

## HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

**"If you're upset that I'm just being myself,  
I'm going to be myself more."**

-Taylor Swift

### Save the Date: Upcoming Events

- **October 14:** [Wilde Lake Fall Festival](#)
- **October 28:** [Drive-Thru Medication & Sharps Disposal Event](#)
- **Starting Nov 2:** [Free Classes for Parents/Guardians & Grandparents](#)
- **Nov 6:** [Teen Advisory Council Meeting](#)

### Howard County Youth Data

The Youth Risk Behavior Survey (YRBS) is a state-wide survey conducted in Maryland of students in middle and high school. Learn about the trends seen in Howard County high schoolers:

- [Alcohol Trends \(2013-2021\)](#)
- [Drug Use Trends \(2013-2021\)](#)
- [Mental Health Trends \(2013-2021\)](#)
- [Nutrition Trends \(2013-2021\)](#)
- [Sexual Behavior Trends \(2013-2021\)](#)
- [Tobacco Trends \(2013-2021\)](#)
- [Violence and Other Trends \(2013-2021\)](#)
- [Significant Trends in Howard County High Schoolers \(2013-2021\)](#)
- [Significant Differences in Howard County High Schoolers, by Race \(2021\)](#)
- [Significant Differences in Howard County High Schoolers, by Gender \(2021\)](#)





World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme "Mental health is a universal human right" to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right. [Learn More](#)

**FREE Classes for HoCo Parents/Guardians and Grandparents**

## **FREE PARENTING CLASS**



# **Taking HoCo Families to the Next Level**

**HCDrugFree**  
Empowering the Community

Guiding Good Choices® is an evidence-based curriculum that helps adults to build stronger relationships with their kids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the parent, guardian or grandparent, then this may be a powerful resource for you.

Learn:

- What's happening in Howard County
- How to encourage your child to adopt healthy attitudes and behaviors
- How to communicate more effectively

- How to build a relationship of trust
- and much more!

We urge you to attend all five Zoom classes scheduled to be held on **Thursdays, November 2, 9, 16, 30, and December 7** from **Noon – 1:30 p.m.**

[Learn More & Register](#)

## Substance Use Prevention Month 2023



October is Youth Substance Use Prevention Month and Substance Misuse Prevention Month. What is substance misuse prevention? Prevention aims to stop substance misuse before it starts. During this month we celebrate all the possibilities that prevention brings. Together we're partners in prevention.

[Read More](#)

[Read President Biden's Proclamation on National Youth Substance Use Prevention Month, 2023](#)

## Wilde Lake Fall Festival

OCT 14TH  
11AM- 5PM

WILDE LAKE COMMUNITY ASSOCIATION & REPIITSOCIAL

PRESENT

# WILDE LAKE *Fall* FESTIVAL

FEATURING PERFORMANCES BY  
BUNKEY JR. "THE STRUT KING"  
SPECIAL GUEST DJ DUKE  
AMAIYA HOLLEY  
ETHAN SPALDING  
AREA 301 BAND  
BENY SUAV  
ALEX FRAZE  
REGGIE LEE

ALSO PERFORMING:  
WLHS MARCHING BAND  
BACK TO ROCK STUDENT BAND



SPECIAL GUEST  
CELEBRITY PRODUCER B SCOTT

HOSTED BY  
DJ DIOR

SPECIAL "LEGENDARY"  
SURPRISE PERFORMANCE

JOIN US FOR A DAY OF MUSIC, FOOD, & FUN!

## FUN ACTIVITIES

- 8 AM POWER FITNESS WORKOUT
- SWAN PRINCESS EVENTS
- MAGICIAN - MAGIC MIKE MADNESS
- BOUNCY HOUSES, CORNHOLE,
- CRAFTS, JENGA, AND HORSEHOE



## FOOD TRUCKS

ISLAND QUIZINE  
BETWEEN THE BUNS DMV  
SWEETS AND TREATS SNOWBALLS

RIDE YOUR BIKE TO THE FESTIVAL!

CHECK IT IN AT THE BIKE HOCO TENT,  
& HAVE FUN!



WILDE LAKE  
COMMUNITY ASSOCIATION



WILDE LAKE 10002 Hyla Brook Rd, Columbia, MD 21044 TO REGISTER VISIT WILDELAKE.ORG #VIBRANTWILDELAKE

The Wilde Lake Community Association and Repitsocial present the Wilde Lake Fall Festival on Saturday, October 14 from 11 a.m. - 5 p.m. at Wilde Lake Park. Come on out to experience #VibrantWildeLake with a day of performances, delicious food, and activities for all ages! [Learn More](#)

October Driving Safety



One bad decision could haunt you for the rest of your life. Drive sober or make a plan this Halloween. Say NO to ALL impaired driving. [Learn More](#) #BeTheDriver

## October is National Bullying Prevention Month

*Released by the Howard County Public School System:*

October is the start of National Bullying Prevention Month! We wanted to use this opportunity to share with our students, parents, guardians, and families some information and definitions to better help you understand bullying. It is important that you understand what bullying is to ensure you are able to report it when you see it or are told about it. Thank you for helping to ensure our school a safe place for all students!

### **How do I know if something is bullying?**

Conflict between students is inevitable, but it's not always easy to identify whether the conflict is bullying or mean/rude behavior. Understanding the difference is important so we know how to respond. Here are a few key points to consider when determining if something is bullying:

- Bullying - Repeated, harmful, and involves an unfair power match
- Mean - Hurt is intentional/purposeful, but not part of a larger pattern or a mismatch
- Rude - Accidentally hurting another person's feelings

All of these behaviors require attention. Addressing mean/rude behavior early can help prevent a student from turning their behavior into a pattern of bullying.

### **What are some of the different types of bullying?**

Bullying can appear in many different forms. Below are a few examples.

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
  - Teasing
  - Name Calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures.
- Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.
  - Most common places cyberbullying occurs are: social media such as Facebook, Instagram, Snapchat, and TikTok, text messages, direct messaging, chat rooms, emails and online gaming communities.
  - Includes sharing personal or private information about someone else causing embarrassment or humiliation.
  - At times can cross the line into unlawful or criminal behavior.
  - More information on Cyberbullying can be found on the [Stopbullying website.](#)

## **HC DrugFree's Teen Advisory Council**

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet monthly during the academic year and act as student ambassadors in their schools and in the community.

## Why join TAC?

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join our teen team members at our outdoor medication and sharps collection on **Saturday, October 28 from 10 a.m. to 2 p.m. (with set-up starting at 9:15 a.m.)** and our next TAC meeting is on **Monday, November 6 from 5:30 to 7 p.m.** [Learn More & Register](#)

Join HC DrugFree's

## Teen Advisory Council

you can make a **DIFFERENCE**

Registration open to Howard County 8th-12th grade students year round



### Why Join TAC?

- Gain valuable experience for job & college applications
- Earn Community Service Hours
- Volunteer opportunities all year
- Be a great role model for others!

LEARN MORE



[tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

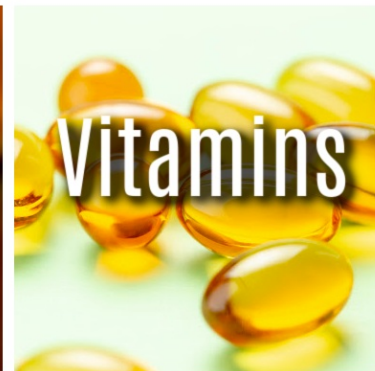
## HCDrugFree

Empowering the Community

## October 28: Medication & Sharps Disposal Event



# Prescriptions



# Vitamins



# Over the Counter Meds



# Vape Devices



# Inhalers



# Sharps



# Pet Meds

HC DrugFree's next convenient drive-thru medication & sharps disposal event, aka Drug TAKE BACK Day) is coming up in less than a month! Mark your

calendars, clean out your medicine cabinet, and join us on **Saturday, October 28 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot (next to Slayton House and the CA Swim Center.)

This is your opportunity to safely dispose of:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Vape devices (with the batteries removed, please!)
- Inhalers
- Sharps (EpiPens, syringes, needles, etc.)
- Veterinary medications

And MORE!

Once again, **100 FREE medication storage boxes** will be distributed. One per vehicle. Please help us spread the word.

Medications will be guarded and transported by the Drug Enforcement Administration (DEA) and the Howard County Police Department. Thank you to our many partners.

[Learn More](#)

# Volunteers Needed



Register  
Today!  
**HC Drug Free**  
Empowering the Community



As always, we depend on community volunteers to help make each drive-thru collection event a success. Volunteer positions are flexible, so we have jobs ready for youth and adults, seated and standing, and medically-trained and non-medical personnel. If you're willing to assist for all or part of the event, we'd be so grateful. Volunteer check-in begins at 9:15 a.m. on Saturday, October 28 and the event runs from 10 a.m. to 2 p.m. If you're ready to don neon green and help make a difference in our community, please **REGISTER ASAP** at the links below!



- Parent/guardian volunteer agreeing to chaperone their own youth (under 18), register here: [Family Volunteer Registration](#)
- Youth volunteers (under 18) wanting to attend without a parent/guardian, register here (parent/guardian must complete the registration/waiver for youth under 18): [Youth Volunteer Registration](#)
- Adult volunteers attending without youth and medically-trained adults, register here: [Adult Volunteer Registration](#)

## How Can You Help?



We need your tables!!

We need several tables for our medication and sharps disposal event. If you have one or many that we could borrow, again, we'd be so grateful. Drop off at 9 a.m. and pick up at 1:45 p.m. in the Wilde Lake Village Center parking lot near the Swim Center. Please use tape on the underside of the table to mark with your name and contact information so we can make sure tables are returned to their owners.

Lend us your  
table

### You Make a Difference in Howard County

Together, we can educate youth and families in Howard County and make a difference in young lives. Donations of any size will help us to continue providing free services and resources for another year.

Donate



## Resources

**Reverse Opioid Overdose:** Contact the Howard County Health Department to receive free training and Narcan kit. [Click Here](#)

**Help for Depression, Suicidal Thoughts or Other Mental Health Issues:** Call or text 988.

**SAMSHA Treatment Locator:** This site provides information about facilities (Outpatient Treatment, 24-hour Residential, Veterans Affairs, etc.) for Substance Use Disorder and Mental Health across Maryland. [Learn More](#)

**Additional Resources:** [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

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