

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

Save The Date: Upcoming Events

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

Teens Struggling to Limit Screen Time



[Watch Video](#)

A [new report from Common Sense Media](#) is pulling back the curtain on how kids are spending all those hours their smartphones and it includes a stunning finding about how those phones are trying to draw them in each day.

The Today Show has additional articles and resources on this important topic

which you can access here:

[Worried about teens and phones? 21 helpful things parents can say and do](#)

[Practical solutions to protect your child from excess screen time](#)

[Teens open up about the impact of social media on their lives](#)

Be Kind To Your Mind: Red Ribbon Week 2023

DID YOU KNOW?

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.

Red Ribbon Week® (**October 23-31**), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started.

This year's theme is Be Kind To Your Mind. Live Drug Free.™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.



The Importance of Sleep for Youth

Sleep is connected to Mental Health and is important for youth. Not sleeping enough may be associated with feeling sad or anxious, being impulsive, experiencing memory problems, and/or having difficulty concentrating. [Learn More](#)

What Do You Think, HoCo?

How satisfied are you with the quality of the information shared in this newsletter?

Very Satisfied

Satisfied

Drive-Thru Open on Saturday!



Drive-Thru Medication & Sharps Disposal Event

Our semi-annual drive-thru medication & sharps disposal event (aka Drug Take Back Day) is just around the corner, and we can't wait to see you!

Join us this **Saturday, October 28** from 10 a.m. – 2p.m. in the [Wilde Lake Village Center Parking Lot](#) (near the Columbia Swim Center.)

We are accepting:

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

Free Gift While Supplies Last

We are giving away 100 aluminum medication storage lockboxes, so come early because they won't last long! (First come, first served. No holds. Limit 1 per vehicle.)

Volunteers Needed!

We are only a few days away from the big event and we still need more volunteers. We have positions for students (community service hours available) and adults, standing and sitting (bring your own chair.) We also have a particular need for medically trained volunteers to help at the medication sorting table! Sign up to volunteer 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](#)

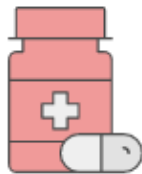
- Adult volunteers attending without youth and medically-trained adults, register here: [Adult Volunteer Registration](#)

See you on Saturday, October 28 from 10 a.m. – 2 p.m.

Why Does Proper Disposal Matter?

In the *KNOW*...

About Medication & Sharps Disposal



Expired or unwanted medication may be misused intentionally or unintentionally.



Flushed medications may pollute our water supply and the surrounding environment.



Improperly disposed of sharps may result in injury to yourself or others!

Help us keep our community safe!

HCDrugFree
Empowering the Community

www.hcdrugfree.org

Students: Earn Community Service Hours!

We are in search of **Teen Volunteers** for our Medication & Sharps Disposal event coming up on Saturday, October 28 from 10 a.m. - 2 p.m.

Student volunteers are needed as early as 9:15 a.m. and can earn community service hours if all paperwork is complete before the event. Teens can make a difference in our community!

Register Now: [Student Volunteer Registration](#)

Looking for more ways to get involved?

HC DrugFree invites all **Howard County students in grades 8-12** to join the **Teen Advisory Council (TAC)**. TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.



Our next TAC meeting will be held on Monday, November 6 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference. [Learn More](#)

FREE Parenting Classes - REGISTER TODAY!

FREE PARENTING CLASS



Taking HoCo Families to the Next Level

HCDrugFree
Empowering the Community

Our FREE Parenting class begins next week. REGISTER TODAY as space is limited!

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 a 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](#)

Follow and Like Us

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **In the KNOW.**

Follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#)!



Your Financial Support Keeps Us Working for YOU



Come join our team on Saturday and while you're at it, please make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



Additional Resources



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

HCDrugFree
Empowering the Community

For more information, contact

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