



**Saturday, April 4, 2009
11 AM to 3 PM**

**Mountainside Middle School
11256 N 128th St
Scottsdale AZ 85259**

www.StopMethUse.com



CONTEXT

“Healthy Families Rock!” will educate, raise awareness, and provide access to resources for youth and families to empower and engage them to become drug-free, within the context of youth/family health and wellness. The event, sponsored by the Northeast Valley Coalition Against Methamphetamine, is funded by grants from the Arizona Governor's Office and the Salt River Pima-Maricopa Indian Community.

According to the Centers for Disease Control, six risky behaviors contribute to the leading causes of death, disability, and social problems in the United States. These behaviors often emerge during childhood and adolescence. They include inadequate physical activity; unhealthy dietary behaviors; alcohol and other drug use; tobacco use; sexual behaviors that may result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies; and behaviors that contribute to unintentional injuries and violence.

These risks are also associated with meth use, which often has a late adolescent onset of first use, preceded by alcohol and other drug use. It is helpful to address the problem of meth-use within the context of these other risk behaviors, and to collaborate with other agencies and organizations committed to addressing these health and wellness concerns.

DETAILS

“Healthy Families Rock!” is a community event hosted at Mountainside Middle School. Participants will have an opportunity to learn about these risky behaviors and positive ways to address them, while also participating in healthy, low-risk activities with their peers and their families. The event will include food, live music, air guitar video game contest, and a series of educational booths that participants will attend and complete tasks in order to win prizes. There will be pre- and post testing to gauge event effectiveness.

Educational booths will represent each of the risky behaviors often established during childhood and adolescence. Community agencies whose mission is to address each of these behaviors will be invited to have a booth at the event, will share educational information about healthy, positive choices, and will participate in a "Backstage Pass" game that will teach participants about the impacts of risky choices and the benefits of healthy choices.

PARTNERS

“Healthy Families Rock!” partners, at this time, include: Boys and Girls Clubs of Greater Scottsdale, City of Scottsdale, Community Bridges, Partner Up, Arizona (Partnership for a Drug-Free America, Arizona Chapter), Scottsdale Prevention Institute, Scottsdale Unified School District, and Teen Lifeline.