

KNOW THE POWER OF PARENTS.

October 2016

Smart Decisions are Safe Decisions!

We've now officially entered fall, and with this change of seasons brings an opportunity to prepare for the winter and upcoming holidays. Here are a few reminders and tips from Tonka CARES.

Schedule Family Meals

Use the extra family time around the holidays to connect. Share family meals, and make them fun and enjoyable! Try to keep technology out of the recipe. Recent studies show that children who share at least three meals with their families each week do better in school, experience less stress and depression, have better social skills, are healthier, and are less likely to smoke, use drugs or alcohol, or engage in sexual activity. See more on Eat.Talk.Connect! [here](#).

National Drug Take-Back Day is October 22!

Keep your children safe by getting rid of unused prescription drugs. Not only is taking your unused medicine to designated take-back sites the environmentally safe thing to do, it also helps prevent youth access to and potential abuse of prescription drugs and other medicine. The Hennepin County District Court located at Ridgedale Library in Minnetonka is a permanent take-back site, with a green drop-box located in the lobby. For more information about getting rid of your unused medicine, click [here](#).



Halloween: Tricks and Treats

Pay close attention to Halloween candy. Beyond the dangers of needles in candy, parents today need to be watching for marijuana edibles disguised as common candy. Unlike the smoked form, these intoxicating treats are very easy to disguise as harmless—though far from it. Edibles can be almost anything, from lollipops to chocolate bars. Local police are reporting the emergence of marijuana-infused candies (suckers, gummy bears) and other edible goods that are illegally being brought into the Minnetonka Schools communities.



As little as a single gummy bear can have 100 mg of THC (or tetrahydrocannabinol, which is the psychoactive compound in marijuana). That's 10x the amount in a recommended "serving." Edibles are much more potent than smoked or vaporized marijuana because the body metabolizes them differently, resulting in a much slower onset and longer-lasting high; additionally, only a portion of the THC in inhaled marijuana is absorbed by the body (as little as 7 mg/joint, for example), making edibles a much more intense experience.

Watch the labels and packages closely for any abnormalities.

Tonka CARES is a group of Minnetonka community members and partners who join together around preventing and reducing youth substance use.

For more information, please visit our website [here](#) or contact:

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Working Together to Reduce
Underage Substance Use

www.tonkacares.org