



**PACT**  
PARENTS AND  
CHILDREN TOGETHER  
A FAMILY SERVICE AGENCY

KANEOHE COMMUNITY FAMILY CENTER  
A PROGRAM OF PARENTS AND CHILDREN TOGETHER  
**Family Center  
News**

A partnership with the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Health, Alcohol and Drug Abuse Division through Partnerships for Success Grant funds.

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## 6 Tips for Alcohol & Drug Prevention for Youth

April is Alcohol Awareness Month. TEENS: This is for you! PARENTS: Please go over this with your teen! Teens are faced with many challenges. Their decisions on alcohol and drugs will influence their health, their grades, their relationships, their job or career, maybe even their freedom. What can teens do to protect themselves and reduce the risk of alcohol and drug problems?

**1. Do not be afraid to say no.** Sometimes fear of negative reactions from friends or others keeps them from doing what is right. It may seem like “everyone is doing it,” but they are not. Teens have to make their own decisions. If someone pressures them to do something that is not right, they must realize that they 1) have the right to say no, 2) the right not to give a reason why, and 3) the right to just walk away.

**2. Make connections with parents or other adults.** Having people who teens can rely on, who they can talk to about life, life’s challenges and their decisions about alcohol and drugs is very important. The opportunity to benefit from someone else’s life experiences can help put things in perspective and be invaluable.

**3. Enjoy life and do what you love--do not add alcohol and drugs.** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, “I’m bored” is just an excuse. Teens can get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on life.

**4. Get educated about alcohol and drugs.** Teens cannot rely on the myths and misconceptions that are out there among their friends and on the internet. Their ability to make the right decisions includes getting educated. Visit [Learn About Alcohol](#) and [Learn About Drugs](#). As teens learn, they can share what they are learning with their friends and family.

**5. Plan Ahead.** Plan ahead for a party or going out with friends. Teens need to protect themselves and be smart. Don’t be a victim of someone else’s alcohol or drug use. Make sure that there is someone who they can call, day or night, no matter what, if they need them. The same goes for their friends.

**6. Get help!** If you or someone you know is in trouble with alcohol or drugs, get help. Don’t wait. You don’t have to be alone.

**Hina Mauka Teen CARE** at 256-0399 or

[www.hinamauka.org/teencare/](http://www.hinamauka.org/teencare/)

**CARE Hawaii** at 533-3936 or <https://www.carehawaii.info/>

**YMCA** at 848-2494

Adapted from <https://www.ncadd.org/about-addiction/underage-issues/Ten-tips-for-prevention-for-youth>

Life is all about making choices. Always do your best to make the right ones, & always do your best to learn from the wrong ones.

[www.i.livelifehappy.com](http://www.i.livelifehappy.com)



## Malama 96744 Graffiti Paint-Out & Community Clean-Up Saturday, April 21, 2018

8:00 am-11:30 am

Help care for our community!

Meet at Kaneohe District Park’s Skate Park.

Bring paint rollers & paint covers.

Wear clothes that can get dirty.

Refreshments to follow.

For more information, to sign up, or to report any graffiti locations, call PACT KCFC at 235-7747 or email [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org).



## Malama Your Moku Volunteer Event Saturday, April 14<sup>th</sup>

Meet at Heeia State Park, park at Kakoo Oiwi  
Check-in 8:00 am, Event 8:30 am-12:00 pm

The goal is to get 300 Koolaupoko residents to come together to give back to the moku of Koolaupoko by working on this traditional fishpond. Snacks provided. We live together, we work together, let's get out and give back together! Sign-up at [info.bluezonesproject.com/ko/volunteer](http://info.bluezonesproject.com/ko/volunteer) or call (808) 226-3066.



## National Take-Back Initiative (NTBI)

Saturday, April 28, 2018

10:00 am-2:00 pm

Turn in your unused or expired medication for safe, anonymous disposal. New or used needles and syringes will not be accepted.

For more information, please visit [www.dea.gov](http://www.dea.gov) or call (808) 541-1930.



Sign Wave with us on April 6, 2018 to bring awareness to Child Abuse and Neglect!

[CLICK HERE TO RSVP](#)

or go to <https://bit.ly/2J1ki82>.



**Mondays/Wednesdays/Fridays—KEY Project Computer Lab:** Mon. and Wed. 9:00 am-12:30 pm, Fri. 8:30 am-2:00 pm at KEY Project. Call 239-5777 for more information.

**Mondays—Baby Story Time:** 11:00 am at Kaneohe Library. Call 233-5676 or go to the [website](#) for more information.

**Tuesdays—Kaneohe Rotary Club Luncheon Meeting:** 12:00 pm at Pohai Nani, Club Room. Call Carolyn at 236-7807.

**Wednesdays—Chess Game Day:** 2:00-4:00 pm at Kaneohe Library. First come, first serve or bring your own! For ages 9 and up. Call 233-5676 for more information.

**Wednesdays/Fridays—Kupuna Breakfast:** 8:00 am at KEY Project. Call 239-5777 for more information.

**Thursdays—Preschool Story Time:** 10:30 am at Kaneohe Library. Call 233-5676 or go to the [website](#) for more information.

**Fridays—Anchor Timesetters "Fellowship Friday:"** 9:30 am-2:00 pm at Anchor Church. Free activities and food. For more information call 225-8362 or 551-3414 or email [keithm@myanchor.church](mailto:keithm@myanchor.church).

**1 Happy Easter!!**  
**3 Ohana Produce Program:** 2:00-3:00 pm at KEY Project. Call 239-5777 for more information.

**5 Community Works in 96744 Coalition:** Dinner at 5:00 pm, meeting at 5:30 to 7:00 pm at Olelo at King Intermediate. Call (808) 498-8260 for more information.



**10 Windward Community Children's Council Meeting:** 5:30-7:00 pm at Windward Dept. of Health Conference Room. Call 305-0696 or email [Willie\\_Cadena/CCCO/HIDOE@notes.k12.hi.us](mailto:Willie_Cadena/CCCO/HIDOE@notes.k12.hi.us) for more info.

**11 Stargazing:** 7:00 pm at Imaginarium. Go to the [website](#) for more information.

**Kahaluu Neighborhood Board Meeting:** 7:00 pm at KEY Project. Call 768-3710 for more information.

**14 Malama Your Moku Volunteer Event:** See article for more information.

**Imaginarium:** 1:00 pm *Astronaut*; 2:00 pm *Back to the Moon for Good*. Go to the [website](#) for more information.

**15 LEGO Club:** 2:30-4:00 pm at Kaneohe Library. For all ages. Call 233-5676 for more information.

**16 Ohana Produce Program:** 2:00-3:00 pm at KEY Project. Call 239-5777 for more information.

**17 Preschool Nature Hour:** 10:30 am at Hoomaluhia. For ages 3-5. Ducks theme—crafts, stories, and a shoreline walk. Call 233-7323 for more information.

**Game and Activity Day:** 2:00-4:00 pm at Kaneohe Library. Friendly game-playing activities for the family. Call 233-5676 for more information.

**19 Kaneohe Neighborhood Board Meeting:** 7:00 pm at Ben Parker Cafeteria. Call 768-3710 for more information.

**21 Malama Graffiti Paint-Out & Community Clean-Up:** See article for more information.

**Alzheimer's Caregivers Support Group:** 10:00-11:30 am at Hoomaluhia. Call Melany at 286-3822.

**25 Movie Night:** 6:00-7:30 pm at the Kaneohe Library. Call 233-5676 or go to the [website](#) for more information.

**27 Imaginarium:** 7:00 pm *Stars*; 8:15 pm *Pink Floyd: Dark Side of the Moon*. Go to the [website](#) for more information.

**28 National Take-Back Initiative (NTBI):** See article for more information.



## A Parent's Guide to the 5Rs: Resourcefulness

**Know it!** Finding solutions to your problems by using your skills and surroundings.

**Live it!** Find new uses for household items instead of throwing them away. Can that milk carton be used as a planter, or the mismatched sock be made into a puppet?

**Teach it!** Teach your children how to use critical thinking skills. Provide them with opportunities to search for the answers to questions on their own.



*Respect \* Responsibility \* Resourcefulness \* Relationships \* Resiliency*

## Websites Of The Month

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

A great resource for parents and underage teens that provides valuable facts and information on the negative effects of drinking alcohol.

[www.factmonster.com](http://www.factmonster.com)

Perfect for kids to use as a resource for homework help as well as a place to explore new information and play educational games!



PARENTS AND CHILDREN TOGETHER  
**Keiki Day**

*Our annual KEIKI DAY fundraiser is fast approaching. This year's theme is "Together." The writing and art contest deadline for all original*

*entries, grades K-12 are due April 4, 2018 at 4:30 pm. If you are interested in volunteering or sponsoring KEIKI DAY on Thursday, May 10, 2018, please visit [http://pacthawaii.org/keiki\\_day.html](http://pacthawaii.org/keiki_day.html) for more information or call (808) 847-3285.*

## School Community Council (SCC)

Make a difference by joining with teachers, staff, school administrators, other parents, students, and community members.

Ahuimanu	4/12	2:30 pm	Library
Ben Parker	4/10	2:30 pm	Office
Castle	4/10	5:30 pm	Main Office
Heeia	4/10	2:30 pm	Library
Kahaluu	4/17	3:00 pm	Main Office
Kaneohe	4/10	4:30 pm	Office
Kapunahala	4/12	3:30 pm	Teacher's Lounge
King Inter	Please call the school		
Puohala	4/18	3:45 pm	Office
Waiahole	4/24	2:30 pm	Office Conf. Rm

**KCFC can help you with:** \*Referrals for educational & community resources \*Community capacity building \*Volunteer Opportunities \*Expanding the 5Rs Campaign \*Join *Community Works in 96744 Coalition* to strengthen families and prevent underage drinking

Please visit our Facebook pages:

<https://www.facebook.com/PACT.KCFC>

<https://www.facebook.com/communityworks96744/>

For more information, call 235-7747 or e-mail

[kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)