

DRUGS & ALCOHOL

Drug and alcohol awareness among teens and their families is important. Below are bad habits to watch for and avoid:

- **INHALATION and SMOKING** toxic chemicals, such as paint thinners, aerosol cleaners, glues and paints, smoking nicotine or tobacco, marijuana or drugs.
- **INGESTING** medications or drugs, chemicals, some plants, and alcohol.
- **INJECTING** household cleaners, prescription drugs, and illegal drugs.
- **ABSORBING** medically prescribed drugs, such as pain medications and nicotine or tobacco, which come in a patch form that is applied to the skin.
- **SNORTING** prescription and illegal drugs.

It is strongly recommended to lock up and/or closely monitor all cannabis, alcohol, and prescription drugs in your household. Our local school resource officers report that most illegal substances confiscated from teens are brought from their own home.

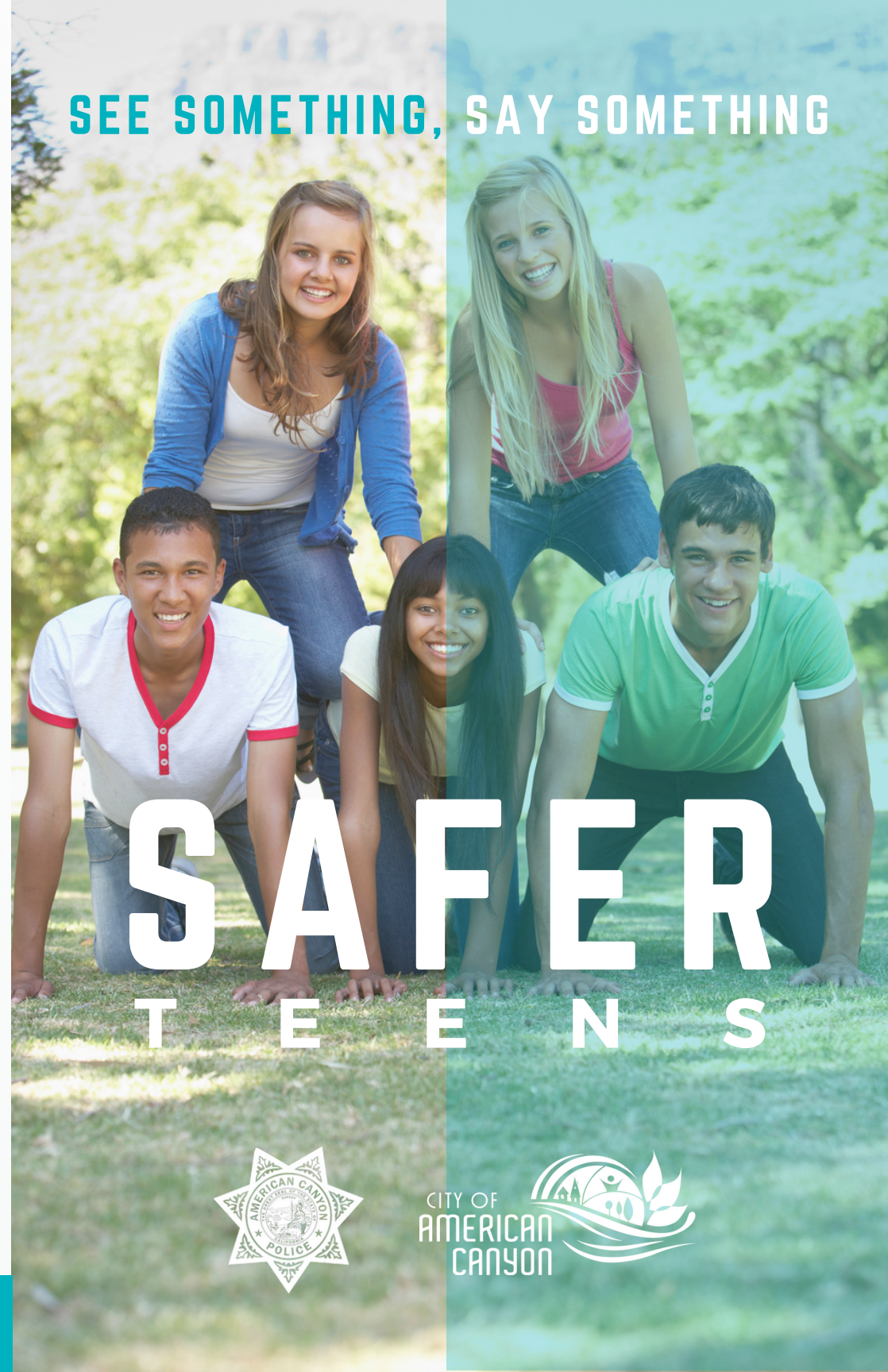
VAPING & E-CIGARETTES

Vaping and e-cigarettes are the newest form of smoking cannabis, nicotine, and tobacco. A heating element within the device creates a cannabis, nicotine, or tobacco vapor that is inhaled like a classic cigarette. This vapor is toxic and addictive.

Vaping supplies are often marketed to look harmless with fun flavors like candy, dessert, or fruit flavors. They have a sweet smell that can mask the smell of cannabis, nicotine, and tobacco. Commonly, devices are disguised as household items, such as pens and USB drives, making them easy to conceal.

You must be 21+ to legally purchase and use all nicotine, tobacco, vaping devices, and liquids.

SEE SOMETHING, SAY SOMETHING



SAFER
TEENS



PHONES & DIGITAL MEDIA

SOCIAL MEDIA SAFETY

Social media platforms like Facebook, Instagram, Twitter, and Snapchat are common forms of communication for teens. Never give out personal information over text or social media. This information can be saved and shared. Always meet in public, well-lit areas when purchasing items.

THINK BEFORE YOU POST!

Hateful, sexually suggestive, or other inappropriate posts will follow a person for years. It negatively impacts careers, reputations, relationships, college, and scholarship eligibility. All posts and private direct messages can be shared or saved without your knowledge or consent. Removing images or conversations is IMPOSSIBLE once it has been sent.

DATING APPLICATIONS & WEBSITES

Dating applications and websites are popular with teens. Teach your teen to be aware of who they are connecting with. Sexual offenders and human traffickers like to use these websites as a tool to lure victims.

BULLYING & HARASSMENT

Intentional acts of emotional or physical harm, intimidation, coercion, or blackmail are categorized as bullying, a form of harassment. Our community takes bullying very seriously. Bullying another person may carry heavy consequences. Symptoms of bullying may include:

- Loss of appetite
- Unexplained bruises, cuts, or injuries
- Damaged or missing clothing or personal items
- Frequent headaches or stomach aches
- Moodiness, depression, or crying
- Fear of school or riding the bus

If you or someone you know is being bullied, contact your school administration for immediate resources.

ANXIETY, DEPRESSION & SUICIDE

Depression, anxiety, and suicide are real concerns in today's world. With a steady increase in suicide rates among teens, it is important to know the signs. By being aware, talking to your teen, and intervening when appropriate, YOU could save a life!

- Severe weight gain or loss
- Lack of interest in daily activities
- Self isolation
- Feelings of sadness, anger, worthlessness, or loss of hope
- Fixation on past failures, relationships, and rejections
- Mood swings including crying and/or anger
- Trouble focusing or accomplishing tasks
- Thoughts or comments about death or suicide
- Loss of interest or conflict with family or friends
- Self-blame or criticism
- Loss of energy
- Drug and/or alcohol use
- Self harm (cutting, burning, self mutilation, etc.)

CAUSES OF ANXIETY, DEPRESSION, & SUICIDE

- Social rejection or pressure
- Pressure to succeed
- Toxic relationships and break ups
- Family issues (divorce, separation, death of a family member)
- Chemical imbalance, hormones, or genetics
- Drugs and alcohol use
- Emotional and physical trauma
- Bullying

GET HELP NOW!

You can choose to remain anonymous when reporting someone who is in danger.

- Call 911 for emergency help
- Contact school counselor or a healthcare professional
- Call the National Suicide Prevention Lifeline 1-800-273-TALK
- Visit www.suicidepreventionlifeline.org and utilize their online chat feature
- Use TIP411 to submit your safety tip without anyone knowing by texting to 847-411; start your message with 707safe