

Inspiring *Healthy* Teens Guide



Welcome to our first edition of *Inspiring Healthy Teens!* In Lynnfield, healthy kids and healthy families are the cornerstones of a healthy community. Through the voices and expertise of our many community partners, A Healthy Lynnfield brings you this publication with tips and practical advice for supporting young people. This is made possible through the advertising support of our business partners and those that provide valuable services for youth and families.

In addition to this guide, A Healthy Lynnfield provides resources at our website – www.AHealthyLynnfield.org and offers a variety of programming throughout the year to keep our community informed and engaged. We look forward to continuing the conversations. Until then, we hope you enjoy the read!

In Good Health,

Phil Crawford
Chair, A Healthy Lynnfield

Peg Sallade
Prevention Coordinator

Julie Greene
Drug-Free Communities Coordinator



Beth Israel Lahey Health Behavioral Services



As a patient at Beth Israel Lahey Health Behavioral Services, you have access to a full range of mental health and addiction treatment services.

Our team of experts is well-versed in treating a variety of behavioral health conditions affecting children and adults of all ages, including depression, anxiety, trauma, substance use disorder and more. Services we offer include in-home emergency evaluations for those experiencing a behavioral health crisis, inpatient and outpatient psychiatric and addiction services, in-home counseling for individuals and families and community residential programming. Additionally, we offer medication for persons with opioid use disorders. Many of our services are available in Spanish, as well as other languages.

Visit bilh.org/system/behavioral to view a complete list of our offerings. If you'd like to discuss which treatments might be right for you or a loved one, call us at 978-968-1700 or email us at info@nebhealth.org.



Know The Law: Social Host Liability

As District Attorney and chief law enforcement officer in Essex County, I am asked every year at this time about student safety, and the responsibilities of students and parents as high school proms are held and graduation approaches.

We all want our young people to enjoy these important milestones, and we have a shared responsibility to ensure that their celebrations are safe and lawful, free of drug use and underage drinking.

under the mistaken impression that collecting the car keys and allowing teens to consume alcohol is "keeping them safe." This action ignores the reality that drinking and driving is just one of the many things that can go wrong when teenagers drink alcohol. Even at "supervised" parties, young people here in Essex County have suffered from alcohol poisoning and sexual assault.

It is encouraging to note that according to statistics gathered by the Massachusetts Department of Public Health, the number of high school students who report consuming alcohol is declining. This trend debunks the myth that "everyone drinks." It is clear that more Massachusetts teenagers are making good decisions about their health and safety. As adults, it is our job to encourage them and provide them with safe and healthy alternatives.

Perhaps most heartening is the fact that their parents do have a very powerful influence on their children when it comes to behavior related to alcohol and drug use. It may seem that our children listen to us less and care less about what we think as they grow older.

However, several different survey results tell a much different story. Concern about disappointing their parents is one of the major reasons why teens don't drink or use drugs. Also, teens who learn about the risks of alcohol and drugs from their parents are 50 percent less likely to use alcohol and other drugs. So it is worthwhile for parents to talk with their children about their expectations and help them understand why drinking and using drugs is harmful.

We do this not only because of the possible adverse legal consequences, but because of the high priority we place on our children's safety.

Although the mission of my office is to prosecute crimes to keep our communities safe, I hope by educating young people about the dangers of underage drinking we can promote good decision-making and prevent senseless tragedies from occurring.

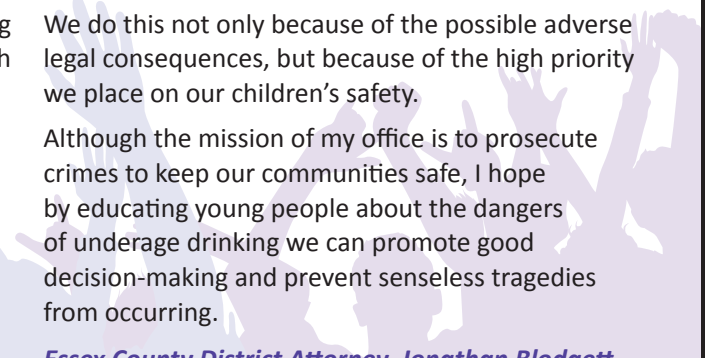
Essex County District Attorney, Jonathan Blodgett



The law is very clear. If you are under 21 years old, you cannot drink or possess alcohol. Also, the law clearly states that no one may furnish alcohol to a person who is under 21. The law defines furnish as "supply, give, provide to or allow a person under 21 to possess" alcohol on your property. The punishment for this crime is a fine of not more than \$2,000 or imprisonment for not more than one year or both.

In addition to being illegal, we know underage drinking is also very dangerous. Teen drinking is associated with serious negative behaviors and outcomes, including motor vehicle crashes, assault, sexual assault, and suicide. An important part of our responsibility as leaders in the community and as parents is to set limits that help ensure teens' safety, and proms and graduations are no exception.

As parents, it is our job to help our children plan safe and lawful graduation celebrations. Many parents are



TEEN DATING VIOLENCE

Compiled by Jennifer Wolter, Manager of Community Based Services, RESPOND, Inc.

It's never too early to talk to your child about healthy relationships and dating violence. Teen dating abuse describes actual or threatened acts of physical, sexual, psychological, and verbal harm by a partner, boyfriend, girlfriend, or someone wanting a romantic relationship. It includes violence between two young people in a current or former relationship and can occur among heterosexual, same-gender, and non-binary couples. It can also include using the internet, social media sites, calls, or text messaging to harass, pressure, or victimize.

Only 33% of teens who are in an abusive relationship ever tell anyone about the abuse while it is happening and 81% of parents believe teen dating violence is not an issue, or don't know if it is. Talking to your teens about relationships can help them recognize warning signs and stay in healthy relationships. There is no easy solution, but open dialogue can encourage them to seek support (from you or someone else) if they are in an unhealthy or abusive relationship.



If you or someone you know needs help with an abusive relationship, contact RESPOND's Hotline (Mon-Fri, 8:00 a.m. – 6:00 p.m.) at 617-623-5900. Learn more at www.respondinc.org.

If you think your teen is in an unhealthy relationship

Knowing that your child is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you're critical in helping your child develop healthy relationships and can provide life-saving support if they're in an abusive relationship. It is most important to start open and honest conversation. Believe what they say and take it seriously. As you validate their feelings and show your support, they can become more comfortable and trust you with more information. Be careful not to minimize your child's situation due to age, inexperience, or the length of the relationship. As difficult as it can

be, your unconditional support and patience is making an important impact even if you don't see it immediately. Also, if your child does decide to leave the relationship, be especially supportive during this time and try to connect your teen to a professional (such as counselors at RESPOND) as it can be scary and potentially dangerous to leave. Early conversations and support are also beneficial if you believe your child might be the controlling partner. Teens are learning the skills needed for relationships, and your guidance can prevent unhealthy or escalating behaviors.

WARNING SIGNS

Teens may be experiencing a variety of physical and emotional changes during this time of their life, and they may not readily share with you all of the changes they are experiencing. Be on the lookout for any of these potential signs that your teen may be in an abusive relationship:

- ✗ Spending less time with family and friends
- ✗ Excessively texting, calling, or visiting their partner
- ✗ Giving up things that used to be important to them
- ✗ Declining grades or missing school
- ✗ Being pressured by a partner about what to do, where to go, or what to wear
- ✗ Being worried about upsetting their boyfriend/girlfriend
- ✗ Apologizing or making excuses for their boyfriend's/girlfriend's behavior
- ✗ Has injuries that he/she tries to cover up or can't explain
- ✗ Has a partner who is extremely jealous or possessive
- ✗ Being depressed or anxious

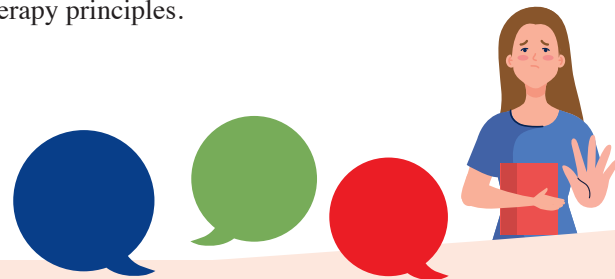


SCHOOL REFUSAL

School refusal describes the situation when a child refuses to go to school on a regular basis or has problems staying in school. Children with school refusal may complain of physical symptoms shortly before it is time to leave for school or repeatedly ask to visit the school nurse.

When school refusal is discussed, we often get fixated on the idea of getting the child back to school at all costs. School refusal, however, is a symptom rather than a condition in and of itself. Children often communicate their needs through behavior prior to developing more language-based self-expression. It requires further exploration to better understand the underlying mental health issues that may be present even though they manifest into school refusal.

School refusal is multidimensional in nature and requires a multidiscipline approach that incorporates school personnel, family, primary care/prescriber, and other providers, such as a therapist. Systematic desensitization (e.g., gradual exposure to the school environment) using relaxation, contingency management, and imagery is critically important. Cognitive behavioral therapy, which teaches individuals how to confront anxiety and to modify negative thoughts, can also be very important as it empirically supports treatment based on exposure therapy principles.



Tips on how to get the conversations started with youth:

Instead of, "How was your day?" Ask: Who did you sit next to at lunch? What was the high and the low of the day? What was the activity in gym class or art class? What made you laugh today? What made you sad or disappointed?

Don't overthink eye contact. Kids might look away because they are embarrassed, it is a difficult topic, or a way to manage their emotions. If they are drawing but talking, that is a good sign.

Play a board game, go for a walk, or go for a long drive. Kids share more information when there is less pressure and more emotional space to feel secure in talking.

What are the behaviors that show up?

Children suffering from school refusal disorder may express somatic complaints, such as stomach pains, nausea, GI issues, and general unwell sensations that appear physical in nature. Every child is unique, but a few possible underlying issues that could be contributing to the refusal to go to school is bullying, social phobias, separation anxiety, public speaking or test anxiety, and other social emotional issues.

What can a parent do to help?

It is always a good idea to rule out any underlying medical conditions that could be present. Once that step has been completed, parents need to recognize helping their child will take a multi-tiered approach. They should not feel like they are isolated in addressing school refusal. It is important to reach out to the child's school team (e.g., guidance, school psychologist, teachers, coaches) to enlist their help in developing a consistent messaging of validation, effective communication, reasonable accommodations, and resiliency so the child can manage distress incrementally with appropriate supports.

Heather Day, MA, LMHC
Clinical Supervisor
Lynnfield Outpatient Center
Riverside Community Care



Healthy Living EXPO

Co-Hosted by A Healthy Lynnfield
and the Wakefield Lynnfield
Chamber of Commerce



A Healthy Lynnfield and the Wakefield-Lynnfield Chamber of Commerce are proud to announce a new springtime event, the **Healthy Living EXPO!**

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Throughout this event, we will feature all of our exhibitors and promote visitors to your table. Advertising for this event will include press releases, event signage, email marketing, website and social media promotion and more!

🍎 Community Visibility & Promotion for Exhibitors & Sponsors 🍎 Health Screenings 🍎 Giveaways

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10:00 am to 1:00 pm
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ahealthylynnfield.org/about-the-expo



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Contact us: President Jack Moynihan,
lumberajck12@comcast.net and president-elect
Christine Travers, Kctravers4895@gmail.com

lynnfieldrotary.com

The Importance of Mindfulness

By Vasundhra Ganju

As humans we take our mental abilities for granted and for good reason. Look at our lives and the stressors we face each day. We rush out of bed each morning. We then rush to get ready, eat breakfast, or skip it, as we jump into cars or buses to reach work or school on time. And that is just the very start of our day. How many times do you go about your daily life with a preoccupied mind? Perhaps it is an assignment deadline, a meeting agenda, assessing another person's perception of you or your perception of them, or that meal that needs to be prepared. We are mostly on auto-pilot mode.

Our attention, a complex and powerful brain system, helps us be alert, cues us on incoming threats, and helps us survive. The job of our brain is to keep us alive and safe. Our day-to-day mental activity primarily is either thinking about our past or our future. How many times do we pay true attention to our present moment?

We run, exercise, eat healthily, and take medication for our physical health. We also need to do daily mental exercise to stay psychologically fit and cognitively capable. One way to do this is through the practice of Mindfulness. A form of cognitive training, Mindfulness seeks to build psychological capacities, well-being, resilience, and the ability to perform and engage with the challenges that we experience each day.

According to Jon Kabat-Zinn, PhD, internationally known for his work as a mindfulness meditation teacher, "Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally." Mindfulness helps us regulate our attention and energy, realizing the full range of human emotions, and our relationships to others and the world. Mindfulness is all about moving out of autopilot and awakening attention to the here and now.

The practice of mindfulness reminds us that it is possible to move from a **doing mode** to a **being mode** by cultivating our attention and awareness. Try this the next time you feel angry – bring your attention to the emotion, the bodily reaction, the heart rate, the headspace, the rushing of the blood in your body instead of reacting (doing mode). Let the emotion come and leave without judging it, just observe with loving acceptance (being mode). This acceptance, open heartedness, and compassionate awareness is central to the practice of mindfulness. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment.

Try these simple exercises from Buddhist monk and peace activist, **Thich Nhat Hanh**, as the first steps towards practicing mindfulness:

Mindful Breathing: This exercise simply identifies the in-breath as the in-breath and the out-breath as the out-breath. When you breathe in, you know that this is your in-breath. When you breathe out, you are mindful that this is your out-breath.

Awareness of Your Body: Taking the first exercise one step further, you become aware of your in-breath and your out-breath. Because you have now generated the energy of mindfulness through mindful breathing, you can use that energy to recognize your body. "Breathing in, I am aware of my body. Breathing out, I am aware of my body." When your mind is with your body, you are well-established in the here and the now.

Vasundhra Ganju is an Assistant Professor of Psychology and Sociology at Montserrat College and an MBA Professor at Endicott College





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Understand Denial and Choose Awareness

By Lisa Fell Costa, PCP-ICF

As parents we often feel helpless when we know that our teens or young adult children are engaging in risky and destructive behavior, whether it's drug or alcohol use, sports betting, scratch tickets, video games, eating disorders, smoking, vaping, etc. We want them to change their behavior, but sometimes nothing seems to work. This leaves us feeling helpless, hopeless, angry, disappointed, and often terrified.

There are many tips available for families to discourage risky behavior and to better understand addiction. With the best of intentions, the family often unwittingly contributes to the continued behavior. For this reason, we encourage families to make changes and learn how to best contribute to recovery or a path of healthier behavior.

The first challenge for a parent is learning how to stay out of denial. Denial is a defense mechanism of the brain, a buffer that allows us to turn a blind eye, believe what we are told, sheltering us from the clarity of truth, or the possibility of a potentially dangerous outcome. Denial is the enemy of recovery and positive change. It keeps the addictive system flourishing. People suffering from addictive behavior are always in denial ("I can control it") and will often blame others ("I don't do it as much as my friends; I got a D

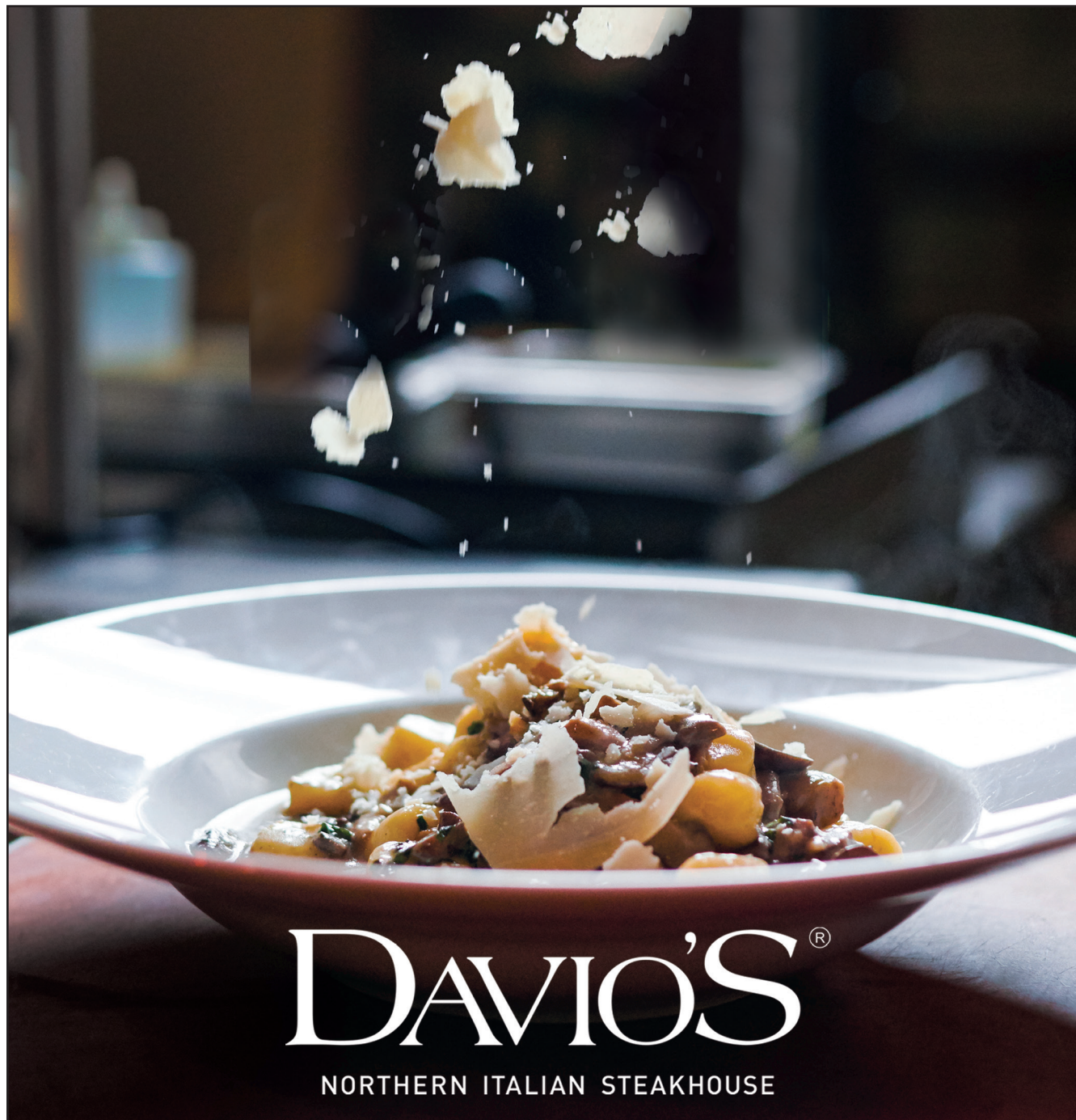
because the teacher's a jerk"). Their hijacked brain takes over their reality which allows the behavior to continue. For parents, our denial may look like this: "She said she was holding it for a friend;" "She only tried it once;" "I know my son, he'd never do that."

Denial can take place in families in the early stages of risky behavior, well before there is actual addiction. As parents we have expectations and want to believe that everything is ok. If we turn a blind eye to our loved one's destructive behavior, or believe their stories, it doesn't mean that we are irresponsible, it means that we are human and love our children and that our hopes are high. **Instead of denial, we can choose awareness.**

We can practice awareness by objectively observing what is in front of us, learning to believe our eyes and ears, and trusting our gut. Write down the facts and begin to see patterns. Reality begins to unfold, and denial dissipates. The ultimate goal is to be able to share the facts that you've observed in a calm, loving, non-critical, non-judgmental conversation. This process can be daunting. It's a learning curve that requires practice but can also be lifesaving. It gives us the power to break through our loved one's wall of denial, and allow them to actually hear the reality, sometimes for the first time. If they can hear us instead of listening to their own denial, only then do they have the chance to consider change. Learn more at www.costafamilyrecovery.com.

Lisa Costa is a Family Recovery Life Coach
Contact Lisa: 617-548-7139 or lisa@costafamilyrecovery.com





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Strengthening Parent Teen Communication

Compiled by Jessica Tortola & Jeana Tecci of Lynnfield for Love

Everyone wants to feel seen, heard, understood, represented, appreciated, and valued. Misunderstandings happen. What you do to avoid them or to lessen their negative impact can make a huge difference!

Listen to understand vs. to respond: If your child is noticeably upset about an exchange with a friend, validate their feelings *"I see you're bummed. This stinks."* Don't jump to solutions, sometimes we need to sit with our feelings for a bit.

Assume best intentions and ask questions: Ask questions to avoid potential misunderstandings and damaging your relationships. Your child texts, *"I can't be home by 1am. Please let me stay out until 3am."* Don't assume your kid is trying to push the boundaries all the time. Seek clarity. *"I hear you want _____. Is there anything else I need to know before answering you?"* or *"Tell me more...I'm wondering,"* are helpful phrases. With this approach, you validate your child's request and show interest in their viewpoint.

Keep your tone in mind when texting: With digital communication, misconceptions happen because we lose our tone and facial expressions. Parents use caps for emphasis but to a teen who doesn't often use punctuation it seems like they're yelling. Our lingo and styles are different so be flexible (or add an emoji when all else fails!) for an added layer of understanding.

Set boundaries: Model patience when awaiting a text from your child and encourage patience as your kids text amongst friends. Setting clear expectations can help. *"I can't text after 9 p.m."* is a simple boundary kids can tell their friends. This can alleviate some of the worry of how they're seen if they don't respond right away. It's a known fact – they don't text after 9:00 p.m.

Allow a re-do: Use the reset. Step back and say, *"You know, I'd like to do this differently."* Your child blows up about their chores. *"Pause. I feel myself losing control of my emotions. I want time to process this. Let's come back to this in a few."* "I" statements help because they don't assign blame. Time allows you to get re-focused on the goal which should result in a positive experience for you and your kids. *Remember: "You're not obligated to win. You're obligated to keep trying to do the best you can every day."* (Marian Wright Edelman) If an interaction harms someone, even if there were no bad intentions, it is up to you to understand how and why it was harmful, apologize, and change that behavior.

Remember, we all want the best for ourselves, our kids, friends, neighbors, and community. Don't assume. Be courageous with your questions.



LYNNFIELD FOR LOVE is committed to bringing us all together to share stories and to learn from each other. Because we are stronger together working for a healthier future for us all. For more information, visit www.Lynnfield4Love.com.



Civic Engagement Builds Stronger Communities

By Brian Holihan, Merrimack College Graduate Fellow for Lynnfield High School

Civic engagement, as defined by the U.S. Government, is “working to make a difference in the civic life of one’s community” and “promoting the quality of life in a community, through both political and non-political processes.” It can be seen through electoral participation, volunteering, and various forms of advocacy. When young adults are educated about the topic and learn the necessary skills to be effective, they become empowered to participate in democracy, advocate for policies that they believe in, and learn valuable leadership skills that will assist them throughout their lives.

In the United States, the participation rates in civic engagement among young adults remains consistently low. As a result, their perspective and involvement on matters relating to them or the communities that they are a part of often go unheard and unincorporated. To promote civic engagement among young adults, they first must be educated on how to navigate the structures of government and understand the rights and responsibilities they have as citizens. Initiatives, such as Massachusetts’ *An Act to promote and enhance civic engagement*, aims to increase student knowledge in those areas. Similarly, non-profit organizations, such as iCivics, work to provide schools with educational resources, tools, and training to enhance their ability to promote civic engagement among their students.

Just as important as education is experience. Providing young adults with opportunities to apply their civic knowledge and skills in real-world settings and engage with members of their community has been shown to increase their sense of self and broaden their understanding of how democracy works. When communities promote and encourage opportunities for youth civic engagement, they often become

stronger, more resilient, and have a greater sense of social cohesion. These opportunities also build stronger individual relationships among community members and assist local organizations in making a larger impact on the populations they serve.

Education and experiences that speak to and encourage youth civic engagement display positive changes at multiple levels. Being able to identify and understand how political structures operate allows them to properly participate in decisions that shape the nation. On the state and local level, when youth become involved in matters relating to civics, communities have been shown to become safer, healthier, and display stronger relationships among and between individuals and organizations.

Individually, young adults become more informed and empowered members of a democracy, are more willing and eager to become involved in their community and develop the skills and motivation necessary to enact positive change.

It is never too early for someone to begin contributing in a positive way to their community. Adults that lead by example show their children and other children how volunteering their time on an issue that is important to them can make an impact. The hope is that as these children grow into teens and young adults, they will value civic engagement and the result will be a healthier more connected community for everyone.

To learn more on the topic, please visit: <https://civicsforall.org/overview-2/building-community/> or <https://unitedwaymassbay.org/blog/5-benefits-kids-gain-from-civic-engagement/>



Information on Quitting Vaping for Teens

By Ashley Hall, Northeast Tobacco-Free Community Partnership

I’m asked frequently what can be done to help young people who want to quit vaping. Quitting is important because vapes contain nicotine, a chemical that can harm the young brain, including memory and ability to learn. Also, aerosol from vapes includes heavy metals, flavorings, and particles that are inhaled deeply into the lungs. Plus, vaping has been connected to asthma and other lung diseases.

These are all good reasons for teens to quit vaping. Here are some others:

- Better athletic ability/performance
- Improve focus and concentration
- Cough less
- Save money
- No worries about getting caught
- Improve taste buds
- E-cigarette companies won’t make money off you
- Better smile (teeth)
- Fewer asthma attacks

Whatever the reason for wanting to quit, the good news is that guidance and free resources are available to help.

For example, when someone experiences nicotine cravings (or feeling stressed) and wants to avoid vaping, here are some things they can do instead:

- Take a slow, deep breath
- Chew gum or candy
- Drink some water slowly
- Try a mindfulness app
- Spend more time with friends who don’t vape
- Distract yourself by doing something else
- Try a new vape-free activity... Yoga? Biking?
- Remind yourself of all the reasons you want to quit or cut down
- Exercise, go for a run or walk
- Listen to some new music

When a teen is ready to quit vaping, tell them about two **FREE** programs available to help:

✓ **This is Quitting** powered by **truth®** is a free and confidential texting program for young people who vape. Text “VapeFreeMass” to 88709 to get started! Receive daily text messages about quitting or cutting down. You can sign up even if you aren’t sure you want to quit right now.

✓ **My Life, My Quit™** has youth coach specialists trained to help young people by phone or text. Young people can call or text “Start My Quit” to 855-891-9989 for free and confidential help or sign up online at **mylifemyquit.com**.



I encourage teens to speak with their doctor, school nurse, counselor, coach, or other trusted adult about quitting. Youth can also visit **teen.smokefree.gov** for tips about quitting vaping and smoking; they can find additional information designed for them at **www.mass.gov/vaping**.

Parents can also text QUIT to 202-899-7550 to sign up to receive text messages designed specifically for parents of vapers by Truth Initiative. With support and by using proven quit strategies, teens can become nicotine- and tobacco-free.

Quitting can take many tries and it’s normal for people to slip up when they’re trying to quit. It helps if they think about why they slipped and create a plan for next time. For more information, visit **www.mass.gov/get-outraged** or contact me at 978-722-2864 or ashley.hall@glfhc.org.

Be Kind to Yourself and Others

By Connor Wright & Sharon Marrama of Connor's Kindness Project



Kindness is a common word that is said or heard every day. But did you ever sit and ponder the exact meaning or the impact that implementing simple acts of kindness into your daily routine can have on you and those around you? It can be a fairly wide circle that includes people we interact with on any given day. It could be our family, fellow students, a sports team, coworkers, healthcare heroes or the barista at the coffee shop. Everything we say and do matters and effects the outcome of every situation we encounter.

Let's begin with the first question. **What is kindness?** The dictionary defines kindness as including the qualities of being friendly, generous, and considerate. We like to complement that with the statement that kindness is contagious and good for your heart. It is the act of generosity without expecting praise or reward. In its simplest form, it is being nice just because you care.

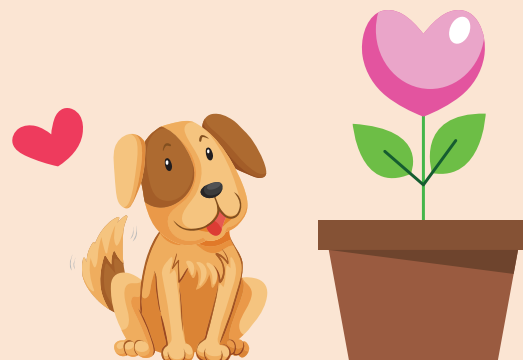
It is a fact that one simple act of kindness can change someone's day and has the potential to change lives. It is a beautiful and powerful force that we can bring into our lives at a moment's notice.

There are many ways to think about kindness and it can mean different things to different people. There are many easy ways to sprinkle it around. It can be something as simple as a supportive and comforting smile, heartfelt words of encouragement, sincere gestures of affection, or selfless acts of generosity. It is our nature to learn by watching others, which is why we say kindness is contagious.

There is an especially important component in all of this that we cannot overlook, however, and we call it self-kindness. Your wellbeing and your happiness depend on how you direct kindness towards yourself. Here are some tips:

- Take care of yourself physically and emotionally.
- Be aware of your needs and actively comfort yourself when facing a difficult or stressful situation.
- Speak to yourself with kindness in the form of positive affirmation. *I am strong, I am enough. I am compassionate. I am important. I love myself for who I am. What I do matters.*

Kindness begins with you and when you feel good you do good!



CONNOR'S KINDNESS PROJECT was started to remind us that there is good in the world even at times when we are faced with conflicts and challenges. The organization's signature product is Kindness Kits that are delivered to children in shelters and hospitals. Learn more at www.connorskindnessproject.com

Things to Love About Your Local Library

By Abby Porter, Acting Director, Lynnfield Public Library

At the Lynnfield Public Library, we are always trying to add new services and make those services more accessible to our community. We're more than just books – we are here to help residents learn about whatever they are interested in or just enjoy a good book or movie. Here are things we want everyone to know:

1 The library is for everyone: Libraries exist to connect you to the information you want and need – no matter your age, race, gender, religion, sexual orientation, or political affiliation. If we don't have the materials you are looking for, we'll find them for you. Librarians have access to books, movies, articles, and other materials from across the country and we do our best to buy what our community wants.

2 Libraries are free: There's almost nowhere else in the world that you can go and spend the whole day with no expectation of spending money. Find a cozy chair, attend a program, study, or browse comfortably. Our building is warm in the winter and cool in the summer.

3 Access digital services at anytime from anywhere: Love free e-books, audiobooks, movies, and more? Save money by using **Libby** or **Hoopla** on your favorite device. Want to learn a new language? Try **Mango**, which offers lessons in over 70 languages. Looking to add more creativity to your life? Check out **Creativebug** for drawing, knitting, and how-to-instructions in every kind of crafty project imaginable. Need help getting started? Sign up for a one-on-one technology session with a Reference Librarian or just give us a call.

4 Free events: We love to foster lifelong learning and know that starting new hobbies can be expensive. Our events can help you try new things before you invest a lot of time and money. We've hosted forensic science lectures, beginning birding, crafts of all kinds, and even a pickling class, to name just a few. We also just became a Climate Resilience Hub to help spread the word about being more environmentally friendly.

5 We have a great blog: Looking for book recommendations or more information about our services? Check out the library blog on our website: www.lynnfieldlibrary.org. We spend a lot of time there explaining the ins and outs of what the library can do for you. We post new themed book lists of great recommendations weekly and our staff picks monthly. It's a great place to start!

6 Libraries are community centers: New to town? Join a book group! We have two – **Book Lovers** for non-fiction and **The Last Tuesday of the Month Book Club** for fiction. Looking to make parent friends? Bring your kids to story time or one of our other great events for kids. Our programs are a great way to get to know new people and connect across generations. We also love partnering with other town organizations. Stop by and see art from the Lynnfield Art Guild! Join us for a program with A Healthy Lynnfield or the Tree Committee. Borrow something from our Library of Things, created with the Recycling Committee. Look at our beautiful garden, kindly provided by the Lynnfield Garden Club and the Flower Workshop.

7 Get involved: Consider joining the Friends of the Lynnfield Library (foll.org) and get to know great people while supporting the library!





The Think of Michael Foundation

Providing Supportive Services to Those Amongst Us Afflicted with Substance Use Disorder and in Need of Assistance as They Transition to Sobriety

For more information about the Foundation or how you can become involved, visit our website or email

Carmela Dalton, President
cmdalton@thinkofmichael.org
<https://thinkofmichael.org/>

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Parenting in the Digital Age

As parents, it's easy to be overwhelmed by the technology that our kids are using – seemingly expertly – as it continues to change daily. Parents are always looking for ways to keep up with what their kids are doing, which quite frankly is an age-old parenting dilemma.

So how do we help our kids have a safe and healthy relationship with technology?

Unfortunately some parents are looking for that one app, software, trick or tool to ensure our kids' safety on these devices and apps. Let me save you some searching: there isn't one! The first line of defense is doing everything you already do as a parent: you establish rules and expectations in your house around technology use, you reasonably check-in, and have daily conversations about what it is they're using or spending their time on. With kids spending an average of 7-9 hours a day on their devices, if you're not checking in and having conversations about what it is they're doing, then you'll miss out on a large chunk of their lives.

I always recommend that parents know (very generally) what apps their kids are using. You definitely don't need to be an expert in all apps, nor do you need to use them yourself. I'm suggesting a Google search-level knowledge about what apps your kids are on. On all devices there's a place in "settings" that shows how much storage we've used and how much we have left; detailed in there is a list of all the apps that are on that particular device. Give it a quick view once in a while and any app you come across that you don't know – Google it. I find that families often run into trouble with apps that they think are innocuous, but end up being video chat apps with strangers, or having chat components that they typically wouldn't approve of.



In addition to this, enabling parental controls on your devices allow you to see what apps your kids download (it'll come to your device for approval first before they can use it).

We live in a great time where technology is changing the way we connect, learn, and even function as a family. That being said, it's important we help our kids have a healthy and safe relationship with technology as best we can, as it's not going away. While there are apps out there that promise to keep your kids safe, for every one of those apps, there's a YouTube video posted by a savvy 12-year-old telling fellow tweens how to get around it. At the end of the day, you're it – the key to guiding your kids safely through these digital waters, and when worked into your everyday lives, it doesn't have to be as daunting as it seems.

Katie Greer, Internet Safety Expert

KL Greer Consulting
www.klgreer.com





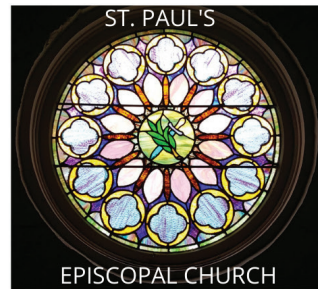
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Let's Talk About Pronouns

► he ► his ► they

By Tony Leon, He/Him/His

NAGLY Program Director & Director of N-TALE (NAGLY Training & Leadership Education)



What are Pronouns? And Why Do They Matter?

From an early age, many were taught that pronouns should follow specific rules along the gender binary: "she, her and hers" for girls and women and "he, him and his" for boys and men. However, as our society has progressed in understanding gender identity, our language must also be updated. It should be accurate and convey understanding and respect for all people, especially for those who are transgender, gender non-conforming, and non-binary.

Pronouns are an important part of one's identity – they are the basics of how they want to be referred to, helps them feel comfortable in their own body, and shows that you respect them for who they are. Trans and gender diverse youth are at significantly high risk for things like substance use, depression and suicide. We know from research that an alarming 42% of LGBTQ+ youth reported seriously considering attempting suicide in 2020 (*Trevor Project*). Using the correct pronouns for trans and gender diverse youth is one very easy way we can all contribute to reducing the rates of these devastating outcomes.

Common pronouns include she/her/hers, he/him/his, and they/their/them. There are other nonbinary pronouns. We believe that it is important to give people the opportunity to state the pronoun that is correct to use when referring to them.

Neopronouns are a category of new (neo) pronouns that are increasingly used in place of "she," "he," or "they" when referring to a person. Some examples include: xe/xem/xyr, ze/hir/hirs, and ey/em/eir. Neopronouns can be used by anyone, though most often they are used by transgender, non-binary, and/or gender nonconforming people.

Small Things You Can Do To Make A Difference:

- ✓ **ASK** Do not ever rely on assumption or your own confidence by simply thinking you know. The best way to ask for someone's pronouns is to walk up and introduce yourself. Here's an example, "Hey, my name is John, and my pronouns are he/him/his. What are your pronouns?"
- ✓ **LEARN** Take some time to familiarize yourself with gender pronouns. Seek out literature and discussion opportunities for continued personal development and understanding.
- ✓ **PRACTICE** If you have difficulty using someone's pronoun and name, practice. Ask family, peers, and friends to point out when you've made a mistake. If you are unsure of someone's pronouns, you can use their name in place of any pronoun.

Sometimes a person's pronouns will change. Using pronouns other than the ones a person has asked you to use can make them feel unwelcome, invisible, or unsafe. This is called misgendering someone. If you make a mistake, quickly correct yourself with the correct pronouns and apologize. Remember using a person's correct pronouns shows respect, safety, and acceptance. It shows you care.

The LGBTQ+ community continues to need your support, especially for our youth. LGBTQ+ youth are a significantly marginalized community, with the mental health crisis raging on, finding support for youth is difficult and sometimes a lengthy process. NAGLY is here to provide that group and peer to peer support. Whether it be needing a space to relate to peers, receiving referrals, accessing supports/resources, or just coming by to utilize our 5,000 square foot space here in Salem, MA, and our variety of programming. NAGLY continues to provide a safe and brave space for all LGBTQ+ youth. Learn more at www.nagly.org.

► she ► xe



► hers ► hirs ► their

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The Practice of Gratitude

From your friends at the Lynnfield Clergy Association



Many of us have experienced increased anxiety during the pandemic, and youth and young adults are no exception. You may have learned that moving your body with regular exercise, getting enough sleep, and eating well can all help manage anxiety. But did you know that practicing gratitude can help reduce anxiety as well? Practicing gratitude can be a strategy that builds your resilience for managing future stresses. Taking time each day to pause, think, and record what you're grateful for gives you a more balanced perspective on the whole arc of your day. Gratitude helps us build and sustain positive relationships with our friends and family.

Rev. Nancy Rottman, Centre Congregational Church

I take 20-30 minutes twice a day to stop everything, unplug from the world, and rest in God - in utter silence and stillness. As I sit in silence - in what we call Centering Prayer - I recognize at a very deep level that nothing is missing from my life - that everything is a potential gift, and I am left with only gratitude. This gratitude carries me through the day and refocuses frustrating challenges into life-giving opportunities. With a grateful heart, I see everything differently, through the eyes of faith, hope, and love.

Rev. Rob Bacon, St. Paul's Episcopal Church

There are five actions or attitudes I try to live by. I try to practice kindness daily; cultivating love/compassion in my dealings with others; being selfless, not selfish, serving others, and doing good deeds. This is how I try to live a life of gratitude.

**Fr. Chris Foustouks, St. Vasilios (Basil)
The Great Greek Orthodox Church, Peabody**

The practice of gratitude is a daily practice. An easy way to develop daily practice is to focus on those moments when you don't feel grateful. Focus when you're feeling frustrated, achy, disappointed, or dispirited. Now, flip it upside down. What are you grateful for in the midst of the hard moments? That practice expands and expands until most of life can be the practice of gratitude.

**Rev. Joel Anderly, Community Covenant Church,
Peabody**

Every day provides us with two pathways, one that the world would have us walk, and one that the Lord would call us to walk. Developing a life of gratitude helps us to steer away from the path that the world would like us to take. That path is littered with stress, anxiety, pressure, and temptation. Forging a life of gratitude helps us choose the Lord's path. It provides us with a way through difficult times. My practice of gratitude is enfolded into my morning time of prayer and reflection. I take a moment to thank God for the many blessings God has already showered upon me, even the ones I don't see or know about. Gratitude doesn't mean you will never have a bad day or week. It does mean that going through those times will be a lot less stressful and anxiety ridden. Taking time apart in quiet reflection first thing in the morning helps me to start the day being grateful to God. Regardless of what the remainder of that day holds, I know that being grateful will help me through the twists and turns that always happen.

**Rev. Glenn Mortimer,
Wakefield/Lynnfield United Methodist Church
Chair, Lynnfield Clergy Association**



Resource Directory

INTERFACE

Free mental health resource and referral service for Lynnfield residents.

☎ 1-888-244-6843
www.interface.williamjames.edu

MINDWISE

Anonymous screening to determine if you or someone you care about should connect with a behavioral health professional.

www.ahealthylynnfield.org/mental-health-1

National Alliance on Mental Health (NAMI):

COMPASS Helpline provides resources and support to help navigate the mental health system.

☎ 617-704-6264
www.namimass.org

Eliot Community Human Services:

Provides 24-hour psychiatric emergency services and crisis stabilization, outpatient counseling, addiction services, in-home therapy, therapeutic mentoring, and early intervention services for children.

Psychiatric Emergency Services:
☎ 1-800-988-1111

For appointments in Lynn:
☎ 781-581-4402
www.eliotchs.org

Riverside Outpatient Center:

Serving people in need of behavioral healthcare and human services.

☎ 781.246-2010
www.riversidecc.org

Lahey Behavioral Health Services:

Offers access to a full range of mental health and addiction treatment services.

☎ 978-968-1700
www.bilh.org/system/behavioral

Massachusetts Substance Use Information and Education Helpline:

Helps you locate the right type of substance use treatment program in Massachusetts.

☎ 1-800-327-5050
www.helpline.ma.org

Local Emergency Numbers and Crisis Numbers:

Lynnfield Police: ☎ 781-334-3132
Lynnfield Fire: ☎ 781-334-5152

National Suicide Prevention Lifeline:

☎ 1-800-273-8255
www.suicidepreventionlifeline.org

Samaritans Hotline:

☎ 877-870-4673;
Youth Hotline: ☎ 800-252-8336
www.samaritanshope.org

Crisis TEXT Line:

Text "HOME" to 741741
www.crisistextline.org

Trevor Lifeline Suicide Prevention for LGBTQ+ Youth:

☎ 1-866-488-7386
www.trevorproject.org

Veterans Crisis Line:

☎ 1-800-273-8255 Press 1
www.Veteranscrisisline.net



A Healthy Lynnfield
Substance Use
Prevention Coalition



These resources are intended to be a quick list of emergency, treatment, and support options for Lynnfield residents. For a complete listing that includes further breakouts by level and type of treatment service, please visit www.ahealthylynnfield.org.

Always call 911 for life-threatening emergencies!

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- Minor eye injuries
- On-site X-rays and lab
- Pregnancy and STI testing
- Sports and workplace injuries
- Sprains and minor breaks
- Sore throat and earaches
- TB testing
- ...and more

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Saturday – Sunday: 8 a.m. – 4 p.m.

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