

FCD Community Information

FCD is coming! As part of our health education program, we have once again invited Prevention Specialists from FCD, or, "Freedom from Chemical Dependency," to visit and speak with our WAB high school students. This year, two facilitators will visit WAB from **September 11th through September 13th, 2017.**

Parent Information Session

FCD works with our entire school community to keep kids safe, while understanding substance use, abuse, awareness and prevention

Parents, mark your calendars for this middle and high school parent session. It will take place on **Monday, September 11th from 12:50pm – 1:40pm in the Founders Theater.**

Your child may be affected in some way by tobacco, alcohol and drugs. He/she may have a friend who is experimenting with alcohol. Maybe your child is feeling pressure to smoke or take drugs. University is not too far away and tobacco, alcohol and drugs will likely be available. FCD facilitators will share:

- how to effectively communicate with your child about tobacco, alcohol and drugs
- the warning signs of alcohol and drug use
- how to spot early warning signs of trouble and how to respond
- up-to-date facts about current substance use

Attend this session to help your child make healthy and safe choices.

Meeting Information for Students

High School Students will be working with FCD Prevention Specialists in grade 9 and grade 10 Health/PE Classes, grade 11 students will work with them in their D and E Block classes, and the grade 12s will meet them during their PSE and Block X classes. Parents, take some time at the dinner table to inquire about this session.

Questions to start a conversation with your child after their session with the FCD facilitator:

1. What did the FCD facilitator talk about?
2. What new information did you learn?
3. What information did he/she present that you already knew?
4. What information surprised you?
5. What information do you disagree with and how come?

More information about FCD is provided below.

For more than 30 years, Freedom from Chemical Dependency (FCD) Educational Services has worked hand in hand with hundreds of schools across the United States and around the world to provide students with the knowledge, understanding, and skills they need to make intelligent, healthy choices about tobacco, alcohol and other drug use. FCD bases its approach on a number of core beliefs:

1. FCD Prevention Specialists are not coming to tell students what to do. They recognize that every student makes his or her own decisions about alcohol, tobacco, and /or other drug use.
2. Prevention should be approached from a health perspective. Patronizing, moralistic, and threatening messages are ineffective and close down communication with students.
3. Drug education is not a one-time inoculation. It must be long-term, ongoing, and responsive to the changing cognitive, emotional, and social worlds of the growing child.

4. Children and adolescents are most likely to make responsible choices about alcohol, tobacco, and other drug use when they are:
- ✓ Presented with accurate information
 - ✓ Respected and listened to
 - ✓ Given clear, consistent expectations for behavior
 - ✓ Exposed to positive role models, and
 - ✓ Rewarded for choosing to live drug-free.
 - ✓ FCD educators recognize that the growing years are a critical time for becoming an active participant in the world, acquiring social skills, establishing values, developing interests and passions, and learning to cope with the depth and breadth of one's emotions. Young people who depend on alcohol or other drugs to relieve boredom, have fun, reduce anxiety, or deal with feelings may never develop these capabilities on their own.
 - ✓ FCD is committed to educating young people about the risks and realities of alcohol, tobacco, and other drug use. It's not an easy task and they can't do it alone. But with the help of WAB, they are confident that they can provide the next generation with the knowledge, nurturance, and social skills they need to become healthy, responsible adults.

If you would like further information, go to www.fcd.org.