

DINNER DIALOGUE

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM, INC.



IN THIS EDITION

THEME OF THE MONTH

DINNER DISCUSSIONS

DRUG TRENDS & DATA

PRIDE MONTH

WHY DINNER DIALOGUES

Summer Activities

The school year has ended for local schools! This summer, let's be intentional about facilitating fun, healthy, and safe activities for our students.



Whether it's a trip to the zoo, a walk around the neighborhood, or even a group grocery run—spending time with your children can serve as great opportunities to strengthen relationships and even discuss important topics.



DINNER DISCUSSION TOPICS

Summer Activities

- Write down everything you hope to do during the summer. Talk about which activity you may be able to do first.
- Talk to your children about volunteering. Volunteering helps people to feel better, relieves stress, gives us purpose, and allows us to engage with different people.
- Research local non-profits and discuss their missions and how they serve the community. Also consider checking with organizations that interest you to see if they need volunteers. If so, consider volunteering once a month.
- Summertime brings an increase in teen use of alcohol and drugs. The highest months of juvenile arrests and criminal charges are the summer months. Have a discussion as to why this is, and whatever your teen describes as the reason, are their friends doing things that can increase that likelihood or being aware of it? What can be done as a family to prevent against summer alcohol and drug use?
- Get a printed college catalog with the course requirements, programs, etc. Thumb through it together to see which course descriptions spark your child's interest. Maybe get a few catalogs to compare college pricing and programs. Also discuss continuing education options like real estate, travel agent training, vocational training, etc. These options are normally short-term education with great earning potential.
- Decide if there is a sport or club you would like to join next school year. These are the kind of activities that look nice on applications for things like tech and college. Find out what things you can do to prepare for participation.
- Feed your brain by reading for thirty minutes a day. Discuss what you read.
- Pick three people, famous or not, that you would have over to a small dinner party at your house. Who would they be, and what are two or three questions you would ask each one? Discuss who you would pick and what you would ask.



Drug Trends and Data

Youth Tobacco Use

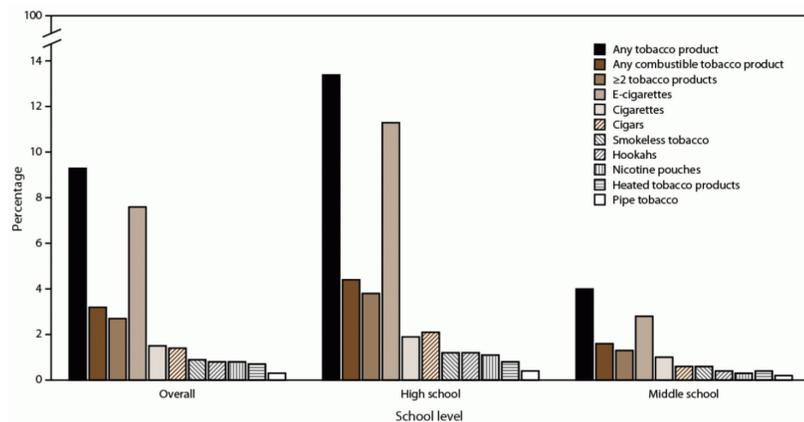
The results are in from the 2021 National Youth Tobacco Survey (NYTS).

Findings from 2021 NYTS indicate that youth tobacco product use remains a public health threat, **with approximately one in four students (24.1%) using a tobacco product at least once**, and approximately one in 10 students (9.3%) using a tobacco product during the past 30 days.

Furthermore, disparities in tobacco product use continue to exist among population subgroups. In 2021, any tobacco product use was higher among students who identified as LGBTQ+ than heterosexual; among students who identified as transgender than those not transgender; and among students who reported increased symptom severity of psychological distress.

Multiple factors continue to promote tobacco product use and initiation among youths, including flavors (such as menthol), marketing, and misperceptions of harm.

FIGURE 1. Percentage of middle and high school students who reported current (past 30-day) use of select tobacco products,* any tobacco product,[†] any combustible tobacco product,[§] or two or more tobacco product types,[¶] by school level** and overall — National Youth Tobacco Survey, United States, 2021



Abbreviation: e-cigarettes = electronic cigarettes.

The comprehensive and sustained implementation of population-level evidence-based tobacco control strategies, combined with FDA’s regulation of tobacco products, is important for preventing and reducing all forms of tobacco product use among all U.S. youths.

In addition, as the tobacco product marketplace continues to diversify, surveillance among youths for all forms of tobacco product use and associated factors is important to the development of public health policy and action at the national, state, and community levels.



Gentzke AS, Wang TW, Cornelius M, et al. Tobacco Product Use and Associated Factors Among Middle and High School Students — National Youth Tobacco Survey, United States, 2021. MMWR Surveill Summ 2022;71(No. SS-5):1-29. DOI: <http://dx.doi.org/10.15585/mmwr.ss7105a1external icon>.

June is Pride Month!

Did you know that...



The first "Liberation March" took place on June 28, 1970– exactly one year after the Stonewall riots in New York City.

What we call "Pride" now has been known as other names such as "Gay Liberation March" and "Gay Freedom March" in the past few decades.

The Rainbow Flag, which to many symbolizes the LGBTQIA+ community, was designed by Gilbert Baker in 1978.

The colors on the flag have meaning: red=life, orange=healing, yellow=sunlight, green=nature, blue=harmony, and violet=spring.

Why Dinner Dialogues?

Consistent and open communication with your children will boost their self-esteem, improve their self-image, and empower them to make long term healthy decisions.

When they begin to feel heard and understood by the most important people in their life, they will be less likely adhere to the voice of other influences.

- Youth who eat dinner with their family are less likely to:**
- Use tobacco/nicotine
 - Use alcohol
 - Use marijuana
 - Have friends that use tobacco/nicotine, alcohol, or marijuana
 - Plan to use drugs in the future
 - Feel depressed
 - Think about suicide
 - Have sex early
 - Engage in risky behaviors
 - Make poor decisions

Find current events, local resources for various needs, resources for students, ways to help with DAC's mission, and hotlines for drug/alcohol use on our website, www.dacac.org.

Our Vision

Our vision is an empowered society of loved, connected, and supported individuals, diverse in being and thriving as one community.



Allen County Drug & Alcohol Consortium, Inc.

Our Mission

Our purpose is to provide an effective network to collaboratively prevent substance abuse, primarily by youth, and to reduce the negative impact of alcohol and other drugs in the Allen County community.