



HPCC HAPPENINGS

Preventing substance abuse and empowering community

Who We Are

The HPCC is a grant-funded organization dedicated to preventing substance abuse and supporting a healthy environment in Hazel Park.

What We Do

The HPCC supports Hazel Park students and families in living healthy lives from the inside out through social education, community collaboration, and political advocacy.

Get In Touch

Follow us on Facebook and Instagram @HazelParkCC

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This month in focus: Peer Pressure

People who are your age, like your classmates, are called “peers”. When they try to influence how you act or get you to do something, it's called **peer pressure**. It's something everyone has to deal with – even adults! Let's talk about how to handle it.

Peers can have a positive influence on each other. Maybe another student in your science class taught you an easy way to remember the planets in the solar system. You might admire a friend who is always a good sport and try to be more like him or her. These are examples of how peers positively influence each other every day.

Sometimes, peers influence each other in negative ways. For example, a few kids in school might convince you to try cigarettes, a soccer teammate may try to convince you to be



Mindful Corner

4-7-8 Breathing

Deep breathing is one of the BEST and EASIEST practices you can learn to help reduce your worry and settle into calmness and relaxation. The 4-7-8 Breathing technique is designed to help your mind get clear and relax your body.

Here's how:

- ✦ Breathe in through your nose for 4 seconds (quietly)
- ✦ Hold your breath in for 7 seconds
- ✦ Breathe out through your mouth for 8 seconds (audibly)
- ✦ Repeat this cycle at least 4 times, more if you can!

As a bonus, when you're breathing, try to focus only on the feeling of your breath flowing in and flowing out.

Try practicing 4-7-8 Breathing when you wake up in the morning, or right before you fall asleep at night. It's that easy!

Practice mindfulness and yoga made just for Hazel Park on youtube @HazelParkCC

mean to another player and never pass them the ball, or someone in your neighborhood might want you to help them steal something. These are negative peer influences.

Some kids give in to peer pressure because they want to be liked, to fit in, or because they worry that other kids might make fun of them if they don't go along with the group.

It is tough to be the only one who says "no" to peer pressure, *but you can do it!* Paying attention to your own feelings and beliefs about what is right and wrong can help you know the right thing to do.

The preceding is an excerpt from Kids Health
<https://kidshealth.org/en/kids/peer-pressure.html>

Back to School

Here are some helpful tips for distance learning:

1. Take regular **breaks** from screens for healthy eyes
2. Keep track of your online **schedule** with a calendar
3. **Continue** informal and play-based learning activities outside of academic study
4. Find a **study space** with natural light and fresh air
5. Model a positive **attitude** to keep morale high
6. Start a Social Distance Study **Group** in your neighborhood
7. Use a **whiteboard** or designated journal to log the status of daily assignments
8. Get **outside** for fresh air during breaks and after classes
9. *It's okay not to be okay* - these times are confusing, stressful, and overwhelming. We encourage family members to give one another a lot of **grace** during this school year.



Write your family's last name in the center of the tree. Between the branches, write the names and strengths of your family members. Do you see any strengths that everyone in your family has? Write them in the roots of the tree!

[GoZen.com/printables/](https://www.gozen.com/printables/)

September 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy new school year!	2 	3	4	5
6	7 Labor Day	8	9	10	11	12
13 Grandparent Day	14 	15	16	17	18	19
20  <small>shutterstock.com • 704243677</small>	21 International Day of Peace	22 Autumn Begins	23 	24	25	26
27	28	29	30			