



LikeIt



LearnIt



LoveIt

live Free!





March 6, 2013

Dear Pinellas County Leaders:

LiveFree! Pinellas is one community coalition that addresses underage and binge drinking, prescription drug abuse, tobacco use, synthetic drugs, and illegal drugs. Data has shown that community coalitions are a key to the success of Florida's overall decline in teen drug abuse. We celebrate our success achieved in 2012 with notable reductions in underage drinking, marijuana and tobacco use, and prescription drug abuse, according to the results of the Florida Youth Substance Abuse Survey, Pinellas County. Our youth and adult leadership and LiveFree! staff are making a difference!

LiveFree!'s membership includes Pinellas County's prevention champions - parents, faith-based leaders, youth, young adults, schools, law enforcement, substance abuse prevention and treatment professionals, recovery advocates, community advocates, businesses, media representatives, civic groups, health professionals, youth-serving organizations and representatives from state and local governmental agencies who have joined together to promote healthy choices.

LiveFree!'s vision is a strengthened substance abuse prevention and treatment effort that leads to improved health and safety for our community.

LiveFree!'s mission is to create a safe, healthy and substance abuse free community through public and private collaborations that link youth, adults, families and neighborhoods to public awareness, advocacy, education and healthy solutions.

We are here to foster, promote and strengthen Pinellas County's substance abuse prevention efforts and (re)emerged practices based on identified needs within our communities.

We hope you did your part today.

Jodi Pushkin
Jodi Pushkin, MS
Executive Director
LiveFree! Substance Abuse Prevention Coalition of Pinellas County



Nancy Hamilton, MPA, CAP, CCJAP
President and CEO
Operation PAR, Inc.

As we continue healthcare reform, it is important for us to work with communities to improve its system of care. Investing in prevention is our first defense in protecting our youth and communities from the devastating effects of prescription drug misuse, underage drinking and addictions. Healthy decision-making requires adults to continuously model the behavior they desire as they teach their children and mirror behavior for our community.

Effective substance abuse prevention, intervention and treatment prevents and reduces fatalities, drug overdoses and broken families. All of us have seen how addiction can destroy family bonds and promote a vicious cycle of drug use and criminal activity, causing great harm to the health, safety and well-being of our communities.

As the fiscal agent and prevention provider of the LiveFree! Pinellas coalition, Operation PAR remains committed to community behavioral health and wellness. Florida's social marketing campaign "Be the Wall" (bethewall.org) encourages parents to be the wall between youth and underage drinking, prescription drug misuse and other drug use. This is a message worth investing in. Clear firm and consistent messages from parents about the impacts of underage drinking and the misuse of prescription pills is essential. When parents, community and youth stand united, committed to prevention and healthy choices, we will see a remarkable change in our society for the better.

We applaud our LiveFree! youth and adult leadership and look forward to our continued partnership.

Sincerely,

Nancy Hamilton



Michael Grego, Ed.D.
Superintendent of Pinellas County Schools

A safe and civil school environment is key to academic achievement in a school. Bullying, substance abuse and gang violence can be an obstacle to learning and can contribute to a climate of fear and intimidation.

Students in Pinellas County Schools deserve to be educated in an environment that is physically and emotionally safe. If they are afraid to attend school or spend time worrying about safety rather than academics, they cannot learn. As a District, we are dedicated to maintaining an environment where teachers can teach and students can learn. Strong academics and safety are both essential in creating this type of setting. Neither can succeed if the other is not present.

Therefore, the school district supports learning by providing programs in substance abuse prevention, bullying prevention, conflict resolution, peer mediation, character education and gang prevention/intervention. Partnering with the community and law enforcement on projects like this Newspaper in Education enhances our efforts.

I would like to encourage students, families and educators to use this publication to learn more about the risks of substance abuse, bullying and gang involvement. Working together we can help our youth make smart, responsible, healthy choices.

Michael A. Grego



Newspaper in Education

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the Times to promote the use of

newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

With ever-shrinking school budgets, the newspaper and our curriculum supplements have become an invaluable tool to teachers. In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors.

NIE provides supplemental materials and educator workshops free of charge. Our teaching materials cover a variety of subjects and are consistent with Florida's Next Generation Sunshine State Standards and Common Core Standards.

The Times and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For more information about NIE, visit tampabay.com/nie. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE), and check out the NIE Blogging Zone at tampabay.com/blogs/niezone.

To learn how to sponsor a classroom or education supplement or receive NIE resources at your school, go to tampabay.com/nie or call 800-333-7505, ext. 8138.

Newspaper in Education Staff

Jodi Pushkin, manager, jpushkin@tampabay.com
Sue Bedry, development specialist, sbedry@tampabay.com

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Credits

Designed by Stacy Rector, Times staff

Written & researched by Jodi Pushkin, NIE manager

This publication incorporates the following Next Generation Sunshine State Standards: Health: HE.6.B.3.1-3; HE.6.C.1.1-3; HE.6.C.1.7; HE.6.C.2.1-2; HE.6.C.2.7; HE.7.B.2.2-3; HE.7.C.1.1-3; HE.7.C.1.7; HE.7.C.2.1-3; HE.7.P.1.1; HE.8.B.2.1-3; HE.8.C.1.1-3; HE.8.C.1.7; HE.8.C.2.1-3; HE.9.12.B.2.1-3; HE.9.12.C.1.1-3; HE.9.12.C.1.7; HE.9.12.C.2.1-3 **Language Arts:** LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1; LA.7.1.6.1-11; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1-3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-5; LA.7.4.2.1; LA.7.4.3.1-2; LA.7.5.2.1-3; LA.7.6.4.1-2; LA.8.1.5.1; LA.8.1.6.1-11; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-5; LA.8.4.2.1; LA.8.4.3.1-2; LA.8.5.2.1-5; LA.8.6.4.1-2; LA.9.10.1.5.1; LA.9.10.1.6.1-11; LA.9.10.1.7.1-8; LA.9.10.2.2.1-5; LA.9.10.3.1.1-3; LA.9.10.3.2.1-3; LA.9.10.3.3.1-4; LA.9.10.3.4.1-5; LA.9.10.4.2.1; LA.9.10.4.3.1-2; LA.9.10.5.2.1-5; LA.9.10.6.4.1-2; LA.11.12.1.5.1; LA.11.12.1.6.1-11; LA.11.12.1.7.1-8; LA.11.12.2.2.1-5; LA.11.12.3.1.1-3; LA.11.12.3.2.1-3; LA.11.12.3.3.1-4; LA.11.12.3.4.1-5; LA.11.12.4.2.1; LA.11.12.4.3.1-2; LA.11.12.5.2.1-5; LA.11.12.6.4.1-2

Reading this supplement and completing the newspaper activities in this publication can be applied to the following Common Core Standards: Reading informational text: RI.6.1; RI.6.2; RI.6.3; RI.6.7; RI.6.9; RI.7.1; RI.7.2; RI.7.3; RI.7.7; RI.7.9; RI.8.1; RI.8.2; RI.8.3; RI.8.7; RI.8.9; RI.9.1; RI.9.2; RI.9.3; RI.9.7; RI.9.8; RI.9.9; RI.9.10; RI.9.11; RI.9.12; RI.9.13; RI.9.14; RI.9.15; RI.9.16; RI.9.17; RI.9.18; RI.9.19; RI.9.20; RI.9.21; RI.9.22; RI.9.23; RI.9.24; RI.9.25; RI.9.26; RI.9.27; RI.9.28; RI.9.29; RI.9.30; RI.9.31; RI.9.32; RI.9.33; RI.9.34; RI.9.35; RI.9.36; RI.9.37; RI.9.38; RI.9.39; RI.9.40; RI.9.41; RI.9.42; RI.9.43; RI.9.44; RI.9.45; RI.9.46; RI.9.47; RI.9.48; RI.9.49; RI.9.50; RI.9.51; RI.9.52; RI.9.53; RI.9.54; RI.9.55; RI.9.56; RI.9.57; RI.9.58; RI.9.59; RI.9.60; RI.9.61; RI.9.62; RI.9.63; RI.9.64; RI.9.65; RI.9.66; RI.9.67; RI.9.68; RI.9.69; RI.9.70; RI.9.71; RI.9.72; RI.9.73; RI.9.74; RI.9.75; RI.9.76; RI.9.77; RI.9.78; RI.9.79; RI.9.80; RI.9.81; RI.9.82; RI.9.83; RI.9.84; RI.9.85; RI.9.86; RI.9.87; RI.9.88; RI.9.89; RI.9.90; RI.9.91; RI.9.92; RI.9.93; RI.9.94; RI.9.95; RI.9.96; RI.9.97; RI.9.98; RI.9.99; RI.9.100; RI.9.101; RI.9.102; RI.9.103; RI.9.104; RI.9.105; RI.9.106; RI.9.107; RI.9.108; RI.9.109; RI.9.110; RI.9.111; RI.9.112; RI.9.113; RI.9.114; RI.9.115; RI.9.116; RI.9.117; RI.9.118; RI.9.119; RI.9.120; RI.9.121; RI.9.122; RI.9.123; RI.9.124; RI.9.125; RI.9.126; RI.9.127; RI.9.128; RI.9.129 **Speaking & listening:** SL.6.1; SL.6.2; SL.6.4; SL.7.1; SL.7.2; SL.7.4; SL.8.1; SL.8.2; SL.8.4; SL.9.10.1; SL.9.10.2; SL.9.10.4; SL.11.12.1; SL.11.12.2; SL.11.12.4 **Language:** L.6.1; L.6.2; L.6.3; L.6.4; L.7.1; L.7.2; L.7.3; L.7.4; L.8.1; L.8.2; L.8.3; L.8.4; L.9.10.1; L.9.10.2; L.9.10.3; L.9.10.4; L.11.12.1; L.11.12.2; L.11.12.3; L.11.12.4

Being responsible

- What is personal responsibility?
- What does it look like in society?
- What does it look like in your life?

Simply put, personal responsibility means taking ownership of your life, your actions and your future. It always has been difficult being a teenager, but it seems like today's teens face more challenges than ever before: drug and alcohol use, peer pressure, bullying, gangs, eating disorders, mental health problems — the list seems endless.

It is important to know you are not alone. It also is important to remember that decisions you make today can affect your future, especially when it comes to illegal or negative behaviors. As Sir Isaac Newton discovered, every action has an equal and opposite reaction.

Accepting personal responsibility includes:

- Acknowledging that you are solely responsible for the choices in your life.
- Accepting that you are responsible for what you choose to feel or think.
- Accepting that you choose the direction for your life.
- Accepting that you cannot blame others for the choices you have made.
- Taking an honest inventory of your strengths, abilities, talents, virtues and positive points.

Source: James J. Messina, Ph.D., director of psychological services at St. Joseph's Children's Hospital in Tampa

Inside the teenage brain

A teen brain is like a fast car with bad brakes! It's capable of learning and doing things quickly, but the parts that control decision-making and judgment are not completely developed. The American Medical Association reports that the brain goes through dynamic change during adolescence, and alcohol can seriously damage long- and short-term growth processes. Frontal lobe development and the refinement of pathways and connections continue until age 16, and a high rate of energy is used as the brain matures until age 24.

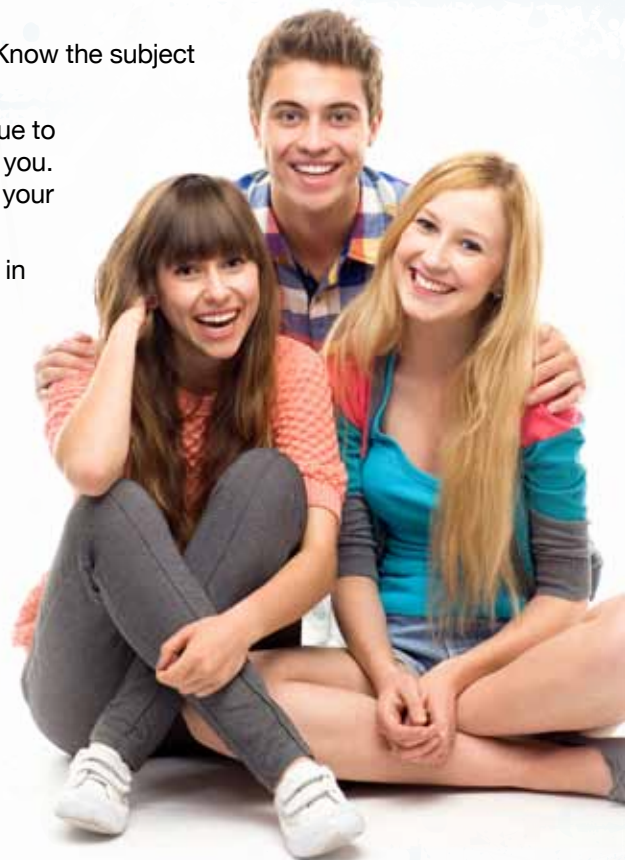
“Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.”

— Noam Chomsky

Student advocacy

Students have a much stronger voice than they may realize in advocating for important changes toward a stronger and healthier society. Here are some tips that you can use and pass along to other students, parents and teachers. The bottom line:

- Voices are powerful and your voice matters.
- Learn how the law-making process works.
- Believe in the issue and be as well-informed as possible about it.
- Be prepared to explain how the legislation will affect you personally. Know the subject better than the elected official does.
- Make a point of meeting your elected officials before you have an issue to discuss. Then, when you need to see them, they will likely remember you. Person-to-person meetings are best, but if they are not possible, put your issue in writing.
- Send a hand-written “thank you” note when the elected official votes in favor of your issue.
- Approach your own elected officials. Elected officials respond to the people who elected them — their constituency.
- Choose one or two related issues.
- Be honest and straightforward.
- Be concise and to the point.
- Don't talk to your elected official too soon. Understand that when an issue is in committee, the committee controls it. Unless your official serves on that particular committee, he or she will not be involved until it reaches the entire group.
- Don't put the official in an embarrassing position, which could affect re-election.
- Don't use pressure tactics, threaten or become angry.
- Don't burn any bridges; someone not with you today may be with you tomorrow.



LEARNING WITH THE TIMES STUDENT ACTIVITY BEING RESPONSIBLE JOURNALING TO SELF DISCOVERY

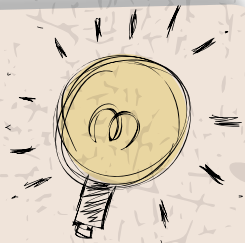
Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping

your journal, read the *Tampa Bay Times* to test yourself. What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* that directly affects your life.

All drugs can be dangerous



Think about it



A drug is a chemical substance used to treat, cure, prevent or diagnose a disease. Drugs alter a body's chemistry in some way. Whether those drugs are sold over the counter or prescribed by a medical doctor, drugs can be dangerous and should be used with caution.



Don't be a bystander

Adolescents are a vulnerable population for substance use disorders based on multiple genetic and environmental risk factors. Unfortunately, the earlier a person uses tobacco, alcohol or other drugs, the more likely that will result in substance use disorders in adulthood. The substance use in the teenage years, which may begin as minimal or experimental use with minimal consequences, can progress in a subset of individuals to more serious substance use disorders such as substance abuse or dependence.

Source: Jason B. Fields, MD, medical services manager, DACCO and fellow in Addictions Medicine with the University of South Florida

PICTURE THIS: You are at a party or a friend's house, and your friend is acting very sleepy. You know that he or she has taken some pills, but you don't want to get anyone in trouble. This is no time to hesitate. If you think someone is in distress, immediately call 911!

Symptoms of an overdose (or alcohol poisoning) may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking. There may be no noticeable signs if someone suddenly stops breathing.

Call 911. Stay on the line with the operator and stay with the victim until help arrives. Try to remain calm and follow the directions of the 911 operator. Remember, calling 911 to save someone's life comes first and before any consequences you might face. Your decision to react quickly can save someone's life. Any delay for any reason may result in a lifetime of regret for making the wrong choice.

Source: Pinellas County Sheriff's Office, Narcotics Division

Pinellas facts

The 2012 Florida Youth Substance Abuse Survey (FYSAS), conducted by the Florida

departments of Health, Education, Children and Families and Juvenile Justice and the Governor's Office of Drug Control, shows both good news and bad for Florida's young people. For the report, 70,859 middle and high school students statewide, including 1,249 Pinellas County students, were surveyed.

Alcohol and marijuana remain the most-used substances for both middle and high school youth in Pinellas County.

In 2012, 48.7 percent of Pinellas County students reported lifetime use of alcohol, while 23.9 percent reported lifetime use of marijuana. Current marijuana use by Pinellas County students has declined from 15.5 percent in 2010 to 13 percent in 2012, but is 4.8 percent higher than the statewide average of 12.4 percent.

The survey also shows a significant decline in lifetime prescription drug use among Pinellas County students. The non-medical use of prescription pain relievers declined from 7.9 percent in 2010 to 4.4 percent in 2012. In Pinellas County, 76.5 percent of students surveyed perceived a great risk of harm associated with the use of prescription drugs without a doctor's order.

Good Samaritan Act

Sometimes all it takes to save a life is to make a call to 911. The 911 Good Samaritan Act provides that:

- A person making a good faith effort to obtain or provide medical assistance for an individual experiencing a drug-related overdose may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the person's seeking medical assistance.
- A person who experiences a drug-related overdose and is in need of medical assistance may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the overdose and the need for medical assistance.

Source: Florida Senate

Under pressure

Okay, saying no isn't always easy. It is important to fit in, but if you are worried that your friends won't like you if you say no, then maybe you should take a step back and examine the friendship. Real friends respect you as a person and would never stop being friends because you refuse to follow the crowd. Also, you may find out that some of your other friends feel the same way you do! If friends or classmates try to pressure you, keep in mind why they may be doing it:

- ▶ They may be trying to make you feel small, so that they can feel better about themselves.
- ▶ They may be afraid of anyone who is different from them.
- ▶ They may be insecure.

- ▶ They could be afraid of criticism, so they'll do the criticizing first.
- ▶ They could be making up rules so that they fit in and you don't.

Peer pressure is one of the main reasons young people start smoking, using drugs or drinking. But you do not have to fall for the pressure or the lies. It is important to remember these two statements when it comes to peer pressure:

- ▶ You don't have to do anything that you don't want to do.
- ▶ It's perfectly okay to say no. You don't owe anyone an explanation.

Source: Public Broadcasting System

A drug by any other name ...

K2, Spice, Blaze, Red X Dawn, Smiles, bath salts, synthetic marijuana ... no matter what you call it, these new designer drugs can be very dangerous. Purchasing over the Internet can be especially dangerous because it is not usually known where the products come from or what amount of chemical is being used. These chemicals have not been approved by the U.S. Food and Drug Administration for human consumption, and there is no oversight of the manufacturing process.

Source: Drug Enforcement Administration

Parent Pointers

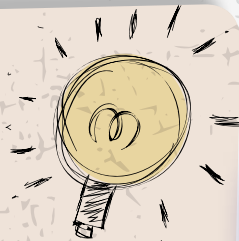
Think about your home. What prescription and over-the-counter drugs do you have? Where are they kept? Would you know if some were missing? Here are some steps you can take to keep your teen drug-free:

- Safeguard all drugs at home.
- Monitor quantities and control access.
- Set clear rules for teens about all drug use.
- Model safe and appropriate use of your own medicines.
- Talk to your teen about the dangers of abusing prescription and over-the-counter drugs. These are powerful drugs that, when misused, are just as dangerous as illegal street drugs.

Source: Parents. The Anti-Drug.



Think about it



- Every day, 2,500 teens in the United States try prescription drugs to get high for the first time.
- Sixty percent of teens who have abused prescription painkillers did so before age 15.
- 12-to 17-year-olds abuse prescription drugs more than they abuse ecstasy, crack/cocaine, heroin and methamphetamines combined.
- There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana.

Sources: Partnership for a Drug-Free America and Center for Addiction and Substance Abuse at Columbia University

LEARNING WITH THE TIMES STUDENT ACTIVITY PEER PRESSURE

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them. Find an article in the *Tampa Bay Times* in which peer pressure may have played a role. In your journal, write about the peer pressure you see, read and hear about at your school and in your community. Explore why it is important for

people to be prepared for situations where they may feel pressured to do something that may have negative effects on their lives. Write a one-page essay focusing on the article from the newspaper and your journal points. Be sure to use specific examples from the article to support your ideas.

What is Nar-Anon?

Nar-Anon is a 12-step program designed to help relatives and friends of addicts recover from the effects of coping with an addicted relative or friend. In this 12-step program, members offer help by sharing their experiences, strengths and hope. The only requirement for membership is that there be a problem of addiction involving a relative or friend. Joining is easy; just attend a meeting. There are no dues or fees. For more information in Florida, go to NaranonFL.org or call 1-888-947-8885.



Taking risks

A state-ranked freestyle swimmer, Matthew Serra graduated from Seminole High in 1998 and from the Virginia Military Institute in 2002. On the outside to the rest of the world, Matthew had it all. And yet, as our family looks back on Matthew's life, we realize that he was on a course which would eventually kill him. We are sharing our son's painful story in the hope that others will read Matthew's journey and, as a result, walk down a different path.

Matthew, our oldest son, was the one to pull the pranks, take the risks and make everyone in the family laugh. He always managed to talk his way out of trouble he'd gotten into. Matthew was a risk-taker in every aspect of his life, and for a long time the choices he made were hidden from most of the world.

On Oct. 3, 2008, everything finally caught up with him. On that night, our doorbell rang late in the evening. Two Clearwater police officers told us that Matthew had died in Largo. As we later learned, Matthew died from an overdose combination of several prescription drugs. He was alone, in his bed. He was 28 years old.

We later learned Matthew tried his first joint at 13. When he reached high school, he smoked weed

with his buddies, partied on the weekends, and yet was still able to keep up the appearance of the tough athlete. Weed led to more drugs, different drugs, for a new and different high. With the drug use came skipping school, dropping grades, and Matthew really struggling to keep up the star athlete status.

While in high school, Matthew suffered a back injury, which led to his being introduced by his doctor to newer and stronger drugs. After high school, Matthew attended Virginia Military Institute on a scholarship, where he was captain of the swim team. Matthew was able to swim, go to class and at the same time secretly continue to use and abuse prescription narcotics.

As Matthew's dependence on prescription pills grew, he became two very different people: Matthew our son and Matthew our addict. Matthew's strong, muscular body became skinny and emaciated.

Matthew began to hate his life and its darkness. Oxycontin, methadone, roxycodone, Soma, Xanax and Valium began to rule his life. Many times our family really didn't "get" what was going on. Matthew would vomit, shake, sweat, suffer from diarrhea. We thought he had the flu when in fact he was doing his

best to come off of the powerful prescription drugs that ruled him.

Matthew would agree to go into rehab and counseling, working to get off of the drugs. He gained hope that he could have a normal life, a happy life. We shared his hope. Life would appear to be straightening out for Matthew, and then, once again, we'd watch Matthew slip into the deep, dark hole of addiction.

With Matthew's physical deterioration came his mental deterioration. He couldn't stay on topic when talking with us. He'd become agitated and verbally abusive. He'd fall asleep standing up. He'd weep uncontrollably when he was coming off his high.

Matthew wasn't able to be who he wanted to be because every minute of every day was ruled by his physical and mental cravings for the powerful prescription drugs. There was no happiness, fun or hope in Matthew's life – only dark, deep struggles and pain caused by the prescription drugs.

And so, Matthew died alone in an apartment in Largo. Our family will never be the same.

Written by Mark and Laurie Serra

NOPE – Narcotics Overdose Prevention & Education

When Mark and Laurie Serra lost their son Matthew to drugs, they searched for a way to share their experience with other parents and to be proactive in the substance abuse prevention legislation and education in Florida.

The Narcotics Overdose Prevention & Education (NOPE) Task Force was formed in Palm Beach County by parents, educators and law enforcement with one goal – to do something about the growing prescription drug epidemic in Florida. The Serras were introduced to

this effort and formed the Pinellas County NOPE chapter in 2009. The focus of the NOPE Task Force is to communicate the tragic consequences of drug abuse and overdose through presentations on school campuses and to community groups.

The cornerstone of NOPE's mission is the high-impact multimedia presentation which is delivered primarily to middle school and high school students. The presentations offer some frank talk and evoke powerful emotions. The idea is to educate students and parents about the

problem by helping them to understand addiction, and the fact that even experimental use alone or with alcohol can result in tragedy.

The NOPE Pinellas Chapter has provided 183 presentations to 50,472 students and 4,633 adults in schools and community groups since this collaborative partnership began. NOPE of Pinellas will hold its annual candlelight vigil in October at Largo Central Park to remember those who have been lost to drug and alcohol abuse.

NOPE of Pinellas offers presentations to community groups as members work together to educate themselves as part of the solution to the prescription drug epidemic in this county. NOPE also provides direction if you know someone who is using drugs and needs help. To learn more about the NOPE Task Force and the Pinellas County chapter, visit the NOPE website at nopetaskforce.org, or email laurie.serra@gmail.com. Presentations are available for students and parents free of charge.



Dying young



Jamie Lynne Godette was a good student at Countryside High School in Pinellas County. She was 17 when she took her first oxycodone pill for scoliosis. The pain pills, just like the Xanax, were prescribed by her doctors.

Three days after Godette graduated from high school, in 2007, she left her car running in the middle of her parents' driveway, ran in the house and started packing her bags. She told her parents she was moving in with her boyfriend because she could not live with her parents' rules anymore.

When she moved out of the house, she broke off contact with her parents. Godette's mother, Lynne Knowles, was upset. Godette had always been a little rebellious, but she and her mother had a good relationship. "I was beside myself," Knowles said.

Using the GPS device in her daughter's phone, Knowles became a detective.

Knowles followed her daughter as

Knowles reminds parents that they need to be aware of what their children are doing and what is in their home medicine cabinets as well as their children's friends' homes medicine cabinets. Parents need to pay attention to the moment and not pretend the problem does not exist.

she traveled from one Walgreens pharmacy to another. "I thought she was applying for jobs," she said.

She followed her daughter into one of the stores. She found Godette in the bathroom. Knowles climbed up on the toilet in the adjacent stall and watched her daughter pull out a needle and shoot up oxycodone.

Knowles screamed. Then she called 911.

After the yelling and tears stopped, Godette agreed to go back home and then she went to her first rehab. Over the course of the next few years, Godette went to rehab three times. Each time she relapsed.

Thinking back to her daughter's teenage years, Knowles recalls that she knew her daughter was drinking and smoking marijuana, but she attributed that to a high school phase. She had no idea how bad things were.

In the fall of 2011, things seemed to be turning around for Godette.

She reconnected with a high school sweetheart and got married. She was going to meetings. She was smiling. Eight months later, while Godette's husband was deployed on a military assignment, Godette was dead of a heroin overdose.

Knowles described her daughter as beautiful and fearless. She reminds parents that they need to be aware of what their children are doing and what is in their home medicine cabinets as well as their children's friends' homes medicine cabinets. Parents need to pay attention to the moment and not pretend the problem does not exist.

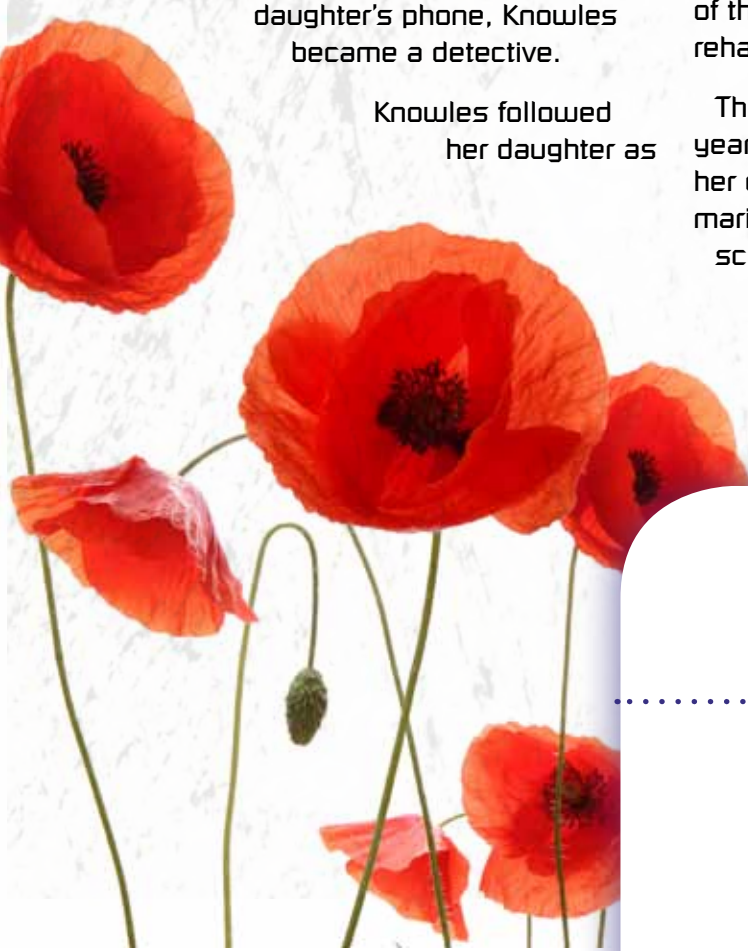
"I don't want anyone to go through what we went through," Knowles said. That is why she participates in NOPE presentations. "I don't feel I would have been able to grieve the way that I have and look at myself in the mirror if I couldn't share our story."

Her advice to young people: "Don't leave your parents only memories."

LEARNING WITH THE TIMES STUDENT ACTIVITY SPECIAL REPORT

The *Tampa Bay Times* special report "If I Die Young" can be accessed at tampabay.com/specials/2011/reports/addiction-recovery. Have your students read about the struggles of Stacy

Nicholson as she struggled for sobriety in the epicenter of Florida's Pain Pill Crisis. Share your lesson plans and thoughts on the NIE Blogging Zone at tampabay.com/blogs/niezone.



Alcohol + teenage brain = disaster



Pinellas County 2011 stats

1,114 alcohol-related crashes

51 alcohol-related fatalities

Source: Florida Department of Highway Safety and Motor Vehicles

Pinellas youth statistics, 2012

Lifetime alcohol use for Pinellas County high school students decreased from 65 percent in 2010 to 62.9 percent in 2012.

Past-30-days alcohol use for Pinellas County high school students decreased from 39.6 percent in 2010 to 30.1 percent in 2012.

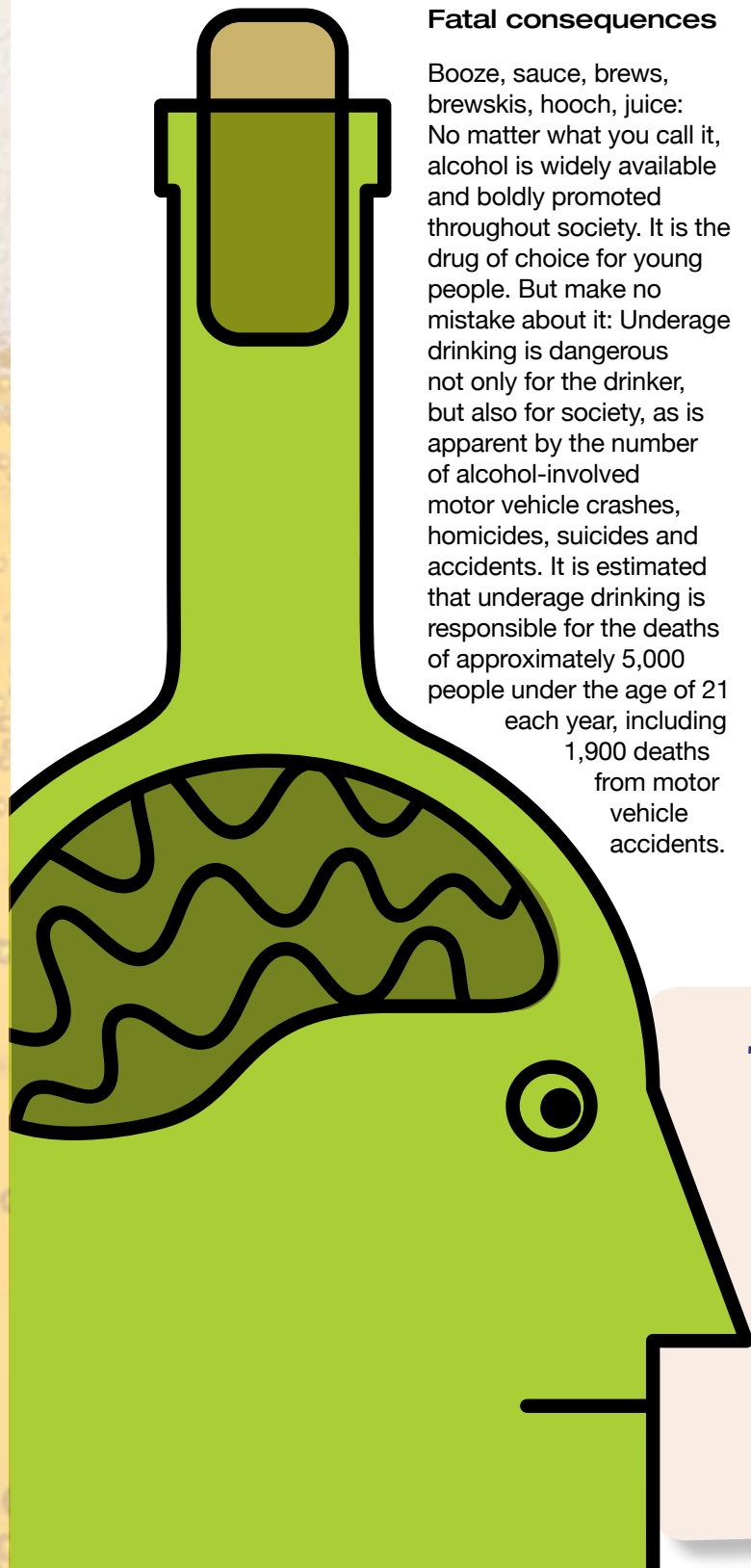
Past-30-days binge drinking for Pinellas County high school students decreased from 20 percent in 2010 to 11.5 percent in 2012.

Lifetime alcohol use for Pinellas County middle school students decreased from 36.7 percent in 2010 to 27.6 percent in 2012.

Past-30-days alcohol use for Pinellas County middle school students decreased from 17.9 percent in 2010 to 11.4 percent in 2012.

Past-30-days binge drinking for Pinellas middle school students decreased from 6.5 percent in 2010 to 2.4 percent in 2012.

Source: 2012 Florida Youth Substance Abuse Survey



Fatal consequences

Booze, sauce, brews, brewskis, hooch, juice: No matter what you call it, alcohol is widely available and boldly promoted throughout society. It is the drug of choice for young people. But make no mistake about it: Underage drinking is dangerous not only for the drinker, but also for society, as is apparent by the number of alcohol-involved motor vehicle crashes, homicides, suicides and accidents. It is estimated that underage drinking is responsible for the deaths of approximately 5,000 people under the age of 21 each year, including 1,900 deaths from motor vehicle accidents.

The teenage brain

Drugs and alcohol have more significant negative effects on a teenage brain than on an adult brain. The teenage brain is still growing and developing, and abuse of drugs, including alcohol, can interfere with these processes. One of the most significant things to be affected is the area of the brain that controls judgment. Impulse decisions, careful consideration of consequences and good long-term decision-making processes all suffer when drugs and alcohol enter a teen's brain. This can lead to impaired teens getting behind the wheel of a car or becoming involved in violent situations or other behaviors that could result in illness, injury or death.

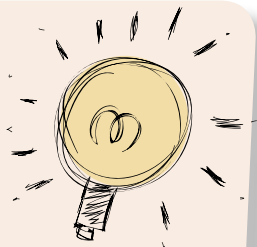


Be a real friend

What can you do to help someone who has a drinking problem? Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help. Drinking is a risky business. People who reported starting to drink before the age of 15 were four times more likely to develop serious drinking problems later in life.

Think about it

Scientists now know that the brain is still developing into a person's mid-20s. This is why teens are more likely to take risks, push boundaries, be happy one minute and angry the next. Researchers have found the introduction of alcohol and other substances to the teen brain may have long-term consequences for years to come. Not only can drinking affect your brain development, it also can affect your future. It is illegal to buy or possess alcohol if you are under age 21. One drink can make you fail a breath test. You can lose your driver's license, be subject to a heavy fine or have your car permanently taken away ... not to mention lose your life.



PARENT POINTERS

Parents, you are the first line of defense when it comes to your child's drug use or drinking. You can and will make a difference!

- Listen to and talk with your children.
- Set clear rules.
- Know your child's friends.

- Monitor you child's activities.
- Make alcohol unavailable.
- Praise and reward good behavior.
- Spend time together regularly.
- Keep track of where your children are.
- Get your child involved in after-school activities.
- Be a positive role model for your children.



Parents: Be the Wall

We know you would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak it in the front door? Brush up on your chaperone skills – Be the Wall!

- Utilize a location that has clear entrances and exits, such as your home or a community center. If there are multiple exits, block off all exits you do not want used or utilize other chaperones to block the exits.
- Work with your teen to decide on a guest list ahead of time. Set a limit to the number of people and make a contingency plan for politely turning away party-crashers.
- On the event invitation, clearly state the beginning and ending time, what to bring and what not to bring.
- Ask teens to leave purses or backpacks in their locked cars or at the front door.

Discourage teens from going back and forth from your home to their cars.

- Lock up any alcohol in your home before the party.
- Ask adults who may be attending the party to leave their alcohol at home for the event.
- Utilize the television, swimming pool, video games or karaoke machine to entertain teens.
- Provide plenty of space for teens to hang out comfortably where you can see them but not hover over them.
- Utilize single-serve cans instead of disposable cups.
- Do not use a punch bowl or pitchers.

→ Monitor behavior by circulating around the home and interacting with teens. Work with your teen ahead of time to agree upon a course of action should such a situation arise.

→ Never let a teen who you believe to be impaired leave your home.



PowerTalk 21[®]

Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving (MADD) is the nation's largest nonprofit working to protect families from drunk driving and underage drinking. MADD also supports drunk and drugged driving victims and survivors – serving one person every nine minutes – at no charge.

Power of parents

Parental influence is the most important factor in helping keep teens safe. A GfK Roper Youth Report showed that 74 percent of kids (8-17) said their parents are the leading influence on their decisions about drinking.

That's why MADD began an underage drinking prevention initiative, beginning with a parent program – Power of Parents.

There are two components to this program: an Interactive Section of MADD's website (madd.org/powerofparents) and a community-based program (parent handbook). The parent handbook is available free to communities through the website and through 30-minute parent workshops facilitated by trained MADD staff and volunteers.

The goals of MADD's parent initiative are to influence parenting behavior to prevent underage drinking, maintain the 21 minimum drinking age law in all 50 states and engage new supporters to carry on MADD's lifesaving work. For more information, go to madd.org.

Very risky behavior

Driving under the influence of alcohol and other drugs is dangerous and against the



- About one in three eighth-graders has tried alcohol.
- One in five teens binge drinks. Yet, only one in 100 parents believes his or her child binge drinks.
- Teen alcohol use kills about 6,000 people each year, more than all other illegal drugs combined.

law. Monitor the *Tampa Bay Times* for a few weeks. How many people are involved in DUI accidents or arrests during this time period? Based on what you read and see in your community, write down your thoughts about why people drive under the influence. Research alternatives to this behavior. Write an essay based on what you have read and learned.



LiveFree! CLUBS

Students promote healthy choices and strong communities.

Students and community members who are LiveFree! club members learn team-building and positive pro-social skills required for youth advocacy and leadership while being a driving force for alcohol, prescription drug and other drug prevention among their Pinellas peers. LiveFree! active club and coalition involvement helps youth build on their existing talents to realize great success for the future. Club members participate in community events, learn about environmental and legislative issues, and work behind the scenes to support projects and initiatives.

LiveFree! clubs are all about making positive choices and keeping youth motivated. Therefore, LiveFree! clubs do not all look alike. While they all share a single mission, vision and values, activities are strongly influenced by the interests of its youth members. Youth are shown through example what true partnership and teamwork are all about in a strong community committed to prevention.

LiveFree! has 12 clubs in schools and the community. LiveFree! clubs are located at Dunedin High School, Pinellas Park High School and the Criminal Justice Academy, Osceola High School, Largo High School, Northeast High School, Largo Middle School, St. James AME Church, Jack and Jill of Pinellas County, Starling School and Daycare, Sumter Home Day Care, McLin LiveFree! and ARTZ4LIFE club.

Consider making a difference in your community and building your skills to help realize great success for your future. Join LiveFree! today by emailing livefree@operpar.org.



LiveFree! school clubs

LiveFree! school club members have been busy during the 2012-2013 school year.

Students are getting involved in school and community events while promoting their drug-free, bully-free and violence-free messages.

Northeast High School LiveFree! Club, led by Kym Solitaire, participated in a peer mediation instructional video for the S.T.A.R.T. Conference. The club members hosted a school-wide NOPE assembly and took part in the NOPE candlelight vigil. Club members volunteered at the Red Ribbon Family Fun Fest, collected donations for CASA and Criminal Justice Academy and collected cellphones for soldiers.

Pinellas Park High School and Criminal Justice Academy LiveFree! Club, led by Paul Hanson, organized a Red Ribbon booth for their homecoming football game on Oct. 26, 2012. Club officers gave a presentation about their club's organization to state evaluators in early October. They also participated in the October Walk Like MADD event. Recently, they conducted a campaign to promote No Texting While Driving, along with their consistent Be the Wall message.

Largo High LiveFree! Club, led by Denise Soffos and Rhonda Ullrich, has been promoting their drug-free message all over the school, as seen in the above photos. The club partners with the SAVE (Students Against Violence Everywhere) Club. They posted student-designed anti-bullying signs all over the school and hosted Attorney General Pam Bondi at a school assembly. They promoted Red Ribbon Week and Acts of Kindness week by passing out 150 free hot chocolate drinks on Valentine's Day.

PCS Face It program



Pinellas County Schools is involving and empowering families to support youth in choosing a drug-free lifestyle. This is the basic premise behind Face It, an educational substance abuse prevention and early intervention program. Emphasizing relationship building and communication, parents/caregivers attend eight Face It sessions with their teens ages 12-18.

Participants learn about the consequences and effects of using or possessing alcohol, tobacco and/or other drugs. A series of 12 thought-provoking topics helps families learn, practice and apply healthy life skills:

- Setting goals
- Marijuana use and abuse
- Limits and consequences
- Communication
- Families living with a substance abuser
- Anger management
- Building healthy relationships
- Tobacco use
- Making healthy choices
- Conflict resolution
- Prescription and over-the-counter drug misuse and abuse
- Handling stress



Face It is offered as an alternative to reassignment for Pinellas County Schools or on the recommendation of a concerned party. This program also is supported by the LiveFree! Substance Abuse Prevention Coalition of Pinellas as a means of facing and resolving problems related to alcohol, tobacco and other drugs. To learn more about the program, please contact Lynn Mattiace at the Prevention Office of Pinellas County Schools at 727-588-6130.

Written by Laura Mead Spaulding, family community coordinator LiveFree! School Clubs/Face It



The Largo Middle LiveFree! Club,

led by Angelina Jones, is the first middle school-level club to join the LiveFree! family. They had an exciting Red Ribbon month, with 41 members promoting the LiveFree! message to other students. They also collected many donations for CASA before and after the holidays. Some of the students attended the NOPE vigil, and they continue to learn and promote the anti-alcohol and drug message.

The Dunedin High LiveFree!

Club, led by coach Cynthia "Cindy" Robinson, developed and wrote the "Dinner Dilemmas," which are now available online and to all schools. They also attended the NOPE vigil, and their STEP team performed at the Student Services Bonanza on Feb. 18, 2013 at Largo High School for Student Services staff and administrators, promoting the LiveFree! message, as they do all year in the schools and community.

LEARNING WITH THE TIMES ACTIVITY MONITORING ADVERTISEMENTS

A drug is any non-food substance that when put into the body changes the way the body or mind works – including tobacco. Newspapers and the Internet frequently contain advertising for smoking or smoking substitutes. Monitor the *Tampa Bay Times* and your favorite television station for a week. In your journal, write down each time you see an advertisement for tobacco

or a tobacco alternative. Do you think you are being bombarded with these images? What is the message that is being conveyed in these advertisements? Create a graphic organizer with the information you see. Share your thoughts with your class.

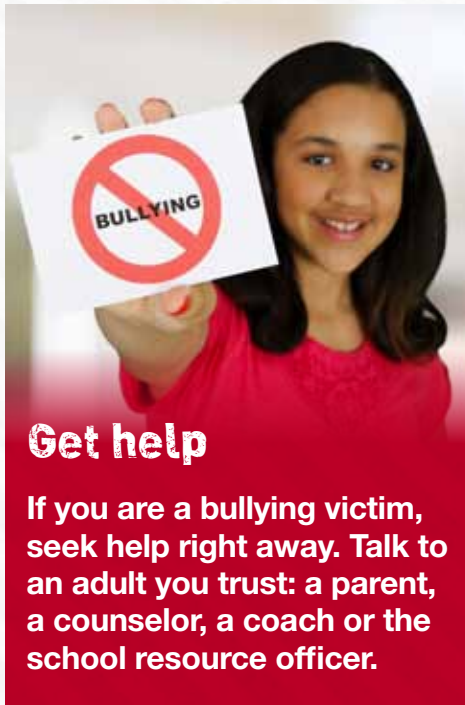
BULLYING:

Not a rite of passage



Don't believe the hype

Bullying is not “just part of growing up.” Don't believe what you see on TV: Fighting and violence lead to pain, shame and possible serious injury. More fighting is not the way to resolve a bullying issue. People who are the victims of bullying may become depressed and isolate themselves, making it difficult for them to concentrate and learn in the school environment. Victims may keep to themselves, which makes them easier targets than others who are surrounded by their friends. People bully, hurt or harass others because it makes them feel powerful, or even accepted. They bully because they are angry, frustrated or jealous, or they may even be victims of bullying themselves by others in their life.



Get help

If you are a bullying victim, seek help right away. Talk to an adult you trust: a parent, a counselor, a coach or the school resource officer.

Youth violence: a public health problem

Youth violence refers to harmful behaviors that can start early and

continue into young adulthood. Youth violence does not just refer to a person committing a violent act. The young person can be a victim, an offender or a witness to violence. Youth violence is widespread in the United States. It is the second-leading cause of death for young people between the ages of 10 and 24. Bullying is a form of violence and could lead to more serious violent acts. Bullying is physically and emotionally hurting or being mean to someone.

Source: Centers for Disease Control and Prevention; Pinellas County Sheriff's Office

Bullying comes in many forms:

PHYSICAL ATTACKS – hitting, pushing, kicking

VERBAL ATTACKS – threats or insults

SEXUAL HARASSMENT – unwanted sexual advances, gestures or remarks

SOCIAL BULLYING – spreading gossip or rumors, ignoring someone on purpose or excluding people from groups or activities

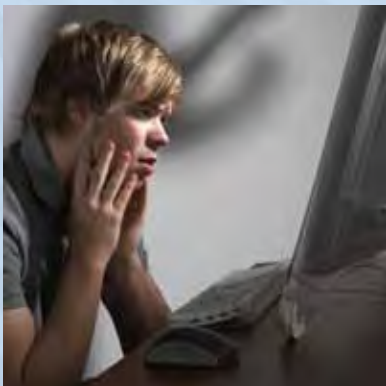
CYBERBULLYING – using the Internet or cellphones to threaten, harass or embarrass someone

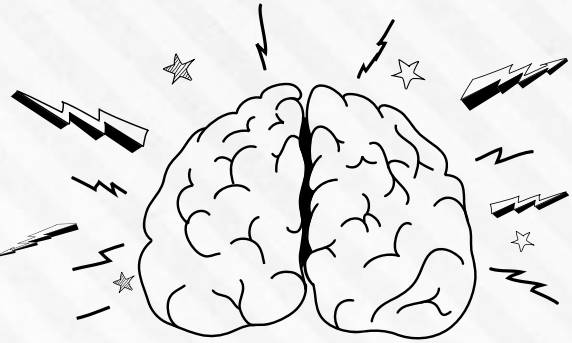
What to do if a bully confronts you:

- ➔ Keep your cool. The bully wants to upset you – don't give him or her this satisfaction and resist responding emotionally.
- ➔ Tell him or her to stop and leave you alone.
- ➔ Don't trade insults. Don't get involved in a verbal confrontation.
- ➔ Remove yourself from the area – and ignore any “trash talk” that might result.
- ➔ Stay with friends – there is safety in numbers. People who bully are less likely to target a group, but their actions should not be tolerated in any event.
- ➔ Above all, avoid violence and report any talk of a weapon, real or threatened.

Cyberbullying prevention

Cyberbullying has become a growing and serious problem. You can prevent cyberbullying by using common sense. Think before you send or post. Don't post or send anything that you would not say in person or that may embarrass you later. Remember, cyber conversations are not private. As soon as you press “Send” you can't control where the text or pictures go or who will see them.





The teenage brain

The prefrontal lobe of the brain is responsible for thinking, planning and decision-making. During the teen years, while the brain is growing and developing, this part of the brain is beginning to form the adult personality and shape future behaviors. In other words, sometimes teens make bad decisions because their brains are not fully developed. This situation will be made worse with the use of drugs and alcohol because drug and alcohol abuse slows down the growth of the prefrontal lobe, and can leave permanent irreversible damage to this part of the brain, resulting in poor decision-making on the part of the adult that will be a lifelong trait.

PARENT POINTERS



Keep in mind that the signs of bullying can be very subtle. Talk to your child if you see sudden or dramatic changes in behavior, such as avoidance of school; a drop in attendance or grades; a change in eating habits; unexplained marks or bruises; damaged or missing belongings; health complaints; withdrawal; emotional upset, fear or anger after using the Internet or cellphone. To learn more about bullying, go to StopBullyingNow.org and GetNetWise.org.

STREET TEAM DIRECT™

has students/youth weigh in

Why are we seeing a decrease in alcohol, marijuana and prescription drug use among teens in Pinellas County? Check the stats for 2012 compared to 2010, and notice the across-the-board drops in each category.

The LiveFree! Coalition is going directly to teens and young adults to get some answers about what's working and what's not. The coalition, which has led the charge for most of the past decade in reducing teen alcohol and drug use, is looking for more insight from teens themselves.

A local rap artist called Mackey, in partnership with RGE Media, will spend three weeks "on the streets" interviewing teens for their feedback on why we're seeing progress in several areas, and what more can be done to continue the gains.

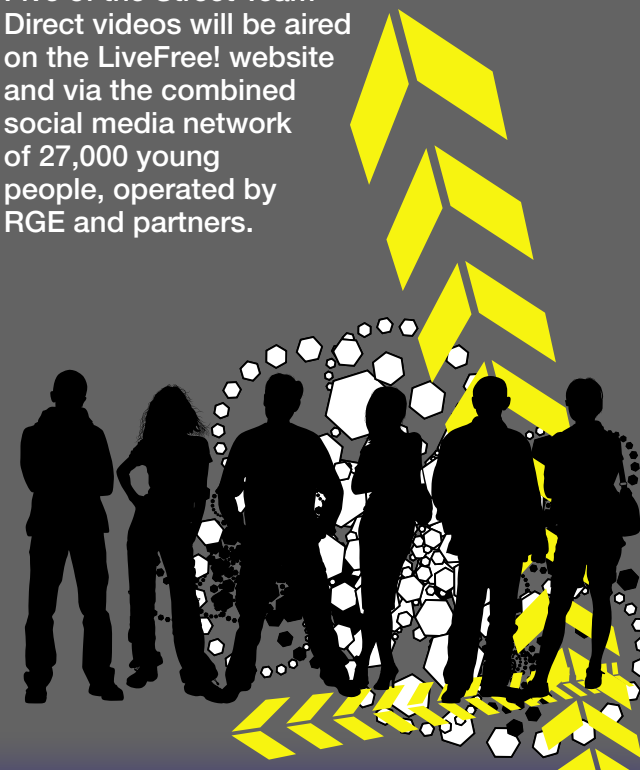
From March 1 through 20, Mackey and company will visit clubs, shopping malls and at least one St. Petersburg high school to videotape their conversations with teens and young adults.

The project is spearheaded by Robert Gallardo, the 22-year-old chief executive officer of RGE Media, who says "We have a lot of caring adults who want to know how they can help reduce drug and alcohol use by kids. The kids are the ones who can tell you first hand why they're doing what they do. This Street Team Direct work is our way of not only spreading the good news but also going deeper into the issues."

The 19-year-old Mackey is best known in the area as a "conscious rapper," promoting positive messages. The young rapper will also star in a music video to be aired at the upcoming LiveFree! town hall event on March 21, performing a song specially written for and dedicated to the LiveFree! mission. The event will be broadcast on WEDU-TV this spring.

Other young people committed to the project include the crew of Local Muzik (an artist consortium run by RGE and rapper Crown Marquiss) and Adrianna Curry, publisher of *Mieux Magazine* online.

Five of the Street Team Direct videos will be aired on the LiveFree! website and via the combined social media network of 27,000 young people, operated by RGE and partners.



LEARNING WITH THE TIMES STUDENT ACTIVITY WHAT WOULD YOU DO?

Think about bullying and the information presented on the preceding page. Does bullying go on in your school, home or neighborhood? Can it be avoided? Have you observed an unjust action or behavior? What did you do? If you could go back in time and revisit that moment, would you handle it differently? Why is it sometimes difficult for people to speak out or act against wrongdoing?

Look for an article in the *Tampa Bay Times* where bullying, in some form, is an issue. Make a chart listing the issues presented in the article, what actions were taken and what actions could have been taken for a more positive result. Write a letter to the editor based on your views and the information you read. Be sure to use specific examples to support your ideas.

Maybe you're thinking about getting a job. What do you need to know to become more prepared? How can you distinguish yourself from other job candidates? What can you expect in the workplace once you are hired? All are good questions for job seekers of any age.

10 Steps For a Successful Job Search

Before you Apply

Step 1

Think about what kind of work you would be good at

Would you enjoy working with people, or would you prefer working alone?

Do you enjoy being outside or inside an office setting?

Do you work well with technology, or do you prefer interacting face-to-face?

Try to apply for jobs that match your personality and strengths.

Step 2

Find people who support you

People who can tell your future employer something good about who you are and what you've done make great references.

Past employers, teachers, coaches, faith leaders, mentors, and family friends are just a few examples of potential references.

Create a list of your references' names, contact information, and their relationship to you.

Step 3

Clean up your online image

Interviewers may look at your social media sites before they interview you.

Delete photos and postings that include: foul language, rude gestures, alcohol, tobacco, and other drug use, or anything else that could make a bad impression on your future employer.

Before the Interview

Step 4

Learn about the job you want

Talk to members of your community or look online to find more information about the organization where you apply.

Find out more about specific job responsibilities, pay, and benefits.

Step 5

Practice your responses to common interview questions

Interviewers will almost always ask you to tell a little about yourself, to explain why you are a good fit for the job, and to describe some of your personal strengths and weaknesses.

Think about how you will answer these questions, and practice with a friend, family member, or advisor.

During the Interview

Step 6

Dress for success

Wear clean, well-fitting clothes, such as a nice shirt or blouse and slacks or a skirt.

Keep your hair, fingernails, jewelry, and make-up simple and neat. Nothing about your appearance should be distracting, since you want the interviewer to be focused on you.

Step 7

Show respect and consideration for the interviewer

Arrive 15 minutes early and well prepared for your interview.

Take a moment to silence your phone or other electronic devices, and give the interviewer your full attention.

After the Interview

Step 8

Thank the person who interviewed you

Shake hands with the interviewer and thank her or him for taking the time to talk with you.

Mail or e-mail a thank you note within three days of the interview.

Keep your note simple and courteous, and don't forget to include your contact information!

Step 9

Follow up

Call within a week later to follow up about the job.

Take that opportunity to ask any further questions you may have, and find out when you can expect to hear back about the position.

Step 10

Stay positive

If you are offered the job, congratulations! If you are not offered the job, maintain a positive attitude and keep trying!

It can take many applications and interviews before the right opportunity presents itself. Even if you don't get the job you want at first, you can make a great impression on your interviewer, who can recommend you for another position when it becomes available or to another employer who is hiring.



The first step is identifying what kind of job you are looking for. Is there a particular career field that you think you would enjoy? Seeking employment in a potential career field will help you learn what it's like to work in that industry. It also could provide you with valuable work experience, enabling you to gain admittance to a certain college or major.

Research the skills needed for that position and create a plan to gain that knowledge. You might check out employers' websites to see what type of jobs are available, but pay attention to the job requirements.

Jot down all your special attributes and provide examples of each. Your hard work on attaining dean's list, making the honor roll or being the food drive chairperson show valuable qualities that appeal to employers. Make a list of any special training or classes you've taken that will show your effort in seeking additional training and reaching a goal.

Finally, make a record of the times when you were given responsibility or jobs of any sort, including babysitting, pet sitting or working as a camp counselor. Write down the dates of employment/volunteering, addresses, phone numbers and supervisors names.

Clean up your online persona.

Clean up your Facebook, Twitter and other social networking pages. Remove pictures of yourself, or friends, partying or displaying behavior that an employer might question, even if the pictures really were innocent. Links to YouTube videos, Pinterest pictures or websites that feature unsuitable content will not reflect well on your character. Perception is reality! The truth is that your controversial behavior can jeopardize your chances of getting that job you want.

Distinguish Yourself

What sets you apart from all the other job candidates? First

impressions count big, so be sure to be clean and neat – look at how their employees dress and dress similarly. Bathe and arrange your hair neatly. Limit your jewelry to one or two pieces, remove piercings and cover tattoos. Silence cellphones and keep electronics in your pocket.

People skills make a difference, too! Smile! Speak clearly and confidently, avoiding jargon. Use a firm handshake and look the employer in the eye when you speak. Don't forget to thank the employer and whoever you speak to in the company. Practice and get feedback from your family and friends. Rehearse telling about examples of your accomplishments and responsibilities.

Know Workplace Expectations

For you, the expectation may be very simple – arrive each day, do what the boss tells you and get paid. Even though it's not foremost on your mind, you also have an expectation to work in a safe and healthy environment. Co-workers that come to work under the influence of drugs or alcohol may seriously put other employees in danger.

Your prospective employer also has a duty to you to protect you while on the job. He or she will expect you to be productive and work safely. Because of this, your employer may ask you to submit to a drug or alcohol test before becoming employed. He or she also may randomly test you for the presence of drugs in your system. A positive drug or alcohol test may result in you losing your job or worse.



Go for It!

Taking the step from adolescence into the adult world may seem daunting, but with preparation and goal-setting, the transition will be smoother!

Written by Karen Belanger, Drug Free America

What's Lurking Online

STAND
Students Taking Action Not Drugs

Drug Free
AMERICA
Foundation, Inc.

Today, there are many ways for young people to access the Internet, through computers, laptops, smart televisions, handheld devices and, of course, smartphones. The Internet has changed the world of communication and information exchange for the better, although some would argue not so much!

It is difficult to imagine life without the Internet. Every day there are all types of predators accessing the Internet from all over the world. Among them are drug dealers using the Internet to establish and maintain their criminal business and to sell illegal drugs or the chemicals to make these drugs.

With the emerging trend of synthetic drugs such as Spice, K2, and bath salts, as well as methamphetamines, Internet sites provide instructions on how to make drugs. The access to drugs, chemicals and drug-making instructions on the Internet is a complicated situation to which laws and regulations have yet to catch up.

Drug dealers lure young people into the drug culture by producing colorful ads attractive to the young mind. They utilize cartoon characters such as Betty Boop, Scooby Doo and Super Mario. They often sell drugs packaged as candy, tattoos and other products of interest to kids.

Internet pharmacies allow the sale of prescribed medicines without the required prescriptions. Many of these medications have a high abuse potential. In Florida, there were an average of seven deaths per day in 2012 from prescription drugs, so this is a very real danger.

The volume of illegal sales of narcotic drugs through websites has risen dramatically, making the Internet a major source of drugs for drug abusers. Many of the drugs are addictive; some are highly potent and their abuse can have fatal consequences.

Recent data collected from a study by Nielsen Online, conducted for the Office of National Drug Control Policy, confirmed that today's tech-savvy teens are exposed to dangerous, drug-related content through the Internet.

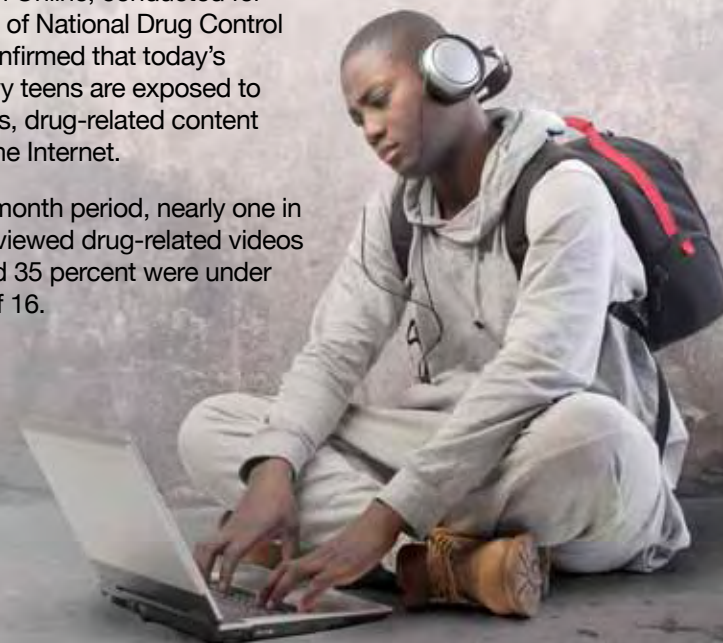
In a one-month period, nearly one in 20 teens viewed drug-related videos online and 35 percent were under the age of 16.

Nearly 40 percent of drug-related videos contain explicit use of drugs and/or intoxication.

Eighty-five percent of videos containing explicit drug use or intoxication also have comments that promote substance abuse.

We rely on the Internet to enhance our lives on many levels. Savvy young people are huge users of this immersive technology. However, because the Net allows access to everyone with a device, whatever the purpose, young people are particularly vulnerable to the dangers that lurk in the cybersphere, such as predators and drug dealers.

Source: Drug-Free America and STAND



LEARNING WITH THE TIMES STUDENT ACTIVITY RESPONSIBILITY AND RESPECT IN ACTION

Becoming a role model for another person is a great way to influence good behavior. Look in the *Tampa Bay Times* and find a person who is a good role model. You might even find good examples on the comics pages. Make a list of reasons why this individual is a good role model. Next, pretend you are going to interview this

person for your school newspaper. Write out six questions that you would ask this person about being a role model. Trade questions with a friend and answer them as you think the role model would. Share your thoughts about this character with your class.

Resources

LOCAL

2-1-1 Tampa Bay Cares Inc.: 211tampabay.org

About Pinellas Kids: This website will serve as your guide to understanding the state of Pinellas County children today, operated by the JWB: aboutpinellaskids.org

Central Florida Behavioral Health Network: cfbhn.org

Eckerd College: eckerd.edu

Family Resources: family-resources.org

Juvenile Welfare Board (JWB) Children's Services Council of Pinellas County: Provides technical assistance and information to JWB-funded agencies, JWB staff and all Pinellas County residents: jwbpinellas.org

LiveFree! Substance Abuse Prevention Coalition of Pinellas County: pinellascoalition.com

NAACP, St. Petersburg Branch: naacpstpete.org

Operation PAR Inc.: operationpar.org

Pinellas County: pinellascounty.org

Pinellas County Schools: pcsb.org

Pinellas County Sheriff's Office: pcsoweb.com

Pinellas County Sheriff's Office, Pinellas Drug Abuse Drug Diversion: pinellasdrugabuse.com

St. Petersburg College: spcollege.edu

Suncoast Safety Council: safety.org

University of South Florida, St. Petersburg: usfsp.edu

University of Tampa: ut.edu

WEDU-TV (West Central Florida's PBS affiliate): wedu.org

STATE

Be the Wall: bethewall.org

Center for Prevention Workforce Development: preventionon-line.org

Drug Free Florida: drugfreeflorida.org

Faces and Voices of Recovery: facesandvoicesofrecovery.org

Florida Alcohol and Drug Abuse Association: fadaa.org

Florida Certification Board: ficertificationboard.org

Florida Coalition for Alcohol Policy: myfcap.org

Florida Community Health and Wellness Dashboard

http://floridasdata.com/index.html

Florida Department of Children and Families Substance Abuse Program Office: dcf.state.fl.us/programs/samh/SubstanceAbuse/ sew.shtml

Florida Keep Kids Drug Free Foundation: kkdf.org

Florida Prevention System: http://fcpr.fsu.edu/prevention

Florida State Epidemiology Workgroup (Florida Youth Substance Abuse Survey) and other data reports, including economic costs: dcf.state.fl.us/programs/samh/SubstanceAbuse/ sew.shtml

Florida Substance Abuse Response Guide: http://fcpr.fsu.edu/sarg

Nar-Anon and Narateen: NaranonFL.org Help Line in Florida 1-888-947-8885

Sexual Violence Prevention Program: doh.state.fl.us/Family/svpp/index.html

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Alateen: al-anon.alateen.org/alateen-literature

Alcohol Justice – The Industry Watchdog: http://alcoholjustice.org

Alcoholics Anonymous: aa.org

Centers for Disease Control: cdc.gov

Check Yourself: A place for older teens to check out whether their use of alcohol or drugs is turning into a problem for them. http://checkyourself.com

College Drinking– Changing the Culture: collegedrinkinglevelingprevention.gov

Community Anti-Drug Coalitions of America: Builds and strengthens the capacity of community coalitions to create safe, healthy and drug-free communities: cadca.org

Center for Substance Abuse Prevention: http://prevention.samhsa.gov

Drug Free America Foundation: dfaf.org

Leadership to Keep Children Alcohol Free: alcoholfreechildren.org

Make a Difference – Talk to your Child about Alcohol (pamphlet): http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/MakeADiff.pdf

Medical Marijuana: http://fcpr.fsu.edu/sarg/tools/docs/MediPot_110409.pdf

National Center for the Application of Prevention Technology: captus.samhsa.gov

National Center for Substance Abuse and Child Welfare: ncsacw.samhsa.gov

National Clearinghouse of Alcohol and Drug Information: store.samhsa.gov

National Council on Patient Information and Education: talkaboutrx.org

National Drug Free Workplace Alliance: ndwa.org

National Institute on Drug Abuse: nida.nih.gov

National Registry of Evidence-based Programs and Practices: nrepp.samhsa.gov

Navigating the Teen Years– A Parent's Handbook for Raising Healthy Teens: http://store.samhsa.gov/product/Navigating-the-Teen-Years-A-Parents-Handbook-for-Raising-Healthy-Teens/PHD1127

NIDA for Teens: http://teens.drugabuse.gov/index.php

Office of National Drug Control Policy: whitehousedrugpolicy.gov

Outside the Classroom: Alcohol EDU: http://highschool.alcoholedu.com

Parents. The Anti Drug: drugfree.org/paretnresources

SAMHSA Locator – This site is a resource for the public in locating drug treatment facilities within your hometown: samhsa.gov/treatment

STOP Underage Drinking– portal of government resources website: stopalcoholabuse.gov

Substance Abuse & Mental Health Services Administration: samhsa.gov

The Cool Spot – This site is designed to give middle schoolers the facts about alcohol and how to resist peer pressure: thecoolspot.gov

The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: surgeongeneral.gov

Tips for Parents on Keeping Children Drug Free (pamphlet): ed.gov/parents/academic/involve/drugfree/drugfree.pdf

Too Smart to Start: toosmartstart.samhsa.gov

Underage Drinking Enforcement Training Center: udetc.org

Students Taking Action Not Drugs: studentstakingaction.org

HOTLINES

2-1-1 Tampa Bay Cares — Crisis Counseling Information & Referral: 727-562-1542 or dial 211

Alcoholics Anonymous Central Hotline: 727-530-0415

American Council for Drug Education (treatment referrals): 800-DRUG-HEL(P) 800-COC-AINE 800 -MAR-IJUA(NA) 800 -HEL-P111 800-REL-APSE 800-CRI-SIS9

Florida Tobacco QuitLine: flquitline.com

MADD Drunk Driver Hotline (Pinellas County Sheriff's Office): 727-582-6233

Narcotics Anonymous Support Group Hotline: 727-547-0444

National Addiction Hotline: nationaladdictionhotline.com

TIP Line (Pinellas County Sheriff's Office): 727-586-3673

Suicide Hotline: http://suicidehotlines.com

Pinellas County Sheriff's Office – pcsoweb.com and 727-582-6200

Campus Crime Stoppers – Report crime – be anonymous – get a reward 1-800-873-TIPS

Pinellas County Sheriff's PAL pinellascountypal.com

Pinellas County Sheriff's Explorer Post 900 post900.com; 727-582-6200

The StepUp Program at the Pinellas County Sheriff's Office, 727-582-6396

The Florida Sheriffs Youth Ranches: youtheranches.org

POLICE DEPARTMENTS

Belleair Police Department
901 Ponce De Leon Blvd., Belleair, FL
33756-1096
Phone: 727-588-3787

Clearwater Police Department
645 Pierce St., Clearwater, FL 33756
Phone: 727-562-4242

Gulfport Police Department
2401 53rd St. S., Gulfport, FL 33707
Phone: 727-893-1030

Indian Shores Police Department
19305 Gulf Blvd., Indian Shores, FL 33785
Phone: 727-595-5414

Kenneth City Police Department
4600 58th St. N. Kenneth City, FL 33709
Phone: 727-544-2564

Largo Police Department
201 Highland Ave.
Largo, FL 33770
Phone: 727-587-6730

Pinellas County School Police
11111 S. Belcher Road, Largo, FL 33773
Phone: 727-547-7215

Pinellas Park Police Department
7700 59th St. N. (P. O. Box 1100),
Pinellas Park, FL 33780
Phone: 727-541-0758

St. Petersburg Police Department
1300 1st Ave., N., St. Petersburg, FL 33705
Phone: 727-893-7588

Tarpon Springs Police Department
444 South Huey Ave., Tarpon Springs,
FL 34689
Phone: 727-938-2849

Treasure Island Police Department
180 108th Ave., Treasure Island, FL 33706