group of popular students may all be drinking alcohol and they may be considered cool. Others will strive to also be seen in this same light and may then participate in the modeled behavior (drinking alcohol) to try and fit in with this social group, whether they are asked to join in.
 - Social Media also plays a vital role in peer pressure. Images often portray people having a good time, and surveyed teens who saw them were more than three times as likely to try alcohol.
 - Advertising and marketing can also influence perceptions and show drinking in a more favorable light that can encourage underage drinking. Teens often look up to celebrities, and if they see them drinking, they may be more likely to try it, too.



Tips for Managing Peer Pressure:

- Keep yourself busy with activities that are not conducive to alcohol consumption, such as sports, clubs, or other recreational events.
- Use your parents as an excuse; for example, tell your friends that they will smell the alcohol or explain the ways you will get in trouble if you get caught.
- Establish and maintain healthy relationships with other peers who don't drink and won't pressure you to do so.
- Be aware that people often "talk themselves up" and that they likely aren't drinking as much as they say they are. Be aware that social perceptions are often skewed.
- If you do find yourself at a party where there is drinking, ask for soda or fruit juice so you are drinking something. Others may be less likely to pressure you if they see you with a drink, even if it doesn't actually contain alcohol.



- Develop a plan for handling peer pressure when it arises. Think of things you can say ahead of time when offered alcohol so you won't be caught off guard.
- Talk with your parents about drinking and how to handle difficult situations.
- Understand the risks and potential dangers of underage drinking, and make a decision to stay sober and hang out with others who will do the same.

Non-Alcoholic Spring Break Options

- **Hit the Beaches:** Spending spring break at the beach is, of course, the most common and popular activity among teens and college students at that time of the year. However, if you want to skip traditional locations like Mexico and Florida to escape overcrowded destinations and spend more quality time with your friends, there are other getaways you may want to consider.
- **Go On a Relaxation Retreat:** You will find a lot of opportunities to relax and take a deep breath. Many yoga groups organize multi-day yoga trips and retreats at this time of the year. Otherwise, you can set up your own retreat getaway, either with your family or friends!
- **Volunteer Somewhere:** If you're keen to give back, it is not hard to find a cool volunteer opportunity suitable for you! Helping a community is a chance to learn new skills, make new friends, and build your resume all at once. But above all, you can take this time to reflect on your interests and discover your real passions.

Building Resilience in Youth

Resilience is the ability to ‘bounce back’ during or after difficult times and get back to feeling as good as before. It’s also the ability to adapt to difficult circumstances that you can’t change and keep on thriving and learning from those situations.

Why Youth need resilience?

Youth face everyday challenges like arguments with friends, disappointing test results or sporting losses. Some youth may face more serious

challenges like family breakdown, family

illness or death, or bullying. And some have more challenges than others because of disability, learning difficulties or disorders, mental health issues, chronic health conditions and so on. Resilience will help them with these challenges.

What Parents can do to help?

- Model a positive outlook. Children will learn from your ability to bounce back from difficulties. When faced with a challenge yourself, model an “I can do it” attitude. Remind yourself and your child that the current problem is temporary, and “things will get better.”
- Build confidence. Comment frequently on what your child does well. Point out when he demonstrates qualities such as kindness, persistence, and integrity.
- Build connections. Create a strong, loving family and encourage your child to make good friends. This will help ensure that she has plenty of support in times of trouble.
- Encourage goal-setting. Teach children to set realistic goals and work toward them one step at a time. Even small steps can build confidence and resilience.
- See challenges as learning opportunities. Tough times are often when we learn the most. Resist the urge to solve your child’s problem for him—this can send a message that you don’t believe he can handle it. Instead offer love and support, and show faith in his ability to cope. Remind him of times when he has solved problems successfully in the past.
- Teach self-care. Many challenges are easier to face when we eat well and get enough exercise and rest. Self-care can also mean taking a break from worrying to relax or have some fun.
- Help others. Empower your child by giving her opportunities to help out at home or do age appropriate volunteer work for her school, neighborhood, or place of worship



The Seven C's Model of Resilience

1. Confidence: Young people with confidence will have the belief in themselves that they will ultimately succeed. They'll be more likely to take the chances needed to learn about themselves. They may be willing to try harder and have less fear of failure .

2. Competence: Youth need to possess real skill sets to be able to navigate the world. Those include communication skills, self-advocacy skills, peer negotiation skills, and academic skills to name a few.

3. Connection: Human connection allows us to more fully celebrate during joyous times and to recover during challenging times. It is the connection with your children — based on knowing who they really are — that is the most protective force in their lives.

4. Character: Young people with strong core values make the strongest contributions, have the best sense of self, and have the most secure and healthy relationships. Think of character strengths as those things that ensure we do the right thing – even if nobody is watching. We need people who know how to do the right thing!

5. Contribution: Young people want to matter. Ultimately, they want to have a sense of meaning and purpose in their lives. When children and adolescents are given an opportunity to make a difference, they also gain strong protections for themselves.

6. Coping: Life is about making choices. Stress is a part of life — an uncomfortable reality. We do what we can to minimize discomfort. The choices we make to cope with our discomfort can be negative or positive.

7. Control: Core to resilience is knowing that your actions matter. Without a sense of control we cannot possess hope. And without hope, we crumble in challenging times. How we parent makes a large difference in our children's sense of control.



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AQUAMARINE	EARTHDAY	LEAP	PANCAKES	SEVENTEENTH
ASHWEDNESDAY	EMERALD	LEPRECHAUN	PARADE	SHAMROCK
BASKETBALL	FAT TUESDAY	LUCKY	PARTY	SNAKES
BIRDS	FLOWER	MARCH	PATRICK	SPRING
BLARNEY	FOOD	MARDIGRAS	POEMS	ST. PATRICKS DAY
BLOODSTONE	GOLD	MARTIUS	POT	TIMECHANGE
CARD	GREEN	MASKS	POT OF GOLD	WOMENS HISTORY MONTH
CHARM	HAT	MUSIC	PURIM	
CLOVERS	HAPPY	NUTRITION	RAIN	
DAFFODIL	IRELAND	MONTH	RAINBOWS	
DANCING	JIG	PADDY	RAINYDAY	

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.