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

National Kick Butts Day!

Members of HC DrugFree's Teen Advisory Council remind you that today is national Kick Butts Day, a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco.



Teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. The first Kick Butts Day was held in 1996.

Great strides have been made in the fight against tobacco, but daily, more than 3,000 youth under 18 try smoking for the first time and 700 youth become new daily smokers. Tobacco use remains the leading cause of preventable death in the U.S., killing more than 480,000 people each year.

8.7% of Maryland high school students smoke cigarettes, while an alarming 20% of high school students use electronic cigarettes.

Howard County youth tell HC DrugFree that they would never smoke cigarettes because of the dangers of smoking, yet these same young people admit to trying or routinely smoking electronic cigarettes. Unfortunately, youth believe the new products are not bad for them and e-cigarettes can be a gateway to more youth smoking cigarettes.

Be sure the youth in your life know the dangers of electronic cigarettes! Teens are less likely to use electronic cigarettes if they know they contain ingredients such as nicotine.

[Click here](#) to read an article about youth smoking e-cigarettes.

(High School) Senior Week: Staying Safe in Ocean City

[Click here](#) for a printable flier. HC DrugFree will offer 2 annual *Senior Week: Staying Safe in OC* programs. Attend to hear beach safety tips and beach-related police updates to keep your teen safe.

Mark your calendars for:

- 1) **March 27 at 7:00 p.m.** in Howard High School auditorium
- 2) **April 24 at 7:00 p.m.** in Mt. Hebron High School auditorium.

These programs are for high school seniors planning to participate in Senior Week at the beach as well as their parents, grandparents, siblings, and friends. Free. Open to the public.

Teen Advisory Council - Open to All Howard County High School Students

Next Meeting - Monday, **April 16**: HC DrugFree's Teen Advisory Council (TAC) meeting will be held at The Barn (Teen Center) in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. TAC meets once a month and is **open to all Howard County high school teens**. Forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/> Free of charge. Pizza provided, so please rsvp to Admin@hcdrugfree.org before each meeting.

Save the Date: Drive-thru Medication and Sharps Collection: Saturday, April 28

Location: Wilde Lake Village Center Parking Lot

Time: 10 a.m. to 2 p.m.

Items collected: Prescription and over-the-counter medications and "sharps" (needles, syringes and EpiPens)

Come join HC DrugFree's team on April 28. Visit <http://www.hcdrugfree.org/drug-take-back-day-1/> for more information or call HC DrugFree at 443-325-0040.

Invest in Howard County Youth and Our Community

HC DrugFree is a 501(c)(3). **Donate online** or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044.

For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at Joan@hcdrugfree.org or 443-325-0040.



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