This month in focus: The Difference between Medicine and Drugs

We hear a lot of mixed messages about the safety of medicines and drugs. Do you know what the difference is?

**Medicine** are substances that lead to positive effects on the mind and body when used as they are prescribed. The purpose of medicine is to prevent, alleviate, or cure a symptom or disease. Medicines contain one or more active ingredients that spark the positive change, plus some inactive ingredients that help the active ingredients work effectively.

**Drugs** are substances that can have severely negative consequences on the mind and body. Some drugs overstimulate the brain, while others numb the abilities of the brain or change the brain’s ability to perceive what’s
Scientists who do biomedical research explore the effect of different substances on the human body. Scientists are learning new things every day about how both medicine and drugs affect us.

National Wellness Month Sidewalk Chalk Contest

What does wellness mean to you? Share your perspective, and WIN A PRIZE! The HPCC is sponsoring a Sidewalk Chalk Art Contest for Hazel Park kids ages 6-11.

1. **Design your sidewalk chalk masterpiece around the question:** “What does wellness mean to me?” We’re excited to see designs that are creative and colorful!

2. **Ask your parents to post a photo of your entry to either Instagram OR Facebook by August 31st, 2020.** Your description/caption must tag both @HazelParkCC and #HazelParkWellnessMonth.

Our Youth Action Board leader and staff members will announce a winner on our social media channels in early September. We can’t wait to see what you create!
Alcohol and the Developing Brain

Find more free resources at asklistenlearn.org

Responsibility.org's Ask, Listen, Learn: Kids and Alcohol Don’t Mix program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with our information about the dangers of underage drinking and how to say NO. This will help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit asklistenlearn.org for more free resources to share with your kids!

Helping Your Kids Say NO to Underage Drinking

Share these ideas with your kids and then continue the conversation by asking, “What are more ways to say NO to underage drinking?”

1. Be blunt.
   “No, I’ll pass.”

2. Divert the attention.
   “Noope, I’ll go shoot some hoops instead.”

   “No thanks, that’s not my thing.”

4. Shake it off.
   “No way, I’m not into that!”

5. Blame mom and dad.
   “No thanks, my parents would kill me.”

   “Nah, that’s nothing but trouble.”

7. Stay honest.
   “And get grounded for life? I don’t think so.”

8. Think of your future.
   “I’ve got to study.”

9. Make a healthy choice.
   “Not today: I’ll wait.”

10. Communicate clearly.
    “No. Just no.”
## August 2020 Events and Happenings

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