

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

**The purpose of life is to discover your gift.
The work of life is to develop it.
The meaning of life is to give your gift away.**

David Viscott

Summer Online Life Skills Classes for Howard County Students



FREE and REGISTRATION IS OPEN!!!

Learn from college and high school students!

Back by popular demand!!!

The 8-class series begins on Tuesday, July 13

Dates: July 13, 14, 15, 20, 21, 22, 27, 28

Time: 10:00 a.m. to 11:30 a.m.

HC DrugFree is providing another series of FUN and interactive skills-based classes designed to **promote positive health and personal development.**

Taught by an amazing team of **college and high school students** and HC DrugFree's adult team.

Previous middle school students enjoyed the classes so much that they asked when they will be old enough to join our teaching team!

This curriculum was designed for students in grades 6 to 9, but for slightly younger or older students, we will consider each request. If you have questions about the appropriateness for your students, [email us](#) or better yet, [register](#) and we will contact you to confirm enrollment. **We encourage siblings and friends to take these classes together.**

This program will use developmentally appropriate, collaborative learning strategies so students will learn skills that have been shown to help **resist high-risk behaviors** including substance use (vaping, alcohol and other drugs) and more.

Kids can say "no" and still keep their friends! Your child will learn the skills to say "no" from older students who have said "no" plenty of times.

The curriculum is designed to strengthen student abilities in the following areas:

- Personal Self-Management Skills: Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger.
- General Social Skills: Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- Drug Resistance Skills: Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.
- And more!!!

This class will be conducted online via Zoom. We will show videos, play Kahoot games, and use other interactive technology.

The curriculum includes the following units:

- Self-Image & Self-Improvement
- Making Decisions
- Smoking: Myths, Realities & Biofeedback
- Alcohol: Myths & Realities
- Marijuana: Myths & Realities
- Advertising
- Violence and the Media
- Coping with Anxiety
- Communication Skills
- Social Skills
- Assertiveness
- Resolving Conflicts

The 8-class online series begins on Tuesday, July 13

Dates: July 13, 14, 15, 20, 21, 22, 27, 28

Time: 10:00 a.m. to 11:30 a.m.

Please register ASAP as space is VERY limited.

[Learn more](#)

[Download the Flier](#)

[Register now!](#)

Funding provided by the Howard County Health Department, the MD Department of Health, and SAMHSA.

Learn about Inhalants



Did you know that inhalants can prevent the brain from getting its much-needed oxygen?

[Watch the video here.](#)

This video lesson was produced by DEA and Discovery Education's Operation Prevention program.

Kelly Osbourne Comes Clean on 'Red Table Talk'

Kelly Osbourne, daughter of rock legend Ozzy Osbourne, recently relapsed after four years of sobriety. Kelly reveals how one drink turned into multiple bottles, the moment she realized she was in trouble, and the high price of her addiction on this episode of Red Table Talk with Jada Pinkett Smith.

[Watch now.](#)

100 Days Without Alcohol: Here's What Happened

June is Men's Health Month and in this fascinating video, one writer shares his eye-opening journey of going 100 days without alcohol. It wasn't easy. Over the course of three months, he fell off the wagon and found that he was replacing his drinking habits with sugar. He also discovered some startling facts about his health and the changes that were going on inside his body.

[Watch now.](#)



Donate before our fiscal year ends on June 30



[Please make your much-appreciated tax deductible gift to HC DrugFree today!](#)



Stay Connected

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County SAFE & INFORMED.

If you haven't already done so, please [Subscribe to our newsletter](#) and invite your friends to subscribe, too!



Events

Life Skills Classes for Howard County Students (Online)

HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-9. (For slightly younger or older students, we will consider each request.) We encourage siblings and friends to take these classes together!

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

Dates: July 13, 14, 15, 20, 21, 22, 27, 28
10:00 a.m. to 11:30 a.m.
on Zoom

Registration is required. Please sign up ASAP as space is extremely limited.
[Register here.](#)

Medication Disposal & Storage

Just released! Save the date for HC DrugFree's next drive-thru medication and sharps collection: Saturday, October 23, 2021 from 10 a.m. to 2 p.m. Please keep reading this newsletter for updates. To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information. How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries.

For more information, contact

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