

HACC Resident Tips

Save Energy

Air conditioners are the biggest users of electricity. Save energy by:

- 1) Closing outside doors and windows during hot periods of the day and when the air conditioner is on.
- 2) Closing window shades and drapes.
- 3) Turning off the air conditioner when not at home or on mildly warm days.
- 4) Using the stoves as little as possible.

Report water leaks

Did you know a drip at one drip per second wastes 5 gallons of water every day? If your faucet is leaking call us.



Safety Begins at Home

Renter's Insurance

Renters insurance is only pennies a day. The HACC covers the building only, not your personal property. It could also save you money on your auto insurance when you combine your coverage. There are many insurance agencies that can quote you a rate.



Do you
have
someone
graduating
in your
family?

We will put their photo on our website. It doesn't matter if it is elementary, high school or college. Get their best photo and bring it over to the office. If they are graduating from high school, let us know if they are going to college, and, if so, what college, so we can wish them well.

- Park your car in well-lit areas, report burned out site lights immediately to the office. We have an answering machine.
- Teach your children the importance of calling 911.
- Lost your keys? Report it immediately to the office. Locks can be changed very quickly.
- Seniors, use the intercom. Know who is at the door before letting anyone into your building.
- Check throw rugs for tripping hazards like bumps and turned-up corners.
- Check for proper lighting in and around stairways.
- Use night lights in the bathroom and hallways.



Internet Safety Pledge for Kids

I will not give out personal information such as my address, telephone number, parents' work address/telephone number or the name and location of my school without my parents' permission.

I will tell my parents right away if I come across any information that makes me feel uncomfortable.

I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.

I will never send a person my picture or anything else without first checking with my parents.

I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the online service.

I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online and appropriate websites for me to visit. I will not access other areas or break these rules without their permission.

Adapted from *Child Safety on the Information Highway* by Lawrence J. Magid.
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Lock outs

It is the tenant's responsibility to pay for lock outs. As you know, if you are locked out of your apartment during normal business hours, there is no charge to open your door for the adult member of the family. If it's a child, we need to talk to a parent before we let the child into the apartment.

After hours you are charged to open the apartment door because the Authority must pay the employee overtime to come out. This is why we encourage you to leave a key with a trusted friend or relative. Even the \$30 charge doesn't cover the cost for the overtime, but does help defray the costs. If you rip a screen to enter the apartment through a window, you will be responsible for the damaged screen, window and the lock out charge.

Litterbugs Beware

Anyone found littering on the Housing Authority of Champaign County property will be responsible for picking up their own trash as well as anyone else's that is found in the area. Please put trash in its proper place.



Safety is Number One to Us & Should be to You

Report any problems to the office immediately. The electrical outlets in your bathroom and kitchen are called GFI's. They protect you against electric shock. If your outlet isn't working, push the reset button. If it still won't work, it may be your appliance. Call the office. Also, report immediately site lights that are out.



Range and Refrigerator Care

Kitchen appliances should be cleaned on a regular basis. Greasy and dirty appliances are a fire hazard and can attract unwanted pests for which you will be held responsible. Don't forget to clean the stove hood and fan to keep them free of grease.



Direct Deposit Banking

Seniors receiving monthly checks should consider direct bank depositing. This prevents social security payments from getting lost in the mail. Call your bank for more details.



GREAT TRUTHS OF TIME

Great Truths That Little Children Have Learned

- 1) When your Mom is mad at your Dad, don't let her brush your hair.
- 2) If your sister hits you, don't hit her back. They always catch the second person.
- 3) Never ask your 3 year old brother to hold a tomato.
- 4) Don't sneeze when someone is cutting your hair.
- 5) You can't hide a piece of broccoli in a glass of milk.
- 6) The best place to be when you're sad is Grandpa's lap.

Great Truths Adults Have Learned

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge....mostly sweet....with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise; it's like jogging on the inside.
- 6) Middle age is when you choose your food for the fiber, not the joy.

Great Truths About Growing Old

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age.

Connection: Considerations for Parents



If children are to understand that alcohol and other drugs are potential hazards to their health, adults must not only speak clearly on this subject, but they must act clearly as well. We may be giving children confusing messages if we tell them to avoid these substances, but we use them ourselves. The following self-assessment focuses on alcohol, a legal drug in common use.

The role of the parent and the home environment is pivotal in forming beliefs about drinking and drug use. Children who grow up with little exposure to alcohol are less likely to have problems with substance use. Problem drinking, for example, is more common in families with vague and inconsistent drinking practices, where one parent favors drinking and the other is opposed, and where standards for drinking are different for men than for women.

In examining the modeling that they provide concerning alcohol, parents must contemplate their own habits and attitudes on this subject. Do children often see alcohol in the home? Do they observe adults who are intoxicated? What do they think when parents offer guests a drink? Do the attitudes that parents convey support what they want for their children?

Self-Assessment: Messages Concerning Alcohol in the Home

As a parent, do you:

- Make it clear that use of too much alcohol is not acceptable?
- Avoid pressuring individuals to drink alcohol?
- Make it clear that drinking too much is not funny?
- Offer guest non-alcoholic drinks as well as alcoholic drinks?
- Never let guests drive home after drinking?

Watch Out For...

- Drinking alcohol as a way to escape problems.
- Drinking alcohol or using other drugs after work because you had a bad day.
- Drinking to intoxication.
- Allowing children to observe intoxicated adults.
- Leaving liquor bottles out for children to see or obtain.
- Always including alcohol in family events, parties or celebrations.
- Rewarding children with an alcoholic drink for a special occasion.

Preventing Pregnancy.....

10 tips for parents to help their teens to prevent pregnancy

The following tips for parents were derived from research and from discussion with experts, parents and teens nationwide

1. **Be clear about your own sexual attitudes and values.** Communicating with your children about sex, love and relationships is often more successful when you are certain in your own mind about these issues.

2. **Talk with your children early and often about sex, and be specific.** The time to begin talking to your teen about sex and its consequences is now. Initiate the conversation, and make sure it's honest, open, and respectful.

3. **Be a parent with opinions.** In addition to being an "askable parent," be a parent with a point of view. Tell your children what you think and why you think so.

4. **Supervise and monitor your children and adolescents.** Establishing rules, curfews, and standards of expected behavior, preferably through open family discussions. It's not being a nag it's being a parent.

5. **Know your children's friends and their families.** Friends have a strong influence on each other. Meet with parents of your children's friends so that you can get to know them and establish common rules and expectations.

6. **Discourage early, frequent and steady dating.** Allowing teens to begin steady, one on one dating much before age 16 can lead to trouble. Instead, support group activities.



7. **Take a strong stand against your child dating someone older.**

Try setting a limit of no more than two (or at most three) year age difference. The power difference between younger girls and older boys or men can lead girls into risky situations.

8. **Let your children know that you value education.** Encourage your children to take school seriously and set high expectations about school performance. School failure is often the first sign of trouble that can end in teenage parenthood.

9. **Talk to sons as well as daughters.** The nearly 900,000 teen girls who get pregnant each year don't do it alone. Boys need to know that teen pregnancy has serious consequences for them too.

10. **Know what your kids are watching, reading and listening to.** Television, radio, movies, music videos, magazines and the internet can send many messages about sex. It is important to talk with your children about what the media portrays, what you think about it, and what your children think about it.

For more tips and details, visit:

www.teenpregnancy.org

Marijuana & Kids: Summer Fact Sheet



Don't Let Your Teens Summer Go to Pot

Marijuana use is a problem during every season of the year. However, during the summer months, when young people have more free and unsupervised time, more teens try marijuana for the first time than any other time of the year. First use of alcohol and cigarettes among teens also jumps during the summer. According to a newly released Substance Abuse & Mental Health Services Administration (SAMHSA) report, *Seasonality of Youth's First-Time Use of Marijuana, Cigarettes, or Alcohol*: Summer is the riskiest time of the year when it comes to teens and marijuana.

- *First-time youth marijuana use increases significantly during the summer months. (1)
- *Each day in June and July, over 6,300 youth try marijuana for the first time; that's 40 percent more per day than during the rest of the year. (2)
- Research show that kids with unsupervised time are more likely to use drugs and alcohol. Higher summer initiation rates are likely due to teens having more unsupervised and unstructured time. In fact, studies have shown that:
 - *Kids who are not regularly monitored by their parents are four times more likely to use drugs. (3)
 - *Teens who report they are "often bored" are 50 percent more likely to smoke, drink, get drunk and use illegal drugs than teens who aren't. (4)
- Parents can and do make a difference in a teen's decision to stay drug free. They can help keep kids drug-free by closely supervising their time, knowing who they are with, and setting clear rules.
- *Parents of teens with summer jobs still need to know how their teens are spending disposable income, what type of work place setting they are in, and who they are working with.

- *Two-thirds of youth ages 13-17 say that upsetting their parents or losing the respect of family and friends is one of the main reasons they don't smoke marijuana or use other drugs. (5)
- *Young people who learn a lot about the risks of drugs at home are up to 50 percent less likely to try drugs than their peers who don't get drug information from their parents. (6)
- In addition to parents, other adults who influence teens, such as camp counselors, coaches, physicians and employers, can and do play a vital role in keeping teens drug-free during the summer. These adults are well positioned to reach teens with marijuana prevention messages, and just by being role models or mentors they help prevent drug use.
- *Many teens engage in summer activities such as camps. Each year, an estimated nine million young people attend a summer day or resident camp program. (7)

References

1. SAMHSA, *The National Survey on Drug Use and Health Report, Seasonality of Youth's First-Time Use of Marijuana, Cigarettes or*

Alcohol, June 2004.

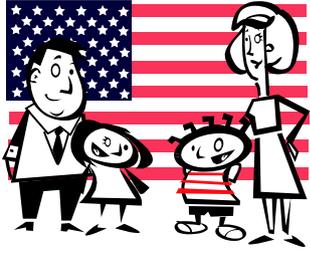
Addictive Behavior

By Bob Christiansen

Modeling a drug free lifestyle

Children need healthy modeling concerning the use of alcohol and other drugs. In addition to avoiding negative modeling, adults can support the position that use of these substances is potentially hazardous. Adolescents are likely to find themselves in social settings where alcohol or other drugs are present. The higher their self-esteem and the more positive models they have in their lives, the more likely they are to be able to withstand peer pressure and make healthy choices. Consider the positive modeling you provide for your children. What kinds of activities do you promote that build positive self-esteem? Are you active and generally satisfied with your life? Do you model these attributes? Do you show that being happy and content does not require the use of alcohol or other drugs? As a parent, do you:

- Talk with your children about alcohol and other drugs and explain their harmful effects?
- Communicate a clear statement of your feelings about the use of alcohol and other drugs?
- Take a personal inventory of your tobacco, alcohol and other drug use habits and their impact on your children?
- Encourage healthy, creative, substance free activities at home?
- Involve your children in planning activities and programs that reinforce a drug-prevention message?
- Participate in and promote fitness activities, showing that you value a healthy body?
- Take every opportunity to build positive self-esteem among your children so that when they are approached or attempted to drink or use illegal substances they have the necessary skills to say no?
- Talk about decision-making and communication skills with your children?
- Create an atmosphere of trust in your home, encouraging your children to talk?
- Take the time to talk about alcohol or tobacco advertising and how advertising can shape children's beliefs?



Sound like your house?
My Parents...