

Upcoming Events:

December

12/2 : Special Education Day
12/10: National Human Rights Day.

National Drunk & Drugged Driving (3D) Prevention Month

National Human Rights Month

National Read a New Book Month



National Handwashing Awareness Week

National Influenza Vaccination Week December 3–9:

Tolerance Week (first full work week)

January

National Get Organized Month
International Creativity Month

National Mentoring Month
It's Okay to Be Different Month
1/24: National Compliment Day



A Link Between Social Media and Drug Use

In today's world communication between youth happens on the Web through social media sites like Facebook, Twitter, gaming sites ,YouTube, Snapchat and blogs. Recent studies show that 92% of teens aged 13–17 go online every single day, including a quarter of whom who report being connected to the internet nearly all the time.

Teens use social media to share their feelings, get the latest news and gossip, meet others with the same interest, stay entertained and learn new things. It's also used to share information about illicit drug use. With social media being visible for 24 hrs. a day and so easily accessible, it becomes normalized for youth to share about activities that include illegal or illicit behavior. From casual images that show evidence of use in the background to specific displays of possession or use by friends and others, drug use is accepted as a form of expression on virtually every major platform. It is easy for young adults and other impressionable individuals to believe that maybe there's no harm in experimentation and social media provides an easy avenue to become involved.

One study researched the connections between twitter use and prescription drug purchase and use, observing over 3,389,771 related mentions over the course of a year. On average, 53,96% of those observed used prescription drug-related language and 37.6% tagged or mentioned other users in their post. It was found that those who discuss drug use on social media are likely surrounded by others who do the same.

It is still unclear about the nature of the relationship between exposure to substance use on social media and subsequent use. A 2011 report by the National Center on Addiction and Substance Abuse at Columbia University showed that teens who use social media were more likely to use tobacco, alcohol, and marijuana than teens who do not use social media, and risk was higher for those who had seen pictures of young people using or passed out from alcohol or drugs.

Despite the potential negative consequences that social media could have in regards to substance use among young people, many people feel that social media could be used as a tool to educate teens about the dangers of drug use. In fact, this is already happening.

Retrieved from: Pediatrics official journal of the American academy of pediatrics: www.aappublications.org/news by guest on Nov.2018

Pew research center; Teens, social media and technology, 2018.

Pew research center; Teens, social media and technolo-

What's Good About Social Media

Social media can help youth:

- stay connected with friends and family
- volunteer or get involved with a campaign, nonprofit, or charity
- enhance their creativity by sharing ideas, music, and art
- meet and interact with others who share similar interests

30 Activities for Kids over the Holiday Break:

- Make popcorn and watch a movie
- Sign up for a walk or run for a cause
- Go to the library and take out books
- Take a trip to the museum
- Hold cooking classes in your own kitchen, invite friends
- Go biking or sledding
- Paint bedrooms
- Learn magic tricks together and put on a show
- Rent dance videos and hold a dance contest
- Volunteer at a soup kitchen
- Make cupcakes and have a decorating party
- Make your own banana splits with all kinds of toppings and sprinkles
- Hold a family game night
- Visit the zoo
- Play charades
- Organize dresser drawers
- Tie dye T-shirts
- Rent a yoga video for kids
- Make a bird feeder
- Visit a working farm
- Take nature walks
- Arrange photo albums
- Play card/board games
- Make a collage of what you are thankful for
- Plan next summer's vacation
- Go bowling
- Collect clothes for donation
- Visit a farmer's market



JUUL Will Stop Selling Flavored E-Cigarette Pods to Stores

Facing mounting government pressure and a public backlash over an epidemic of teenage vaping, Juul Labs announced on Tuesday that it would suspend sales of most of its flavored e-cigarette pods in retail stores and would discontinue its social media promotions. Our intent was never to have youth use Juul,” said Kevin Burns, chief executive of Juul Labs in a statement emailed to reporters. “But intent is not enough. The numbers are what matter and the numbers tell us underage use of e-cigarettes is a problem.”

Mr. Burns also reported that the company would stop accepting retail orders for:

Mango
Fruit
Crème
Cucumber



Retrieved from: <https://www.nytimes.com/2018/11/13/health/juul-ecigarettes-vaping-teenagers.html>

Juul pods. These flavors account for about 45 percent of retail sales for the \$16 billion company, according to some

estimates. Juul also said it would improve its online age-verification system to ensure buyers are 21 or older. By the end of the year, Mr. Burns said, Juul will add a real-time photo requirement to match a buyer’s face against an uploaded government-issued ID. The company will also try to prevent bulk shipments to people who are distributing to minors by restricting customers to two devices and 15 pod packages per month and no more than 10 devices per year. In addition, Juul said it would shut down its Facebook and Instagram accounts in the United States that promoted use of the flavored pods. According to its release, the company said it would ask the major social media companies, including Twitter and Snapchat, to help them “police” posts that promote the use of e-cigarettes or cigarettes by underage users. Juul reports that they will be “a transparent, engaged, and committed partner in this effort with FDA, state Attorneys General, local municipalities, and community organizations,” as well as “pursue it by drafting legislation, funding advocacy campaigns, and engaging with lawmakers.” (Burns, 2018). To learn more about JUUL’s action plan and watch a message from their chief executive, please visit <https://newsroom.juul.com/2018/11/13/juul-labs-action-plan/>.

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