



**TRUST YOUR  
INSTINCTS!**  
If you notice  
a change, ask  
about it.

## VIRTUAL DRUG AWARENESS

Time spent social networking online may increase the risk of teens smoking, drinking and using drugs. Social media is providing opportunities for teens to view marketing and behaviors glamorizing illicit drug and alcohol use. It is important to monitor your teens in order to protect them from these influences.

- The best way to protect teens from these influences is by having **open communication and educating them on the risks of substance abuse**. Listening to them is the best tool you can provide as their trusted adult.

### Counterfeit pills are out there.

- **Look out for changes in behavior**, such as irregular eating or sleeping patterns, low energy, or general signs of depression or anxiety, slipping grades, lack of interest in activities they love, and even drastic clothing style changes. Trust your instincts. If you notice a change, ask about it.
- Talk to your teens and **monitor their gaming and social media use**. What other methods, devices or apps are they using to connect with others?
- The online environment provides platforms for drug dealers to sell their products. Ads found on social media and in gaming have created a new mechanism which can encourage underage drinking, drug use, and peer-to-peer distribution of substances.
- Connection to illicit drug sales on the internet can be made by anyone; whether it's someone they know, they think they know, or they just met online.
- **Peer pressure**, whether real or perceived, online or in person is still strong for some.
- Counterfeit pills are out there. It is easy to make pills that look exactly like prescription medicine. What might look like a prescription drug may be manufactured illegally and contain unknown substances or additives. **Fake pills have led to overdoses and deaths in Washington County.**

### Protective Factors:

- Positive adult relationships.
- Connection to school, positive youth organizations, and a supportive and present community.
- Strong policies against drug use, clear rules of conduct, and paths for help.
- Limited accessibility.
- Educate to never mix drugs, mix prescription medications, mix any of these with each other, or with alcohol.
- Secure your medicines so visitors and children can't get to them.
- Safely dispose of any unneeded or unwanted medicine.

### Resources:

- **Washington County Crisis Services:** [bit.ly/3keT9R5](https://bit.ly/3keT9R5) or 503-291-9111
- **Quit Vaping:** [www.thisisquitting.com](http://www.thisisquitting.com) or text DITCHJUUL to 88709
- **Al-Anon/Alateen:** [www.al-anon.org](http://www.al-anon.org) or 1-800-344-2666
- **Healthier Together:** [HealthierTogetherWashingtonCounty.com](http://HealthierTogetherWashingtonCounty.com)
- **4D Recovery:** [www.4drecovery.org](http://www.4drecovery.org)
- **Tri-County Opioid Information:** [www.tricountyopioidsafety.org](http://www.tricountyopioidsafety.org)
- **Gambling/Addiction Treatment and Information:** [www.opgr.org](http://www.opgr.org) or 1-877-695-4648