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## HC DrugFree is keeping Howard County *In the KNOW!!!*

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### Thursday, January 24: Teens Get Answers to Questions

The National Institute on Drug Abuse (NIDA) is offering their annual Chat Day this Thursday, January 24 from 8:00 a.m. to 6:00 p.m.

Once again, HC DrugFree is proud to partner with NIDA to provide Howard County's access code (59162). In a previous year, our high school teens submitted **869 questions in one day**, so we know our students want answers to their many questions.

This national event will take place even if local schools are closed for weather challenges, so we encourage classes to participate and staff/parents to offer incentives to students participating from home. All questions and answers can be viewed online and will be shared by HC DrugFree.

Teens may login at <https://www.nidachat.org>, create a user name, and submit their questions to NIDA's panel of scientific experts. In real-time, an expert will reply.

Again, the 2019 Chat Day Access Code for All Howard County teens is **59162**.

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### Test Your Knowledge

Test your knowledge on drugs and drug use by taking the 2019 National Drug and Alcohol IQ Challenge at <https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2019>.

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### Vaping and Our Kids

HC DrugFree can't stress enough that we need your help to educate Howard County students about the dangers of vaping. Don't assume the young people (or not so young) in your life aren't vaping and exposing themselves to nicotine and other dangerous chemicals.

[Click here](#) to play video from ABC News.

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### TAC Meeting Monday, February 11

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all

meetings/events.

The next meeting will be on Monday, February 11. Registration is open throughout the school year and forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>.

TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are canceled, there will be no TAC meeting. Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email Admin@hcdrugfree.org.

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## Registration Open: Howard County's 2019 Evidence-Based Parenting Classes

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program.

Participants will learn the skills to reduced the risk that their children will use drugs. After completing the program, families will be able to: **influence** their children to help prevent drug use and other risky behaviors; **develop** clear family guidelines and expectations about drug use; and **teach** children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, **March 5, 12, 19 and 26**. Adults are expected to attend all 4 sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

More information will be shared in future newsletters, but the flier and updated information can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>. Registration is now open.

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## Looking for Student Filmmakers

Once again, HC DrugFree is proud to partner with the HoCo Student Film Festival. This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County.

Be sure to visit our website at [www.hcdrugfree.org/hoco-filmfest](http://www.hcdrugfree.org/hoco-filmfest), visit [www.hocofilmfest.com](http://www.hocofilmfest.com) and contact our office at Admin@hcdrugfree.org to request our logo and ensure you have all the needed information.

The deadline to submit films is Friday, April 5. The festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City.



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