June 2021



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## **PRIDE Month**



The Vernon ROCKS Coalition stands in solidarity with the LGBTQA+ community. PRIDE month was developed to raise awareness and improve the attitudes of society and encourage inclusiveness. It promotes their dignity, equal rights, self affirmation, and is a way of increasing society's awareness of the issues they face (Awareness Days). PRIDE is celebrated during the month of June in remembrance of the Stonewall Riots in 1969. We have come a long way since the riots, however, injustices remain.

Unfortunately, sexual minorities often face social stigma, discrimination, and other challenges like violence and

harassment, not experienced by people who identify as heterosexual. These factors mixed with other stressors lead sexual minorities to be at an increased risk for substance use. The Vernon ROCKS Coalition wants to be a part of preventing that and creating an inclusive space for all. For information and resources on preventing youth LGBTQA+ substance use <u>check out our website</u>.

## **Senior Spotlight**



The Vernon ROCKS Coalition would like to appreciate our Seniors; Saher and Maddie on their graduation from Rockville High School!! Real Talk believes that youth voices are the catalyst for creating meaningful change in the Town of Vernon, so when graduation comes it is bittersweet because we have to say farewell to our senior members but we know they will move on into the world continuing to aid in the betterment of society.

Both of them have been instrumental in the coalition and as members of Real Talk, voicing their opinions and ideas on how we can meet our mission during one of the most challenging times.. Through their own grit and hard work, they have both been active in many clubs, sports, and events while keeping up with their rigorous school work. They have been leaders among their peers and are examples of amazing youth who have excelled while being substance-free. We are so proud of them for all the hard work they have done to bring them to this moment in their life, and we cannot wait to see where they will go!

### **Congratulations Class of 2021**

In addition to our Real Talk students, we also want to congratulate the entire graduating class at RHS. To show our graduates how proud we are of them and remind them to celebrate safely we shared goodie bags before they turned their tassels. The bags included sunglasses for their bright future as well as candy and a card congratulating them and reminding them to celebrate safely and continue to do so in their future endeavors.

Rockville High School Seniors also received shirts with prevention messaging at their Senior Field Day. At prom they received resource bags with hand sanitizer, a phone wallet, a lanyard and information. This reminded students the majority of seniors do not drink alcohol, offered a breathing exercise if they are feeling stressed out or overwhelmed, and contained a peer to peer message from a Real Talk Alumni encouraging students to celebrate responsibly.

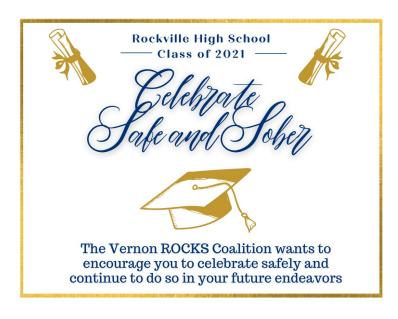


Goodie Bags handed out at Rockville's graduation



The back of the tee shirts given out at RHS's Senior Field Dav

### **Celebrate Sober**



With the return to "normal" Graduation season will bring a lot of parties and cookouts to celebrate the new araduates and to kick off summer. It is important to keep in mind that Social Hosting is never allowed.

Social Hosting is the act of providing minors alcohol to consume on your premises or providing a location for them to drink alcohol. Allowing and providing alcohol for youth to consume on your property decreases the youth's perception that drinking is harmful, by allowing it even just once you could be encouraging the continued use of it. Underage drinking is detrimental to a developing

brain, and even at age 18 the human brain is not fully developed. Drinking alcohol underage could have impacts on memory, motor skills and coordination.

Most importantly it is against the law, adults of drinking age that social host can face time in prison or jail, financial penalties or both if they are convicted. This summer be the party that provides a safe, substance-free environment for your graduates so that their life beyond high school is filled with success and health!

Are you are interested in becoming more involved with underage party or illegal the Vernon ROCKS Coalition activity follow the link and

If you are aware of an

If you or a loved one is having trouble with substance abuse check out

we are always looking for more members. You can join by visiting our website!	submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.	the available resources in the area
Get Involved	<u>Report it Here</u>	<u>Get Help</u>