

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

“Count your rainbows, not your thunderstorms.”

Alyssa Knight

Everyone Needs to KNOW: Voice Scams on the Rise



[Watch Video](#)

Con artists are using artificial intelligence to clone voices and convince people that a loved one is in trouble in order to extort money.

This update is not just for parents of young children/teens, and it is yet another reason that we all need to have a secret family **safe word** or phrase to keep us and our loved ones safe. Even businesses are having to add steps to verify authorization before releasing payments.

If someone cloned the voice of your spouse, child or boss, would you be able

to remain calm and verify that it's a scam? Would your children or grandchildren know it's not you giving them instructions if they heard your voice?

For many years, HC DrugFree has been urging all families to have secret safe words or phrases for children/teens to use when they need help fast or if they want to get away from potentially dangerous situations. However, now we need to expand why practicing secret words and phrases is important and include all of us whether or not we have youth in our lives.

Free Life Skills Classes for HoCo Students

Taught by college students with high school student assistants!

Back by Popular Demand! HC DrugFree is offering another FREE evidence-based program for Howard County students in **grades 6-9** (slightly younger/older will be considered and parents will be contacted) to enhance decision making, self-management and communication skills essential to physical and emotional health and safety. We encourage siblings/friends to enroll together.



July 17, 18, 19, 20, 24, 25, 26, and 27 from 10:00 a.m. to 11:30 a.m. [Learn More & Register](#)

Join our Life Skills Team!

High School Mentors (Volunteer) - Seeking high school students in **grades 9-12** to volunteer as student role models/mentors for our Life Skills students. Community service hours available. [Apply to Volunteer](#)

College Student Instructors (Paid) - Seeking 2-3 college students raised in Howard County for a virtual position teaching and/or assisting with our Life Skills classes. [Apply for Employment](#)

Maryland's New Cannabis Law May Impact Mental Health

Read our new blog post regarding the changes to Maryland's Cannabis Laws and how that may increase the risk of mental illness particularly in young adults. [Read More](#)

International Day Against Drug Abuse & Illicit Trafficking

June 26th is International Day against Drug Abuse and Illicit Trafficking. People first: stop stigma and discrimination, strengthen prevention. [Learn More](#)

National HIV Testing Day: June 27

Did you know that approximately 1 in 10 new HIV infections in the United States stems from injectable drug use or a combination of drug use and sexual contact?

We can prevent the spread of HIV by:

- Properly disposing of needles and syringes so they can't be reused (bring them to HC DrugFree's drive-thru collections each spring and fall)
- Using protection when engaging in sexual activities
- Getting tested for HIV as a part of a regular healthcare routine.

HIV testing is an act of self-care. By knowing your status you can prevent the spread of HIV and choose the best way to care for yourself regardless of test result. [Learn More](#)

Help Us to Help Others

Like our work? Our fiscal year ends on June 30, so please hurry to donate today. Donations of any size will help us to continue providing free services and resources for another year.

[Donate](#)



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