



# Chesterfield County Youth Development Coalition

March 2015

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The Chesterfield County Youth Development Coalition is a subcommittee of the Chesterfield County Coordinating Council and was established to address risky behaviors among our youth. We are committed to helping our young people develop the proper decision-making skills needed to prevent risky behaviors. We are students, parents, teachers, law enforcement officers, business leaders, state agencies, faith-based organizations, health care organizations and people from all walks of life working together to build a stronger future for our community.

**The Youth Development Coalition will meet in the DSS Commons room on the third Tuesday of every month at 3:30pm.**

We invite those interested in helping the youth of our community to participate in our meetings. By offering your advice, expertise and suggestions you will help to strengthen the coalition while serving the community.

Upcoming Meetings:

- **March 17, 2015**  
**to be held at Chesterfield Ruby Middle School**

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## Youth Fitness and Nutrition

Last Updated: Jan 27, 2015 | By Christen Cooper, M.S., R. - <http://www.livestrong.com/article/114095-youth-fitness-nutrition/> accessed 3/9/15

Youth have unique needs for food and physical activity not only to maintain good general health, but to optimize their growth and development.

Despite high energy needs, many young Americans have become overweight and obese over the past decade. Many experts believe that in the past, children had greater amounts of designated time for physical fitness during the school day. They also had more freedom to play outside, since there were fewer threats to their safety. There was also less of a propensity to choose sedentary activities such as TV watching or computer use after school. And finally, children were presented with healthier foods and given less leeway in their food choices.

A major gripe of dietitians and physicians specializing in child nutrition is that many children have replaced milk, a beverage containing calcium, protein and other valuable nutrients; with soft drinks, which contain little more than calories and do not provide the same sense of satiety that more nutritious beverages do.

Another factor that has contributed to fatter youth is advertising for junk foods, which is widespread and many young people eat at fast food establishments for meals as well as for recreation. This will need to change, as the nation gears up for a fitter, healthier future for our next generation.

All children and teens should focus on eating as many fruits, vegetables, whole grains, lean proteins, low-fat dairy and healthful fats as possible. These foods offer more than calories; they offer valuable nutrients, plus the vitamins and minerals that help the body turn food into energy. They provide the calories the body needs for high levels of fitness and cognition, as well as for growth and development of bones, organs and the brain.

### **Different Energy Needs for Different Ages**

According to MyPyramid.gov, children require varying amounts of

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## Worried about Drinking and Spring Break?

Parents sometimes feel like their words fall on deaf ears, but a recent study found that talking to kids about alcohol can lead to lower drinking rates even among college students.

Robert Turrisi, PhD, a psychologist at Penn State University, and colleagues gave parents booster brochures to help them talk to their recent high school graduates about drinking before they left for college. Four months after this intervention, students were drinking less than their peers. In another study, Kim Fromme, PhD, and colleagues at the University of Texas at Austin asked college students to take a survey that assessed family and peer attitudes and level of caring. They found that students who felt that their parents were aware and cared were likely to drink less.

Binge drinking is a serious problem for high school students and on college campuses. Parents are right to be concerned. According to studies quoted by the National Institutes of Health, "About one-quarter of college students report having academic consequences because of their drinking, including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall."

Many colleges have taken steps to curb binge drinking such as greater enforcement, community partnerships, counseling and methods to identify problems early on. A GPA below 1.0 can be a sign of binge drinking, drug use or untreated illness that keeps students from attending classes and can result in behavioral problems that can be disruptive to other students.

The transition from high school to the reality of college can be jarring. As students are adjusting to campus life, peers become a stronger influence. In schools where there is an emphasis on athletics and where sororities and fraternities

are prevalent, drinking rates tend to be higher. Still students tend to overestimate how much their classmates are actually drinking and may drink more to try to fit in. Parents can help with a reality check, reminding students of their goals, and just letting them know they care.

It would probably surprise most parents that, according to the Roper Youth Report, parents are by far the strongest influence on kids aged 13-17 regarding their decisions about drinking. Now we know that influence extends beyond the teen years. Parents who regularly communicate with their college-age children and continue the discussion about alcohol and drugs can help with good decision-making. They may be far away, but still accessible by phone, text, email or social media.

Having these kinds of discussions with kids of any age can be difficult for both parent and child, but there is help. The Chesterfield County Youth Development Coalition has a variety of informative pamphlets about the development of the teen brain and how to start a discussion on drinking or other issues facing youth. Substances Abuse and Mental Health Services Administration (SAMHSA.gov) has an interactive video that is worth the time and very helpful. The American Academy of Pediatrics website [www.healthychildren.org](http://www.healthychildren.org) also has helpful information on talking with kids about alcohol.

For both high school and college students, you will want to know about their Spring Break plans and communicate your desire for their safety and well being. Remember... you have more influence than you think!

**Turrisi:** [journalofsubstanceabusetreatment.com/article/S0740-5472%2812%2900469-2/abstract](http://journalofsubstanceabusetreatment.com/article/S0740-5472%2812%2900469-2/abstract)

**Fromme:** [psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=2007-08148-003](http://psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=2007-08148-003)

Roper: [alcoholstats.com/uploads/InfluencesOnYouthsDecisionsAboutDrinking.pdf](http://alcoholstats.com/uploads/InfluencesOnYouthsDecisionsAboutDrinking.pdf)

# **A Study on Children's Perspectives of Contact and Visitation with an Incarcerated Parent**

Conducted By: Susan Limber, PhD and Jasmine Hedge, Graduate Student  
Affiliated with: Clemson University and the Institute on Family and Neighborhood Life

## **Can You Participate?**

We are looking for....

Children (8-18) who have an incarcerated parent and the legal guardian(s) of these children.

Legal guardian(s) will answer a short set of questions and children will complete an interview.

Purpose of the Study: To better understand the views of children on contacting and visiting an incarcerated parent. We hope to use any information gathered to inform policies and practices to better support these children.

**For more information please call: Susan Limber at 864-656-6320  
or Jasmine Hedge at 864-250-4660**

**A \$20 VISA gift card will be given to children who are interviewed.**

## **14th Annual Message in the Park**

The 14th anniversary of the Message in the Park will be held on Saturday, April 25, 2014 from 12:00pm to 2:00 pm, at the Pageland Community Center located on Hwy 9 in Pageland. The theme of this years event is "LOVE". This event is especially for youth to let them know that their community is concerned with their lives now and in the future. Parents and adults are also welcome.

Over the years the event has grown and last year there were over 300 youth that attended. The events

sponsors want the youth to have a positive outlook on their future, family, community and the Police department.

The event will include inspirational music from local church bands/choirs with guest speakers that will deliver a positive message for youth as well as adults.

There will be door prizes for the kids and food and refreshments will be served. For more information contact Larry Brown at 672-6437.

## **Out of Their Hands**

During the month of April and running through the middle of May the Youth Development Coalition and the 4th district Alcohol Enforcement Team coordinator will be working with youth on the "Out of Their Hands" campaign. The campaign will be done in participating counties around the State throughout the month of April.

The campaign is designed to inform the public about the laws around underage drinking. Students and adults will be going to retailers that sell alcoholic beverages throughout the county and place informative stickers on six and twelve packs. They will also be providing participating stores with post cards to be given out to people that purchase alcoholic beverages. With the beginning of the School District Spring Break and local college spring breaks the season of teen celebrations has begun. The prom and graduation parties are another time that teens are likely to celebrate. It is considered by many to be a rite of passage for our



# Chesterfield County Youth Development Coalition

## Mission

*A coalition of citizens and organizations working together to change community attitudes by providing support, assistance and guidance needed to prevent risky behaviors among all youth in Chesterfield County.*

## Vision

*To create a healthy environment in order for our youth to become productive citizens*



CHESTERFIELD COUNTY, SC  
COORDINATING  
COUNCIL

## Youth Fitness and Nutrition

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calories based on age range and activity levels. The low end of the range is for sedentary children while the high end is for active children. The following ages correspond to the calorie ranges that follow:

(2 - 3 years) Males and Females: 1,000 - 1,400

(4 - 8 years) Females: 1,200 - 1,800; Males: 1,400 - 2,000

(9 - 13 years) Females: 1,600 - 2,200; Males: 1,800 - 2,600

(14-18 years) Females: 1,800 - 2400; Males: 2,200-3,200

Young children have developing organs and increasing height and weight. Preteens and teens are also growing and in addition are using energy to ready reproductive organs and processes for adulthood. All of

## Out of Their Hands (Continued from page 4)

youth to celebrate with alcohol at these milestone events in their lives, but the fact still remains that it still illegal for teens to drink under the age of 21.

It is important that store clerks are reminded to check identification for appropriate date of birth before ringing up a sale. But it is equally important to remind adults that purchasing alcohol for a minor is also against the law.

The YDC is looking for youth groups or community groups that would like to participate in getting campaign material out to the local retailers. One of the main goals of the YDC is to help reduce the number of youth that are using alcohol on a regular basis and to help reduce the age that students are starting to take that first drink.

With help from the community we can help take alcohol "Out of Their Hands." For more information visit [www.scoutoftheirhands.com](http://www.scoutoftheirhands.com) or contact Stacey Mosier at [srmydc@shtc.net](mailto:srmydc@shtc.net) or call 623-5265.

