



Buffalo County Community Partners
C/o Positive Pressure Coalition
Po Box 1466
Kearney, NE 68848
Ph. 308.865.2283
www.bcchp.org

Safe Homes Parent Network

GOAL:

To develop a county-wide initiative involving parents to implement a Safe Homes parent network in their homes, schools, and community; and to ultimately protect the safety and health of youth in Buffalo County.

What is Safe Homes?

The Safe Home Pledge is dedicated to helping provide a safe social environment for youth in our homes and homes of other community members. Safe Homes provides an opportunity for parents to join together to create an open communication among parents; assist parents in establishing guidelines for their children's behavior, to prevent the use of alcohol and other substances amongst youth, and to establish social gathering standards for parents, youth, and the community.

Who is welcome to join?

All parents, grandparents, guardians, adult mentors, and other influential adults with children in K-12th grade, who reside in Buffalo County, are encouraged to join. The pledge is operated on the "honor" system, with the intent that parents who join are committed to making a safe social environment for all children and youth in Buffalo County.

Why should I sign?

Signing the pledge is a way to let other parents and adults in your community know that you support the recommendations expressed in the pledge and are making every effort to support the pledge. As a parent you cannot control every activity whether positive or negative, but you can demonstrate your commitment to responsible behavior by signing the pledge and encouraging others to do so. *As a parent, being listed in the network is optional, and you are welcome to sign the pledge without being listed.*

What is required of me?

Read the pledge with your children and teens. Explain to them your commitment to the pledge. Supervise social gatherings (parties, post-prom, graduation) involving youth, and do not allow youth to engage in substance use, including alcohol in your home.

By signing, does this mean I as an adult cannot drink in my home?

No, this is not the intent of the pledge; however it is important for parents to model responsible and appropriate behavior (not abstinence) from youth (i.e. Adults of legal drinking age and in moderation if they choose to drink). By signing the pledge you are agreeing to not allow anyone under the age of 21 to have alcohol in your home on your property.

What happens if my child is invited to someone’s house that is not listed on the network list?

Contact the person’s family member. Just because they are not listed does not mean they do not support the pledge. As a parent encourage the parent(s) not listed to become part of the network and explain the benefits of the communication tool.

How do I access the Safe Homes List?

The Safe Homes list membership directory can be accessed at your local school, or online at www.bcchp.org, by clicking on the Safe Homes tab.

Note: the online portal is a confidential website and only members will have access to the network list.

Why do I need my contact information listed in the directory?

Placing your name and contact information in the directory allows others parents know that you welcome phone calls, emails, etc. when their children will be attending social events with your child or at your home. The parent network is designed to create a communication network amongst parents in Buffalo County.

How often is the pledge renewed?

The pledge will be renewed annually at the beginning of each school year.

For more information or to join please contact:

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Positive Pressure Coalition

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Join online at www.bcchp.org

**KEARNEY COMMUNITY STANDARDS
REGARDING THE PREVENTION OF
ALCOHOL, TOBACCO AND OTHER DRUG ABUSE**
(Adopted by the Kearney City Council in the year 2000)

AS A COMMUNITY WE PROMISE TO;

- 1) PROVIDE A CLEAR AND CONSISTENT “no-use” rule of alcohol, tobacco and other drugs for youth under age twenty-one.
- 2) BE A POSITIVE role model. Do not engage in any illegal, unhealthy or dangerous alcohol, tobacco and other drug use practices.
- 3) PROVIDE AND SUPERVISE “safe havens” or secure alcohol, tobacco and other drug-free areas where youth can gather.
- 4) AS PARENTS, clearly express expectations, including curfews that are set and enforced.
- 5) AS PARENTS, we will monitor and share in positive activities with our children.
- 6) NETWORK with other parents to gain support and new ideas.
- 7) NURTURE relationships with youth.
- 8) SUPPORT Law Enforcement by calling to report illegal activities where underage youth are involved.
- 9) AS A COMMUNITY we encourage an attitude of intolerance of drunkenness.
- 10) WE ACTIVELY support health promotion programs.
- 11) WE KNOW what to do and what resources are available if we suspect a problem.

KEARNEY COMMUNITY STANDARDS are sponsored by the *Positive Pressure Coalition*, a coalition of concerned citizens organized to address the issue of alcohol, tobacco and other drug use in Buffalo County.

For more information contact:

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Adults who HOST lose the MOST

Did you know it is against the law in Nebraska....

- To provide alcohol to anyone under the age of 21?
- For an adult, older sibling, co-worker, or friend to provide alcohol to youth under the age of 21?
- For an adult to host an underage drinking party at their home?

On January 1, 2008 the Nebraska Legislature amended the Minor Alcoholic Liquor Liability Act to include the "**Social Host Law**" through Nebraska **Legislative Bill 573**. The law places accountability on adults who knowingly host underage drinking parties.

The law makes it a civil fine for those who knowingly provide alcohol to minors, under the age of 21 at a home or rental property. The "**Social Host Law**" holds adults responsible for underage drinking events on property they own, lease, or otherwise control.

44% of Buffalo County High School Seniors report drinking alcohol in the past 30 days. Of those drinking, 80% report securing alcohol from a friend. 38% secure alcohol from a relative other than parent or sibling. 15% secure alcohol from their parents. (2009 Buffalo County Youth Risk Behavior Survey)

Be A Responsible Adult
Don't be a Social Host!!!



Safe Homes/Parent Guardian Pledge

As members of the Buffalo County Safe Homes Parent Network, parents agree to uphold the following pledge:

- ✓ I/we will actively supervise all gatherings of youth in our home or on our property, or ask another responsible adult for help to do so.
- ✓ I/we will not allow possession or use of alcohol, marijuana, tobacco, or other drugs, or violence by youth in our home or on our property.
- ✓ I/we will set expectations for my/our children that I/we know where they are going, whom they are going with, what their plans are, and when they are to return home.
- ✓ I/we will actively monitor access to alcoholic beverages when available at family gatherings and events (i.e. family reunions, community events, etc.)

This is not a legally binding contract, but rather an agreement between members of the Buffalo County Safe Homes Parent Network.

I have read the above pledge, and I understand that my name will be published in the Buffalo County Safe Homes Parent Network Directory as a Safe Home Parent.

Parent(s) First Name: _____ Last name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone () _____ Cell () _____ Email: _____

Children(s) name	Grade	School
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Parent(s)/Guardian(s) Signature **Parent(s)/Guardian(s) Signature** Date _____

We would like permission to publish your name in the membership directory, to allow other parents to contact you, when their children will be attending social events in your home. Please indicate your publishing preferences below:

- | | |
|--|---|
| <input type="checkbox"/> You may publish my name/children's name | How can we connect with you as parents? |
| <input type="checkbox"/> You may publish my phone number | <input type="checkbox"/> Parent Blog |
| <input type="checkbox"/> You may publish my address | <input type="checkbox"/> Parent Blog |
| <input type="checkbox"/> You may publish my email address | |
| <input type="checkbox"/> All of the above | |

Resources

Statewide:

- **Nebraska Underage Drinking hotline**
1-866-MUST -BE-21 (687-8221) *Anonymous call*

Local:

- **Buffalo County Community Partners**
The mission of Buffalo County Community Partners is to assess, promote and strengthen the health of Buffalo County as defined by the World Health Organization. Community Partners works with residents of the Buffalo County community to determine the top 10 priority health goals for Buffalo County. The vision of Community Partners is that everyone from all corners of Buffalo County work together to improve the quality of life of those who live in and work in this community through Wellbeing.
For more information call: (308)865-2284 or online at www.bcchp.org
- **Positive Pressure Coalition**
Positive Pressure is a coalition of Buffalo County Community Partners working with the mission to improve the health and quality of life in Buffalo County by aiding local communities in the planning, coordinating and integration of resources and use of evidenced based practices to reduce substance use rates and delay the onset of first use in communities.
For more information call: (308)865-2283 or online at www.bcchp.org
- **Buffalo County Youth Advisory Board**
Buffalo County Youth Advisory Board (YAB) is a program and a philosophy that recognizes youth as valuable resources in their community and empowers them as equal community partners to bring about positive community change. Buffalo County YAB, governed by a board of youth and adults and supported by local funders, provide grants for youth-initiated and youth-led community projects. Youth tackle a range of social problems that concern them from our economy and environment to safety, tobacco, alcohol, and illegal drugs.
For more information call: (308)865-2284 or online at www.bcyab.org
- **School Specific Parent Advisory Groups-** see school directory
- **Region 3 Behavioral Health Services**
The mission of Region 3 is to foster recovery and resiliency for individuals and their families who experience a behavioral health challenge.
For more information call: (308)237-5113 or online at www.region3.net

National:

- **The Partnership for a Drug Free America**
The Partnership for a Drug-Free America is a nonprofit organization that unites parents, renowned scientists and communications professionals to help families raise healthy children. The centerpiece of this effort is an online resource center, featuring interactive tools that translate the latest science and research on teen behavior, addiction and treatment into easy to understand tips and tools.
<http://www.drugfree.org/>
- **Search Institute ParentFurther**
ParentFurther is a project of Search Institute. ParentFurther is an easy-to-use, comprehensive resource, which seeks to build a unique community that provides access to support and practical, everyday steps to help parents with a wide range of issues. The cornerstone of the parent further approach is Search Institute's Developmental Assets, which consists of 40 common sense, positive qualities and experiences that help influence the choices kids make.
www.parentfurther.com
- **MADD-Power of Parents**
Online web resource that allows parents to locate research based proven strategies to preventing underage drinking in their home and community. The website also allows parents to ask questions of experts on the prevention of underage drinking, and offers assistance on how to talk to your teen about the dangers of alcohol.
<http://www.thepowerofparents.org>
- **ADMONGO-Federal Trade Commission media advocacy website**-This Federal Trade Commission campaign aims to educate tweens (kids ages 8 to 12) about advertising. The goal of the campaign is to boost advertising literacy by: raising awareness of advertising and marketing messages, teaching critical thinking skills that will allow tweens to better analyze and interpret advertisements, and demonstrating the benefits of being an informed consumer. The multi-media campaign, through the use of game play involves tweens, parents, and educators.
<http://www.admongo.gov/>
- **Time to Talk**
Time to Talk provides guides and tips for parents and guardians to engage in ongoing conversations with kids on keeping them healthy and drug free.
www.timetotalk.org

40 Developmental Assets® for Adolescents (ages 12–18)

Search Institute® has identified the following building blocks of healthy development—known as **Developmental Assets®**—that help young people grow up healthy, caring, and responsible.

External Assets



Support

1. **Family support**—Family life provides high levels of love and support.
2. **Positive family communication**—Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. **Other adult relationships**—Young person receives support from three or more nonparent adults.
4. **Caring neighborhood**—Young person experiences caring neighbors.
5. **Caring school climate**—School provides a caring, encouraging environment.
6. **Parent involvement in schooling**—Parent(s) are actively involved in helping young person succeed in school.



Empowerment

7. **Community values youth**—Young person perceives that adults in the community value youth.
8. **Youth as resources**—Young people are given useful roles in the community.
9. **Service to others**—Young person serves in the community one hour or more per week.
10. **Safety**—Young person feels safe at home, school, and in the neighborhood.



Boundaries & Expectations

11. **Family boundaries**—Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries**—School provides clear rules and consequences.
13. **Neighborhood boundaries**—Neighbors take responsibility for monitoring young people's behavior.
14. **Adult role models**—Parent(s) and other adults model positive, responsible behavior.
15. **Positive peer influence**—Young person's best friends model responsible behavior.
16. **High expectations**—Both parent(s) and teachers encourage the young person to do well.



Constructive Use of Time

17. **Creative activities**—Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth programs**—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. **Religious community**—Young person spends one or more hours per week in activities in a religious institution.
20. **Time at home**—Young person is out with friends "with nothing special to do" two or fewer nights per week.

Internal Assets



Commitment to Learning

21. **Achievement Motivation**—Young person is motivated to do well in school.
22. **School Engagement**—Young person is actively engaged in learning.
23. **Homework**—Young person reports doing at least one hour of homework every school day.
24. **Bonding to school**—Young person cares about her or his school.
25. **Reading for Pleasure**—Young person reads for pleasure three or more hours per week.



Positive Values

26. **Caring**—Young person places high value on helping other people.
27. **Equality and social justice**—Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity**—Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty**—Young person "tells the truth even when it is not easy."
30. **Responsibility**—Young person accepts and takes personal responsibility.
31. **Restraint**—Young person believes it is important not to be sexually active or to use alcohol or other drugs.



Social Competencies

32. **Planning and decision making**—Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence**—Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence**—Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance skills**—Young person can resist negative peer pressure and dangerous situations.
35. **Peaceful conflict resolution**—Young person seeks to resolve conflict nonviolently.



Positive Identity

37. **Personal power**—Young person feels he or she has control over "things that happen to me."
38. **Self-esteem**—Young person reports having a high self-esteem.
39. **Sense of purpose**—Young person reports that "my life has a purpose."
40. **Positive view of personal future**—Young person is optimistic about her or his personal future.