

Chocolate Works Scoops Up Support For Youth

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Manhasset Chocolate Works will once again support Manhasset CASA and the SCA in their mission to further our children's physical, emotional and social well-being. Parents, caregivers and youth are invited to stop by Chocolate Works for ice cream and treats after the elementary and middle school evening spring concerts. Chocolate Works will give 20 percent of purchased items to the SCA and CASA.

"I am thrilled to support the SCA and CASA who do so much for the youth in our community," stated Ann Jakelow, owner of Chocolate Works Manhasset. Caryn Sawyer, Executive Director of CASA added, "This fundraiser is not only about raising funds for our organizations, it is also about raising awareness to the problems associated with underage drinking and encouraging parents to talk with their children about all issues that affect their emotional, social and physical health."

Manhasset CASA's "Talk. They Hear You." campaign emphasizes how parents can have a major influence over their children's decision not to drink, especially during the preteen



and early teen years. The campaign notes the importance of parents spending time with children having open honest conversations about underage drinking before the pressure to drink occurs. Here are some tips for talking about underage drinking:

Talk early. Talk often. Talking about alcohol is not a one-time conversation. Start early and keep an age-appropriate dialogue going throughout their adolescence to reinforce your expectations and

your concern for their well-being.

Seek discussion; don't lecture. Ask your child what he or she thinks about alcohol and teen drinking. Listen and try to understand without interrupting or being defensive. This approach will help your child feel heard and respected while serving as an entry to discuss alcohol topics.

Share facts and debunk myths. Explain that alcohol is a powerful drug that affects the body and mind. Share how it impacts coordination; slows

reaction time and impairs clear thinking, judgment and vision. Mention facts such as, people who begin drinking before the age of 15 are five times more likely to abuse or become dependent on alcohol than those who begin drinking after age 21.

Discuss reasons not to drink. Avoid scare tactics. Instead, explain the risks and appeal to your t(w)eens' self-respect. Discuss how alcohol can lead to embarrassing situations that can negatively impact their relationships or level of self-respect. Reinforce that you don't want them to drink just because you say so, but because you want your child to be healthy, safe and feel good about themselves and their decisions.

Plan ways to handle peer pressure. Brainstorm how to respond to offers of alcohol and make it clear that you are willing to support them. The more prepared your child is, the better able to handle peer pressure situations.

Set clear expectations. Be clear with your t(w)een you expect him to be alcohol-free until he reaches the legal age of 21. Express your expectations about drinking and driving or driving in a car with an impaired driver.

For more tools go to www.underagedrinking.samhsa.gov or manhassetcasa.org.



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