

Raising Healthy Kids

Spring 2021

OPT INTO
KNOW THE BUZZ
TEXT MESSAGING

NEW DRUG TRENDS

Nicotine pouches (Zyn, On!, VELO)

Nicotine pouches are white pre-portioned pouches containing either tobacco derived nicotine or synthetic nicotine, but no tobacco leaf, dust, or stem, and are described as either similar to or a tobacco-free version of snus. No combustion is involved.

Unlike vaping products, they require no batteries and no accessory device. Nicotine pouches may entice youth as well as young adult never-smokers because they are available in an array of fruit flavors.

The user puts a pouch between the upper lip and gum, and leaves it there while the nicotine and taste is being released. The pouches deliver nicotine to the blood stream for about an hour. They're used much like chewing tobacco and are highly addictive for teenagers.



Hand Sanitizer

In the latest quest by young adults to get high from common household products they are drinking hand sanitizer.

Liquid hand sanitizer contains 60% ethyl alcohol. Some teens extract alcohol from hand sanitizer with salt, a technique they found on the Internet. The resulting substance resembles 100 proof grain alcohol and is far more potent than whiskey or vodka, which is typically about 90 proof. Dozens of videos about drinking hand sanitizer are available on YouTube; many show teens as they drink it and become drunk.



SCREEN AGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

JOIN US FOR A
FREE VIRTUAL
PRESENTATION!

WEDNESDAY, APRIL 28TH 2021
@ 7:00 PM

[CLICK HERE TO REGISTER](#)

OPT INTO **KNOW THE BUZZ** TEXT MESSAGING



Text the town you live in to 401-258-7876 or scan QR code to opt into this free service for tips to talk with your child about mental health and substance use prevention

BUYING DRUGS ONLINE



Twenty years ago, kids got their drugs from classmates at school, from friends at a party, or from a medicine cabinet. Fast forward to today and you'll find that young people are also getting drugs online, perhaps now more than ever.

HERE ARE A FEW WAYS YOU CAN PROTECT YOUR KIDS AND PREVENT THEM FROM PURCHASING DRUGS ONLINE:

1. Keep the communication lines open. Being close to him or her also helps you to notice changes in behavior that could point to drug use.
2. Make sure they know the consequences. Because the drugs can be so readily available online, kids may believe that they aren't really that dangerous.

3. Check out their "searches" (if you suspect drug use). Look through their browser or Google searches (on their computer or cell phones). Keep an eye out for any "How to buy ____ online"-type searches. You may also want to invest in one of these "Parental-Control and Monitoring Apps."
4. Monitor their delivered packages (if you suspect drug use). Drugs are often delivered in unmarked and discreet packages. You may want to stick around when they are opening the package.

With drugs being more accessible than ever, the most important things you can do are to educate yourself on the potential danger while maintaining a good relationship with your teen.



What should parents know?



MeWe has become popular ever since early in 2021 when other social networks began heavily censoring messages and users on their platforms. The app is marketed for those who want more privacy and control of their social media, but MeWe has become known for being uncensored.

- MeWe is marketed for users to be their "true authentic selves," which may encourage youth to make reckless decisions to gain social media popularity
- The company admitted they are struggling to keep up with monitoring. Hate speech and pornography are not being caught or removed very quickly
- Usage is heavily linked to groups that have been banned or censored from Facebook and Twitter
- While MeWe marketing says they don't sell data for advertising or marketing, don't be deceived to believe that they aren't tracking at all
- Reviews in the App Store mentioned cases of viruses suspected to have come from the app

STRESSORS PRE PANDEMIC VS PRESENT

There is disconnect between parents and daughters when rating their level of stress from 1-10 according to a Stanford survey. Moms rate their daughters stress level less than the daughters are reporting feeling.

Students always report high levels of stress but the pandemic has exacerbated that trend in concerning ways - 56% of students report that their stress about school has increased.

1. In Fall 2020, **32% of students report mental health as a major source of stress versus 26% pre-pandemic.**

2. **59% of students report that their worries about college have increased.**

3. During Fall 2020, many students report a **decrease in both engagement and effort at school** compared to the time before the pandemic.

73% of students listed academic stress as their number one reason for using drugs, yet only 7% of parents believe teens might use drugs to deal with stress.

41% report a decrease in effort in school

51% report that they spend more time on schoolwork

42% report a decrease in engagement in learning

LGBTQ CONVERSATIONS

LGBTQ conversations may be difficult but are extremely important to have so your child feels supported.

Youth who identify as LGBTQ+ face a heightened risk for substance use because of the stigma and discrimination they often experience. You can help protect your child by being supportive of their identity.

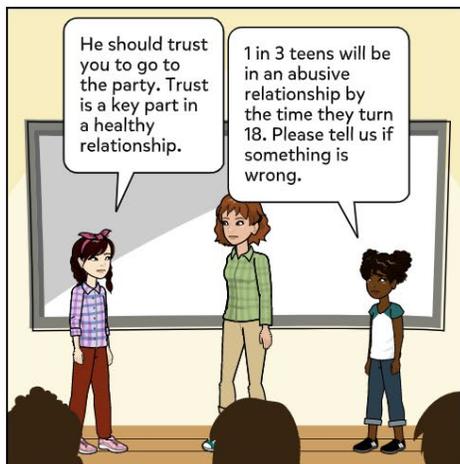
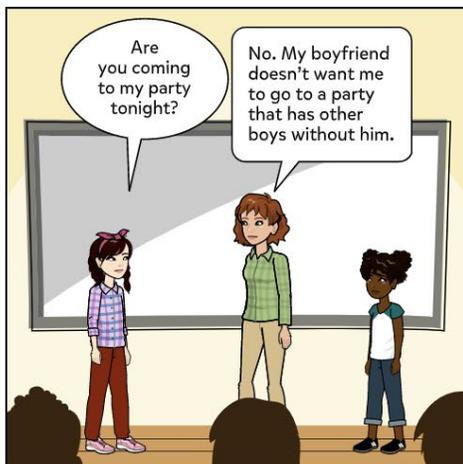
For additional information [click here](#)

For local resources, [click here](#)

FROM THE HALLS!

The truth about dating violence- by Johnston High School Above the Influence

Parents, please share with your youth



ENCOURAGING PLANNING AND SELF-EXPRESSION IN YOUR CHILD

Self-expression:

the expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance.

Stress and lack of motivation are two big factors that students say are impacting their emotional lives and ability to perform academically. Here are some tips that may be helpful in supporting your student.

Support students with daily tasks and planning by:

- Setting up a daily agenda for work to be completed.
- Helping them plan their day for academics, but also for breaks. A stretch or quick walk outside can be helpful to clear the mind and release tension.
- Encouraging a good sleep schedule, eating regular meals and staying hydrated.
- Organizing makeup work, setting small goals daily just for this. Just like us, sometimes we miss things and need a plan to get caught up.
- Scheduling check in times with your student to problem solve.

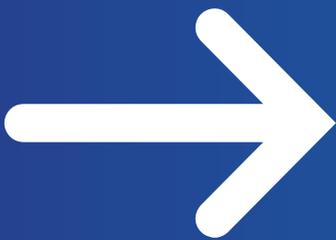


Encourage self-expression

Encourage students to stay connected -- by outreaching online for virtual meets and to stay connected with people they don't get to see in person. Try new things such as journaling, drawing or creating vision boards. Sometimes their problems seem trivial to us, but knowing that you think their struggles are important is the best way to let them know you care.

This acknowledgement and support can make a tremendous difference in their ability to succeed both emotionally and academically.
Rebecca M. Young LMHC, CSAC

VISIT OUR NEWLY DESIGNED WEBSITE



Look for our virtual HIDDEN IN PLAIN SIGHT

An interactive display providing parents with signs of risky behavior and possible drug use and the tools needed to have constructive conversations



www.spcprevention.org



**Southern Providence County
Regional Coalition**

Cranston • Johnston • North Providence • Scituate • Smithfield



SPCR is a federally funded organization providing mental health promotion and substance use prevention.