

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



What is a New Year's Resolution?

...something that goes in one year and out the other.

Free Parenting Classes: Register Now!



Guiding Good Choices is an evidence-based, interactive prevention program that provides families with the skills and knowledge to reduce the risk that their children will use drugs and alcohol or engage in other dangerous behaviors.

This series of five Zoom classes is for parents/guardians of

9-14 year olds. If your child isn't 9-14 or you are a Howard County grandparent, please register and HC DrugFree will contact you. Parents/guardians or child must live in Howard County.

Topics include How to Prevent Drug Use in Your Family, How to Develop Healthy Beliefs and Clear Standards, Avoiding Trouble: How to Say No to Drugs, Managing Conflict: How to Control and Express Your Anger Constructively, and How to Strengthening Family Bonds.

Classes will be held **Wednesdays, February 2, 9, 16, 23 and March 2** from 10:30 a.m. to noon. Adults are expected to attend all 5 sessions.

Register at: www.surveymonkey.com/r/GGCFebMar2022

For more information: Email Parenting@HCDrugFree.org or visit our [website](#)

Life Skills for Grades 6-9: Register Now!



FREE and back by popular demand!!!

HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-8. (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.

To be sure your student receives numerous perspectives, our instructional team consists of dedicated adults and older students sharing situations they may face in high school, college, and beyond.

Classes will be held via Zoom Tuesdays February 8, 15, 22, and March 1, 8, 15, 22, 29 from 5:30 p.m. to 7:00 p.m.

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

For more information: Email LifeSkills@hcdrugfree.org or visit our [website](#)

High school and college students who are interested in assisting with the classes should hurry and email LifeSkills@hcdrugfree.org.

Hello 2022

Wave goodbye to the old, embrace the new, and may every day of the new year inspire you to grow!

Write it on your heart that every day is the best day in the year. -
Ralph Waldo Emerson

If you did one act of kindness a day for one year, you could change 365 lives (plus your own).

Incredible Internship Opportunity

This exciting opportunity looks good on résumés and applications...and our interns gain practical skills and confidence for future college and job success.

Do you know a **college student** considering a career in public health, education, drug & alcohol prevention, or who is interested in learning more about the inner workings of nonprofit organizations?

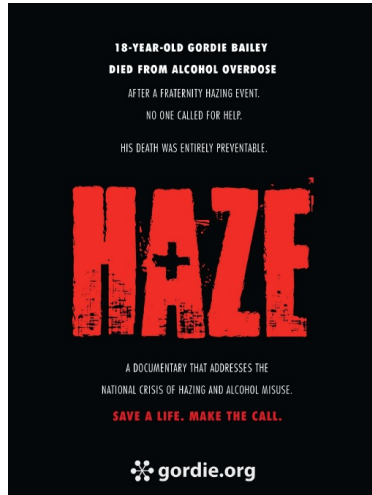
HC DrugFree is looking for a responsible intern for the spring semester to help with some of our programs. We are especially looking for college students to assist with and be positive role models for the middle school students in our Life Skills classes. We offer a wide variety of opportunities to help interns gain experience in areas of interest to them and the flexibility of working virtually from anywhere. Internship experiences are a great addition to a résumé and provide opportunities to share in job interviews, and depending on your school's policies, may be able to count for credit.

Interested college students should email admin@hcdrugfree.org for more information.

Talk with Your Students about Hazing

At least 5 students died from alcohol overdose in 2021 and all signs point to hazing. If you are the parent of a college student, HC DrugFree's partners at The Gordie Center at the University of Virginia encourage you to [watch this video](#) with tips for talking to your student about hazing and use the time while your student is home on break to talk with them. Hazing is not just a risk for

new students, so even if your student is graduating soon, the conversation can be an important part of breaking the cycle of hazing.



Want to host an HC DrugFree community program?

Available to schedule now: HAZE

When presented in the fall of 2021, this program received so much positive feedback from parents and students that we decided to offer a similar opportunity to Howard County PTAs, PTSAs and other community groups.

If you or your group are interested in hosting a virtual Haze event in 2022, please email

admin@hcdrugfree.org.

Howard County Teen: "There's Still a Lot More I Need to Learn"

A Howard County teen submitted the following blog after attending our Safe Driving program in December:

I thought the Safe Driving program HC DrugFree presented to teens and parents in December was very informative because it felt like a natural next step from everything we already discussed in HC DrugFree's Life Skills Classes to the Middle Schoolers.

It's funny, actually, I learned that there's still a lot more I need to learn about both driving and driver's safety because, at this point, I only have a learner's permit while my friends all have their licenses. By then, I will have a much more firm grasp on the regulations. Overall, programs like these are great.

[Read more](#) teen/youth blogs.

Medication and Sharps Collections

Our next drive-thru medication and sharps collection is tentatively scheduled for April 30, 2022.

All Ho Co Teens Invited to Join TAC in 2022

HC DrugFree's **Teen Advisory Council** is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Out next TAC meeting will be on Monday, January 31 from 5:30 p.m. to 7:00 p.m. To receive the Zoom link, [click here to register](#)

Get Friends Connected to HC DrugFree

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 and informed. Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Start the Year Off by Supporting Education/Prevention Efforts



[We need YOUR financial support](#) to continue offering FREE services.

[Donate](#)



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