

PROGRAM GOALS

- Reduce youth smoking and tobacco use.
- Help youth build life skills which lead to healthy lifestyle choices with special emphasis on youth smoking and tobacco use prevention
- Help youth understand influences and health consequences of tobacco, drug and alcohol use to make healthy choices.
- Engage youth and adults in partnership to develop and implement community strategies that promote healthy lifestyle choices.
- Build positive, enduring relationships, with youth involved as full partners, through widely varying “communities of interest” to address youth risk behaviors.



Health Rocks!

4 - H ■ HEALTHY LIFE SERIES

Health Rocks![®] is a series of leader's curricula for a healthy living program aimed at 8-16 year-olds, with the goal of bringing youth, families and communities across the United States together to reduce tobacco, alcohol and drug use by youth.

Did You Know?

- ◆ Each day in the U.S. 3,000 kids younger than age 18 begin smoking tobacco
- ◆ 40% of 8th graders have tried cigarettes
- ◆ 1/3 of children who begin smoking today will *die* from tobacco-related disease
- ◆ The average age of a person who tried alcohol is 13
- ◆ Alcohol consumption factors in more than 100,000 deaths in the U.S. each year
- ◆ Alcohol can damage the liver, stomach, heart and other organs
- ◆ Marijuana is the most widely-used illegal drug among youth
- ◆ 16% of 8th graders reported using it at least once a year
- ◆ Ecstasy, “Club Drug” because it's found in parties and is used annually by more than 3% of 8th graders.
- ◆ Inhalants - glue, solvents, gasoline, butane and aerosol - were used at least once each year by 9% of 8th graders

**TO LEARN MORE ABOUT HEALTH ROCKS!,
CALL THE 4-H OFFICE AT 569-2344,
OR SEND AN EMAIL TO:
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