



## Consider This:

- ✓ Watch your thoughts – they become words
- ✓ Watch your words – they become actions
- ✓ Watch your actions – they become habits
- ✓ Watch your habits – they become character
- ✓ Watch your character – it becomes your destiny!

## Back to School Safety Tips

The end of the summer also means "Back to School" for many families. While getting school supplies and clothes ready for the first of the school year, also start getting kids ready for being safe! No matter how you or your child gets to school, there are some important Safety Tips to keep in mind:

### ***Riding the Bus:***

- Have a safe place to wait for the bus, away from traffic and the street
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance from the bus. Also, remember, the bus driver can see you best when you are back away from the bus
- Use the handrail to enter and exit the bus
- Stay away from the bus until the driver gives the signal that it's okay to approach
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do.

### ***Walking and Biking to School***

- Mind all traffic signals and/or the crossing guard – never cross the street against a light, even if you don't see any traffic coming
- Walk your bike through any intersections
- Walk with a buddy
- Wear reflective material – it makes you more visible to street traffic

### ***Riding in a Car***

- You might have heard before that most traffic crashes occur close to home – they do.
- Safety belts are the best form of protection that passengers have in the event of a crash. They can lower your risk of injury by 45%.
- You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats, and little kids in child safety seats.

## SUPERVISORY CORNER:

### ***PRAISE will help you retain your best employees***

Telling people "you're doing a good job" isn't going to make them want to stay with your organization. It isn't specific enough. Develop an arsenal of "openers" that you can use to keep your praise specific, such as:

*You really made a difference by.... I'm impressed with..... You got my attention with.....  
You're doing top quality work on..... We couldn't have done it without your....  
You've made my day because of....*

# Underage Drinking:

Adolescent alcohol use has become a major health and social concern in the United States. Early intervention is essential to prevent the development of serious alcohol problems among youth between the ages of 12 and 20. Listed below are some of the major health consequences of kids and alcohol.

## Consequences

Underage alcohol use is more likely to kill young people than all illegal drugs combined. Some of the most serious and widespread alcohol-related problems among adolescents are:

**Drinking & Driving:** Car crashes are the leading cause of death among youth ages 15-20. Adolescents already are at increased risk through their relative lack of driving experience, but when you add alcohol to the mix, that risk is significantly increased.

**Suicide:** Alcohol use interacts with conditions such as depression and stress to contribute to suicide, the third leading cause of death among people between the ages of 14-25.

**Sexual Assault:** Sexual assault, including rape, occurs most commonly among women in late adolescence and early adulthood, usually within the context of a date. Research suggests that alcohol use by the offender, the victim, or both, increases the likelihood of sexual assault.

**High-Risk Sex:** According to a recent study, the link between high-risk sex and drinking is affected by the quantity of alcohol consumed. The probability of sexual intercourse is increased by drinking amounts of alcohol sufficient to impair judgment.

If you or someone in your family has a substance abuse problem or who is at risk for becoming dependent, please call your EAP for assistance. Early intervention is the key to ending this problem. Alcohol affects not only the person using, but also the entire family.

# HOW TO GET TO SLEEP, AND STAY TO SLEEP!

- o Take a warm bath
- o Lower the room temperature
- o Don't "activate" your brain by balancing a checkbook, reading a thriller, etc..
- o Darken the bedroom and bathroom
- o Use a noise blocking machine, like a fan, to block other noises
- o Unplug the telephone (or turn off the cell phone)
- o Avoid caffeine less than five hours before bedtime
- o Don't stop for a drink after work. Alcohol disturbs sleep & lessens sleep quality.
- o Eat a light snack before bedtime. Don't go to bed too full or too hungry.
- o If you exercise, do it well before bedtime, as exercise is alerting, and raises body temperature



Employee Assistance Program encourages early intervention for all problems or issues before they begin to interfere with job performance and life in general.

### EAP benefits include:

- ✓ 24-hour access
- ✓ Diverse network of EAP providers
- ✓ EAP assessment
- ✓ Coordinated referral and follow-up
- ✓ Short-term confidential EAP counseling
- ✓ Supervisor referral system
- ✓ Managers and supervisors consultation
- ✓ Wellness training seminars
- ✓ Critical incident assistance

**24-Hour Access to Employee Assistance is available**  
**Phone (225) 765-7874 or Toll Free (800) 245-8332**

If you have any questions about the EAP program please contact your Human Resources Department.

If you have any questions or comments on this newsletter please contact Ann Tranchina, MSW, at FMC, (225) 215-2120