

# Siouxland CARES

## November Offline Happenings!

**Tuesday, November 6**  
***Election Day***  
Go vote!

**Tuesday, November 13**  
***Dakota County Teen Court Session***  
5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

**Monday, November 19**  
***Sioux City Mayor's Youth Commission Meeting***  
6:15 p.m. - 8:00 p.m.  
Downtown Lighted Parade  
Sioux City, IA

**Tuesday, November 20**  
***Iowa Partnership for Success Subcommittee***  
3:30 p.m.  
701 Pierce Street, Suite 100  
Sioux City, IA

**Thursday, November 22**  
***Thanksgiving***  
Celebrate with Care!

**Thursday, December 6**  
***Siouxland CARES Advisory Board  
& Healthy Siouxland Initiative Joint Meeting***  
12:00 p.m.  
Siouxland District Health Dept.  
1014 Nebraska Street  
Sioux City, IA

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**Talking To Kids About Alcohol**  
***5 Conversation Goals***

### CONTACT US:

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### Looking for some helpful websites?

[www.drugfreeinfo.org](http://www.drugfreeinfo.org)

[www.samhsa.gov](http://www.samhsa.gov)

[www.iowapoinson.org](http://www.iowapoinson.org)

[www.elks.org](http://www.elks.org)

[www.jacksonrecovery.com](http://www.jacksonrecovery.com)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

[www.primeagetoengage.com](http://www.primeagetoengage.com)

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### Other Resources

Contact the Boys Town National Hot Line,  
1-800-448-3000 or  
the National Suicide Prevention Lifeline,  
1-800-273-8255

If you think someone is a victim of human trafficking, call the National Human Trafficking Resource Center, 1-888-3737.888, to obtain information and to access



**1. Show you disapprove of underage drinking.**

More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear and strong message.

**2. Show you care about your child's happiness and well-being.**

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

**3. Show you're a good source of information about alcohol.**

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

**4. Show you're paying attention and you'll notice if your child drinks.**

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

**5. Build your child's skills and strategies for avoiding underage drinking.**

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

supportive services for the victim. [www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)

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**Tri-State Curfew**

The following curfew is in effect in Sioux City, Sergeant Bluff, and Woodbury County, Iowa, North Sioux City, South Dakota, South Sioux City, Nebraska, and Dakota County, Nebraska.

Please enforce these times in your home.

**10:00 p.m. for minors under 14**

**11:00 p.m. for minors 14 and 15**

**Midnight for minors 16 and 17**

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**About Siouxland CARES**

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 412 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 7,739 hours in 2017 to CARES programs and services. The mission of CARES is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and related violence.

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**The Anti-Drug is Communication.**

Ask Who? Ask What? Ask Where? It's not pestering, it's parenting!

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**Trustworthiness:** Think it. Be it.

**Respect:** Give it. Get it.

**Responsibility:** Take it. Teach It.

**Fairness:** Share it. Practice it.

**Caring:** Show it. Receive it.

**Citizenship:** Have it. Honor it.

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**Make Your Character Count in Siouxland!**

Siouxland CARES is part of the AmazonSmile Program where Amazon donates 0.5% of the

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

Information provided by SAMHSA. Learn more [here!](#)

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## Great American Smokeout

You'd like to quit tobacco, you intend to quit, but, well, you just need to pick a day. How about Thursday, November 15, 2018?

That's the American Cancer Society's Great American Smokeout! You can join millions of Americans and start living tobacco free. Learn more [here!](#)



**YOU DON'T  
HAVE TO STOP  
SMOKING  
IN ONE DAY.  
START WITH  
DAY ONE.**

Quitting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout® event on November 15 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at [cancer.org/smokeout](http://cancer.org/smokeout) or call 1-800-227-2345.

 **American Cancer Society** Attacking from every angle.®

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purchase price of eligible products to CARES if you select our charitable organization. It's easy. Go to this direct link for Siouxland CARES and shop: [http://smile.amazon.com/ch/42-1331282!](http://smile.amazon.com/ch/42-1331282/)

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## Please Donate Today!

Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice to be drug free and improve outcomes for children and families. Thank you for your consideration of a gift to CARES.

Please send your gift made payable to Siouxland CARES, 101 Pierce Street, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland CARES are deductible to the maximum extent allowed by law.

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**Have a Safe & Happy Thanksgiving!**



In observance of Thanksgiving, the Siouxland CARES office will be closed Thursday, November 22 and Friday, November 23. We will resume normal business hours on Monday, November 26.

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This information furnished by Siouxland CARES About Substance Abuse. | 101 Pierce Street | Sioux City, Iowa 51101 | 712.255.3188 | [cares@longlines.com](mailto:cares@longlines.com) | [www.siouxlandcares.org](http://www.siouxlandcares.org)

*CARES is a 501(c)(3) tax-exempt corporation.*

*Siouxland CARES is a United Way Affiliated Agency*

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