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November 2011

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### November is ...

- **Lung Cancer Awareness Month:** Check out the [Lung Cancer](#)

## Great American Smokeout: You Can Quit!

### Events at South Sound and North Thurston HS

Have you thought about quitting smoking? Solidarity and help can make it much easier. The American Cancer Society's 36th annual Great American Smokeout is Thursday, Nov. 17. You're encouraged to either quit smoking for 24 hours, or sit down that day to make a quit plan. Because it's national, you'll find a ton of support and advice available. You could make a pact with a friend to quit together, and definitely [check out the ACS's website for a ton of helpful information on quitting.](#)

**TEENS:** There will be local help for you, too. TOGETHER! goes to a couple of high schools each year, offering Quit Kits, Quit Pledges and tobacco-related education. There will be hands-on displays--touch a real healthy lung, and a diseased one! This year we'll be at **South Sound High School** and **North Thurston High School**.

You can also sign up for SPLAT!, a youth advocacy group that does anti-tobacco work. In the past, SPLAT! has convinced cities to pass smoking bans in public parks, cleaned up cigarette trash, rallied at the Capitol, and much more. You can be involved in big projects

## join splat!



**Students Protesting Lies About Tobacco! needs new members for this school year.**

## what do they do?

**Earn community service hours  
Hang out with other teens  
Learn leadership skills  
Participate in activities  
Make your community healthier!**

Alliance for more details.

- **National Drug Facts Week**, Oct. 31-Nov. 6: A health observance for teens focused on asking questions and getting information.
- **Great American Smokeout**, Nov. 17: See top story to the right.
- **National Family Week**, Nov. 20-26: This year's focus is on military families and their support networks.

like this!

The first SPLAT! meeting of this school year is the night of the Smokeout. More info is in the red box.

Participate in activities  
Make your community healthier!

next meeting

Thurs., Nov. 17, 6:30-8:30 p.m.  
Vic's Pizzeria

## New Project: Women's Health Coalition

### Joint Effort to Promote Health of Girls, Women

A federal grant will help Thurston County improve the health of local girls.



Thurston County Public Health and Social Services has been awarded funding to be used to offer the [Girls Circle program](#) to middle-school age girls and continue efforts of the [Thurston Coalition for Women's Health](#). If performance goals are met, the funding could be granted for an additional 4 years.

Earlier this year, the Thurston Coalition for Women's Health determined that reducing violence against women and girls was their top priority. Research shows that Girls Circle reduces alcohol use, improves the ability of girls to form healthier bonds with others and promotes academic achievement.

eliminating racism  
empowering women  
**ywca**  
**olympia**



**YWCA of Olympia** will be administering the Girls Circle program itself. **TOGETHER!** will be leading local efforts to promote awareness of the coalition's prevention priorities and the science behind them. "We are looking forward to helping the coalition tackle their priorities for women's health," says our Executive Director Jim Cooper.

Stay tuned in the coming few months to hear a lot more from TOGETHER! about this project. We're very excited! In the meantime, you can find out more about the Thurston Coalition for Women's Health on [the county health department's site](#).

*Some information in this article courtesy  
Thurston County Public Health & Social Services.*

## 40 Ways to Show Kids You Care

1. Learn their names and acknowledge them.
2. Ask them about themselves and listen.
3. Catch them doing something right.
4. Tell them their feelings are OK.
5. Set boundaries that keep them safe.
6. Be honest and sincere.
7. Notice when they're acting differently.
8. Delight in their discoveries and enthusiasms.
9. Suggest better behaviors when they act out.
10. Be silly together.
11. Kneel, squat, or sit so you're at their eye level.
12. Tell them how terrific they are.
13. Create a tradition with them and keep it.
14. Make yourself available.
15. Show up at their concerts, games and events.
16. Thank them.
17. Apologize when you've done something wrong.
18. Welcome their suggestions.
19. Tell them what you expect of them.
20. Keep the promises you make.
21. Point out what you like about them.
22. Give them your undivided attention.
23. Ask for their opinion.
24. Tell them how much you like being with them.
25. Include them in conversations.
26. Tolerate their interruptions.
27. Introduce them to your friends and family.
28. Let them solve most of their own problems.
29. Meet their friends and parents.
30. Tackle new tasks together.
31. Be excited when you see them.
32. Be consistent.
33. Cheer their accomplishments.
34. Encourage them to help others.
35. Believe what they say.
36. Expect their best; don't expect perfection.
37. Learn what they have to teach.
38. Praise more; criticize less.
39. Magnify their magnificence.
40. Love them, no matter what.

*Developed by the [Search Institute](#)*

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TOGETHER! engages and mobilizes families, schools and the community to advance the health, safety and success of our youth. Our vision is for all young people in Thurston County communities to be supported,

healthy, safe and valued.

To learn more, [visit us online](#) or call us at 360-493-2230.

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