

JUNE 2022

# NEWSLETTER



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[www.quincypartnership.org](http://www.quincypartnership.org)

## Current Project UNDER THE INFLUENCE OF YOU

Did you know that 1 in 5 Washington 10th graders reported using marijuana in the past 30 days? Marijuana can change the way a teen's mind and body perform, affecting memory, learning, mood, motivation, coordination, and judgment. However, there are ways you can help prevent teens from using marijuana. Research shows adults are the number one influence

in teens' lives, especially when it comes to making healthy decisions like not to use marijuana. Teens watch and listen to the adults they know and respect. When influential adults are present and engaged, teens are happier, healthier, and make better choices. To learn more about the risks and consequences of using marijuana, and tips on how to talk about it with the teens in your life, visit [StartTalkingNow.org](http://StartTalkingNow.org).

\*Washington State Department of Health

*QPY is curious, how do you talk to your teens about substance use?*

*Every family is different and the way families approach this topic can vary. What works for your family?*

TEENS ARE LESS LIKELY TO USE MARIJUANA WHEN THEY SPEND TIME WITH THE ADULTS IN THEIR LIVES.



TEENS ARE UNDER THE INFLUENCE... OF YOU.

LEARN MORE AT [STARTTALKINGNOW.ORG](http://STARTTALKINGNOW.ORG)

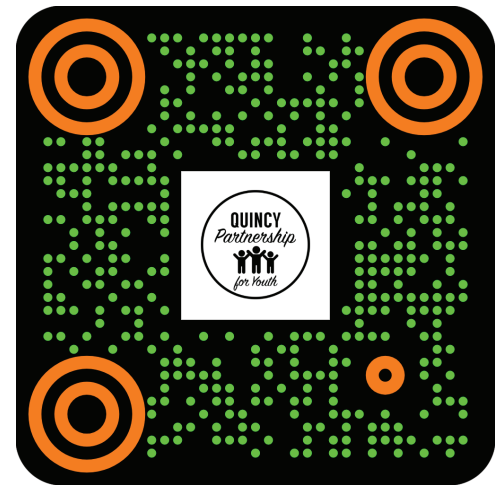


**QUINCY Partnership for Youth**

Using prevention strategies, Quincy Partnership for Youth fosters a network that nurtures a healthy, drug-free, and successful community.

For info to join our coalition please visit:  
[www.facebook.com/QuincyPartnership](http://www.facebook.com/QuincyPartnership)

Scan the code and give us your insight!



### Sector Highlight

## PARENTS

QPY fully acknowledges that parents are the strongest influence in their children's lives- the data backs that up. It is a goal of ours to support and inform Quincy community parents. We want to be a resource for solid information and training. However, we also need parents to be a resource for us.

The insight that Quincy parents have to offer can make all of the difference for the way we set goals and deliver programs to the community. What matters to Quincy parents, matters to QPY. Please consider joining us and lending your voice to the work. QPY can only be made stronger by parent-involvement.

*See our website at [www.quincypartnership.org](http://www.quincypartnership.org) for more details.*



## Upcoming Events

### MOVIES IN THE PARK

**June 25th**

Dusk – in Lauzier Park  
"The Mitchells vs. The Machines"

### MOVIES IN THE PARK

**July 9th**

Dusk – in Lauzier Park  
"Monsters Inc."

### JULY COALITION MEETING

**July 14th**

3:30–5:30pm  
Quincy City Hall – 104 B St SW  
(council chamber)

## Member Highlight

*Alejandra Serrano* – Mi nombre es Alejandra Serrano. Hoy tengo la

oportunidad de expresar mi experiencia como madre de dos adolescentes al seguir al grupo de QPY. Es satisfactorio saber y participar en un grupo como QPY pues se preocupa, apoya y fomenta no solo a los jóvenes, [sino] también a nuestra comunidad de Quincy a fortalecernos en todos los aspectos de beneficio común.

Les invitamos, a cada uno de ustedes, para que se acerquen y participen con este maravilloso grupo. Juntos podemos lograr un ambiente más seguro para nuestro Quincy. Gracias.

My name Alejandra Serrano. Today, I have the opportunity to express my experience as a mother of two teenagers and being part of the QPY coalition. It is satisfying to know and participate in a group like QPY because they care, support, and encourage not only young people, but also our Quincy community to strengthen us in all aspects for the common good.



Alejandra Serrano

## Prevention Topic

### REFUSAL & RESISTANCE SKILLS

We have all most likely experienced the feeling of peer pressure in our youth. It was sometimes difficult to stay true to ourselves in these situations. Would it have helped you in those years to have developed skills to address those situations? Could you have used some handy tips or tricks to help you handle those situations?

Equipping our young people with the knowledge, courage, and tools to handle those situations is a measure to help protect them. We want to protect them from the risk that comes with altering your decisions and going against who you are to please others. Particularly risky, is when those choices involve substance use.

The fact of the matter is, most of our youth in the Quincy community do not use drugs. However, they feel like use is more common than it is. We want to teach them the truth– about 75% of our high school seniors have never used marijuana before. That is a big majority!

QPY offers programs, such as Nourishing Our Wellbeing (N.O.W.) to teach students how to avoid substance use.

## Upcoming Project

Quincy Partnership for Youth Presents:

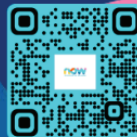
**now**  
NOURISHING OUR WELL-BEING

Students are invited to come and train with certified professional trainers...for FREE!!

When: August 2022  
Where: Quincy park to be determined  
Time: Will be announced

**Water, snacks, and swag Provided!!**

Get registered today!!



<https://forms.gle/YT6gQ6uaL1VSY876A>



**[www.quincypartnership.org](http://www.quincypartnership.org) for more details**