

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

June, 2020

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

At a glance...

This month, Prevention Works media campaign focuses on self-worth and dignity. It is so important to encourage youth to make positive lifestyle choices through messaging such as love yourself, be confident, be resilient or be strong.

Why do we highlight self-love? Because youth with low self-love or self-esteem are at a much greater risk for alcohol and drug abuse. They tend to be more likely to give in to peer pressure when their friends begin experimenting with substances, and they are more likely to turn to alcohol and other drugs in an attempt to escape reality and to forget about who they really are.

Where do these thoughts come from?

*When children are recipients of constant criticism and feel like they aren't living up to their parents' standards;

*When youth are treated poorly by peers, are bullied, or are victims of racism;

*When young people feel like they don't fit in;

*When they dislike their appearance;

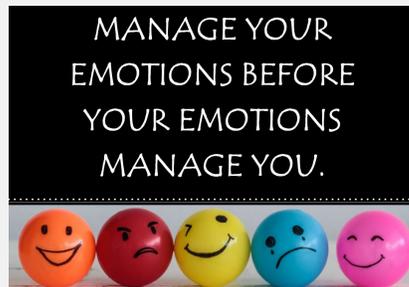
*When youth fail to meet their teachers, coaches, or their own expectations in the classroom or in extracurricular activities; and

*When a child is abused (physically, mentally, sexually).

These are all common causes for low self-esteem. Tell your children

Monthly Media Campaign:

Self-Esteem &
Managing Your Emotions



*Click here for an infographic
on ways to build self-esteem.*

June Events:

Prevention Works will be announcing the top 12 finalists from the 2020 Poster Contest. Coming soon...watch for details!

Hope & Healing Conference of WNY (1-Day Virtual Event)

June 4

Click on the following link to register for this event:

<https://tinyurl.com/HH2020Virtual>

Prevention Works Board Meeting
June 10 @ 4:15 pm

Father's Day

June 21

South County Chicken BBQ

June 23 (Pending)

11 am - 2 pm; St. James RC Church

Virtual Parenting Classes Via Zoom:

to rest assured...even those students who appear to be the most confident, more than likely have some self-esteem issues. It's a natural part of adolescence, but when it becomes overwhelming, it could be a real problem.

Try these self-improvement tips and sharing them with your teen:

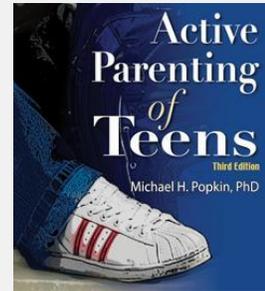
- Let go of the negative thoughts about yourself. Instead, focus on your strengths. Write down five things you do well, post it on your bedroom mirror and refer to it when you're feeling low.
- Forget perfectionism. Aim for accomplishments, even simple ones, rather than perfection.
- Give yourself a break. Know that everyone makes mistakes. View mishaps as learning opportunities.
- Try something new and be proud of your bravery.

Every child can benefit from a boost in self-esteem!

Active Parenting of Teens

Dates: Wednesdays, June 10, 17 & 24

Time: 12:00 pm - 2 pm



First Five Years

Dates: Wednesdays, July 1, 8, 15, & 22, 2020

Time: 12:00 pm - 2 pm



To register for our online parenting classes, please call (716) 664-3608 or contact Kathy Colby at kjcolby@preventionworks.us.

Parenting Classes sponsored by United Way of Southern Chautauqua County

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.

[Visit our website](#)

Donate to keep our community thriving.

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