

RoY Communities that Care Coalition

Newsletter!

Happy New Year Roy community! We hope that this year finds you all happy and healthy. At the start of a new year, we generally have feelings of goal setting and resolutions. This is a perfect time to make a goal to talk to your teens about underage drinking and substance misuse. [Parents Empowered](#) is a great resource for talking points to get the conversation started. In fact, research shows that *"Utah kids report the number one reason they choose not to drink is their parents' strong disapproval". Talking early (between 9 and 13 years of age) and often, greatly reduces the likelihood of our youth experimenting with alcohol.

*Utah Student Health and Risk Prevention [SHARP] Survey, 2019

Our Coalition supports families, youth, and communities by strengthening [protective factors](#) that reduce [risk factors](#) that contribute to youth substance misuse, suicide, and other problem behaviors. We aim to reduce youth substance use by promoting healthy habits, implementing effective strategies, evidence-based programming, and providing education.

Testimonials

The [Guiding Good Choices](#) class was so beneficial to me and my family. I have been able to help my children better and using family meetings more regularly to communicate our expectations and bond. I felt inadequate to teach my children how to avoid drugs, alcohol, and other risky behaviors. Now that I have taken this class, I feel prepared and capable to provide my children with the skills to avoid those things.

~Amanda Schofield, Guiding Good Choices Participant

Member Recognition

Kim Cooper is a dedicated kindergarten teacher in Ogden, and a newer addition to our coalition! Kim enjoys piña coladas and getting caught in the rain, with the rainbows that follow. Her love of the mountains keeps her outdoors and spending time in nature. Kim grew up in Jersey and NYC before her family moved West to Colorado, but now her home is in Roy. Her super awesome daughter Katelyn is the reason she is a member of Roy CTC. Thank you Kim!



We appreciate Kim and all of the time she gives to Roy CTC!



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Emerging Tobacco Trends

When we think of nicotine addiction, we often think of cigarettes, vape products, and chew. However, a new product that is quickly gaining in popularity, especially with youth, is Oral Nicotine Pouches. Nicotine pouches are a smokeless and spitless form of nicotine. According to the Truth Initiative, “Unit sales of nicotine pouches have increased six-fold between 2019 and 2022.” Much like electronic cigarette products, nicotine pouches come in a variety of flavors from watermelon and mango to cinnamon and peppermint. These products also range in nicotine content from 3mg per pouch up to 12mg, which can make them highly addictive. Because these products are smokeless, spitless, and come in flavors resembling candy and mints they are easily disguised, making it easy for youth and others to use them unnoticed.

These products are also commonly made using a synthetic form of nicotine meaning the nicotine isn't taken from the tobacco plant, but man made. It's a ploy the industry uses to insinuate the products are somehow safer than traditional tobacco. However, the nicotine contained in them is every bit as addicting. Nicotine

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pouches are fairly new, untested, and unregulated. Some known side effects include nicotine addiction, dental conditions, gastrointestinal upset, and allergic reactions.

Research shows that talking to your youth about substance use and communicating clear standards can lower their likelihood of participating in these risky behaviors. Start a conversation with your youth today and set a clear standard about the dangers of these emerging products.

By Amanda Jones, Health Education Specialist, CHES



Want more information or interested in joining our team, visit our [website!](http://www.royctc.org)



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