

# PREVENTION

# WORKS

Educate ■ Collaborate ■ Motivate



January, 2021

*Building a safe and healthy environment  
by effectively educating the community on positive life choices.*

## Monthly Media Campaign: Self-Regulation: It is a Skill!



Self-Regulation is our Prevention Works focus for the month of January. But what is it? In a nutshell, it is the capacity for an individual to control their behavior. It includes the ability to delay gratification and allows us to make better decisions. When we are able to regulate our behavior, and in turn make better decisions, we are able to make better choices for our lives. In fact, the propensity to regulate our behavior is the strongest indicator of life success. Self-regulation is a greater indicator of future success; greater than race, gender, socio-economic status, or any other factor that we might use to predict the success of our children. How might one go about obtaining self-regulation you might ask?

Self-regulation is a skill that must be taught. Just like we would teach the skills of tying shoes, using a fork, or playing any sport, the skill of regulating our own behavior will develop from explicit instruction. When we are consistently clear about expectations, when we learn how to predict appropriate behaviors, monitor our progress, and reflect on what went well and what we can improve, when we learn how to stop and think before switching to a new activity, we are developing our ability to regulate our behavior.

Although it seems simple enough to explain the importance of self-regulation and give examples of how to build this skill, putting it into practice can be a challenge. At Prevention Works we devote our energy to helping those who raise up children, including teachers, parents, and other caring adults, learn strategies that help them teach children how to regulate their behavior. If you are interested in learning more about the strategies we use to teach children behavior, reach out to us at [info@preventionworks.us](mailto:info@preventionworks.us)!

**Want to learn more about PAX and the science behind regulating behavior? Check out our PAX CHQ Facebook Page! We post helpful tips, weekly challenges, and videos for all ages!**

**Visit our PAX CHQ Facebook Page!**

### **January Events**

January 1st - New Year's Day

January 18th - Dr. Martin Luther King Jr. Day

**Prevention Works Offices Closed**

### **Upcoming Parenting Classes (held virtually via Zoom)**

**Active Parenting Ages 5-12**

**Dates:** January 13, 20 & 27

**Time:** 12:00 pm - 2:00 pm

### **Active Parenting First Five Years**

**Dates:** January 14, 21 & 28

**Time:** 12:00 pm - 2:00 pm

### **About Us**

Since 1974, Prevention Works, formerly known as CASAC, a United Way partner agency, has provided social emotional learning and the prevention of risky behaviors in Chautauqua County School Districts and our local community.

Prevention Works is the only New York State Office of Addiction Services & Supports (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about Prevention Works programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to Prevention Works' website, [www.preventionworks.us](http://www.preventionworks.us).

Visit our website

*Donate to keep our community thriving.*

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