



**HC DrugFree**  
Empowering the Community

## Welcome Back to School!

HC DrugFree's team  
wishes you a safe and memorable year.

### MDOT: STOP ON RED



With **HoCo schools back in session on Monday, August 26**, more school buses will be back on the road. Now is a good time to remind young drivers, friends and family about the importance of stopping for a school bus.

**BE ALERT** especially in school zones, near school bus stops, and during times of the day that students will be going to and coming

from school.

**STOP FOR THE BUS** because passing a school bus is illegal when its red lights are flashing and the stop-arm is extended while stopped to load and unload students.

**REMEMBER** students of all ages are unpredictable. It is your job as the driver to obey traffic laws.

[Learn More](#)

Safe Schools Maryland

Safe Schools Maryland is an anonymous and free reporting system available to students, teachers, staff members, parents, and the general public to report any school or student safety concerns, including mental health concerns.



Safe Schools Maryland is Maryland's only official anonymous reporting system. Safe Schools Maryland operates 24 hours a day, 7 days a week, and 365 days a year. Your anonymous report can be submitted by calling the tip line (**1-833-MD-B-SAFE / 1-833-632-7233**), [completing an online form](#) or downloading the free Safe Schools Maryland app from the [App Store](#) or [Google Play](#).

All students should feel comfortable in Maryland's schools. Children and young adults are stronger students when they feel safe and secure. Strong students go on to serve as the foundation for strong communities.

Safe Schools Maryland exists to ensure that our schools and our students remain safe and secure. With Safe Schools Maryland, all interested members of our communities are able to report their school and student safety concerns anonymously and securely.



[Watch Video](#) to learn more about the reporting system.

[Learn More](#)

The Howard County Public School System's Policy 1050 – Alcohol, Drug, and Tobacco Free Environment establishes the educational and disciplinary parameters needed to maintain an alcohol, drug, and tobacco free environment. For more information and to review the policy click the button below.

[Learn More](#)

## Posters Created by HoCo Kids: Again Delivered to 34 Schools

**MANAGING ANXIETY**  
COUNTING DOWN TO CALM

**5 THINGS YOU CAN SEE** 

**4 THINGS YOU CAN TOUCH** 

**3 THINGS YOU CAN HEAR** 

**2 THINGS YOU CAN SMELL** 

**1 THING YOU CAN TASTE** 

*Be Kind to Your Mind*

LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED

[hcdrugfree.org/mental-health](http://hcdrugfree.org/mental-health) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

**THESE PILLS ARE FAKE**



**THE RISK IS REAL**

**FENTANYL**

6 out of every 10 counterfeit pills contain a potentially lethal dose of fentanyl.

*As little as 2 milligrams can be fatal.  
That's the equivalent of 3 grains of salt!*

**ONE PILL CAN KILL** | IF IT DOESN'T COME FROM A PHARMACY, IT CAN BE DEADLY.


LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED

[hcdrugfree.org/fentanyl](http://hcdrugfree.org/fentanyl) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

**KEEP OFF THE GRASS**



**There's no need for weed.**

LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED

[hcdrugfree.org/cannabis](http://hcdrugfree.org/cannabis) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

**If you witness an OVERDOSE**

**Don't Run. Call 911.** 

**Maryland's Good Samaritan Law PROTECTS YOU.**

LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED

[hcdrugfree.org/goodsamlaw](http://hcdrugfree.org/goodsamlaw) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## SOME SYMPTOMS OF AN OPIOID OVERDOSE



**TINY PUPILS**



**SLOW, SHALLOW, IRREGULAR BREATHING**



**DIZZINESS, CONFUSION, AGITATION**



**COLD OR GLAMMY SKIN**



**DISCOLORED SKIN, LIPS, NAILS**



**DROWSINESS, PASSING OUT, LOUD SNORING**

IF YOU OBSERVE THESE SYMPTOMS

**CALL 911 IMMEDIATELY**

LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED  
[hcdrugfree.com/naloxone](http://hcdrugfree.com/naloxone) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## IF YOU WITNESS AN OPIOID OVERDOSE

STEP **1**



**CALL 911**

STEP **2**



**ADMINISTER NARCAN® / NALOXONE**

STEP **3**



**KEEP THEM AWAKE**

STEP **4**



**PLACE ON SIDE TO PREVENT CHOKING**

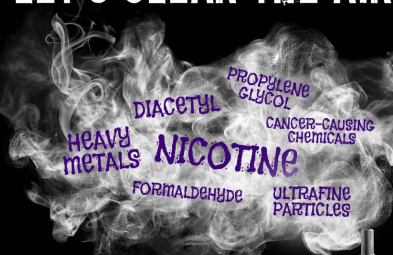
STEP **5**



**STAY UNTIL HELP ARRIVES**



LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED  
[hcdrugfree.com/naloxone](http://hcdrugfree.com/naloxone) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

## LET'S CLEAR THE AIR



**E-CIGARETTE AEROSOL ISN'T HARMLESS WATER VAPOR**

# VAPING IS SMOKING

LEARN MORE  **HCDrugFree** Empowering the Community  GET INVOLVED  
[hcdrugfree.org/vaping](http://hcdrugfree.org/vaping) [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

Join HC DrugFree's

## Teen Advisory Council

Registration open to Howard County 8th-12th grade students year round

### YOU can make a DIFFERENCE

Be Seen  
Be Heard  
Be a Leader

**Why Join TAC?**

- Gain valuable experience for job & college applications
- Earn Community Service Hours
- Volunteer opportunities all year
- Be a great role model for others!

LEARN MORE  **HCDrugFree** Empowering the Community  
 Learn more: [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

This month, our adult and student team delivered the above 8 posters to 20 HCPSS middle schools, 13 HCPSS high schools, and Glenelg Country School. In addition, posters featuring HoCo students addressing the topic of not sharing medication were also delivered. If you see our posters in your child's school, please send us a photo or let us know what you think of them (and be sure to thank the school staff for displaying them).

Topics included: Maryland's Good Samaritan Law, vaping is smoking (because too many of our HoCo kids don't think vaping is dangerous!), weed/marijuana, managing anxiety, fentanyl awareness, opioid overdose symptoms, how to respond to an opioid overdose, and how to make a difference by joining HC Teen Advisory Council. All posters direct students to our website to access more information about the specific topic as well as how to get more involved with like-minded HoCo students this school year.

Each summer, HC DrugFree's staff works with students from across Howard County to gather youth feedback and create educational materials designed to address important and timely issues in our community. Thank you to the Summer 2024 students on our team!! More student-created ads

will be shared in coming months.

Together, we can educate our Howard County youth to make more informed decisions and save lives.

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## Adult & Student Volunteers Needed

Can you spare an hour on **Thursday, August 29** starting at 5:30 p.m. or 6 p.m. (time is based on your availability)?

HC DrugFree is looking for **several adults of any age** or student volunteers for next Thursday. Must have transportation. Community Service Hours available to Howard County students. Bring your friends or family to help.

Please email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) if you can help us or want more information. When emailing, please let us know if you are an adult or student. Thank you for your support and time!!!

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## Summer Is Over, Time to Get Back to Work!

HC DrugFree is looking to hire self-motivated Howard County professionals with a heart for people of all ages in our great community. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

[Learn More & Apply](#)

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## HC DrugFree's Teen Advisory Council

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet once monthly during the academic year and act as student ambassadors in their schools and in the community.

### Why join TAC?

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join us for our first meeting of the 2024-25 school year on **Monday, September 23** from **5:30 to 7:00 p.m.** via Zoom to learn more about TAC and to see how you can get involved.

Previous members, please remember to [submit your 2024-25 TAC registration](#) so we can update your contact information.

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## Connect with Us

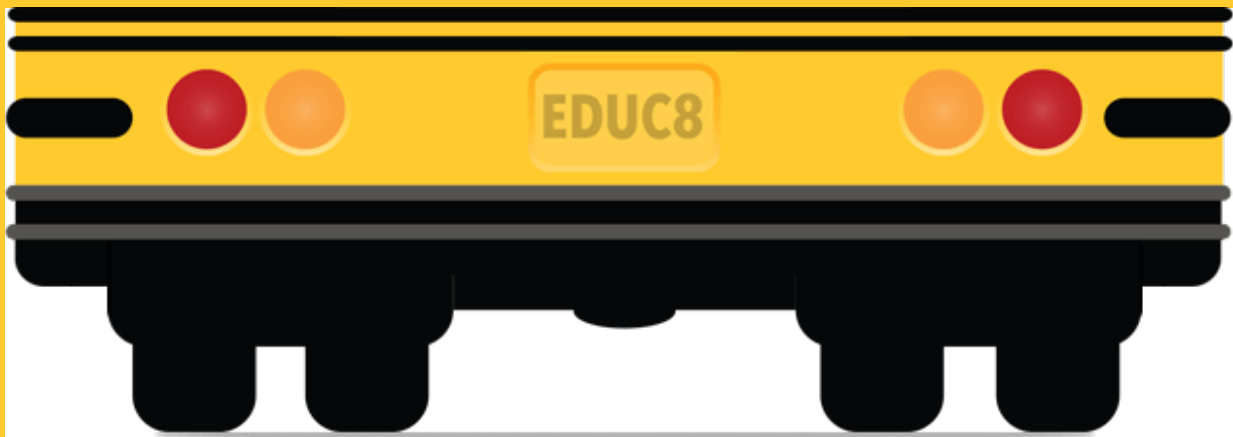
Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community *informed, safe, and IN THE KNOW!*

Follow us on [Facebook](#), [X](#), [Instagram](#) and [LinkedIn](#)!

**For more information, contact:**

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