



Important Resources:
<https://teens.drugabuse.gov/>

IFS Crisis Chat:
www.integratedfamilyservices.net Wednesday- Friday
10AM - 2PM

Teen Crisis Text Line: text
START to 741-741
www.suicidepreventionlifeline.org

National Safe Place: text
SAFE and your current
location to 69866

Update 3/20/2020

The last few days have encompassed National Cookie Day, National Napping Day and International Women's Day! It has also encompassed some days inside due to the safety of our community. We need to stay informed but not in fear, aware but not dismayed. In the days ahead, take a look at this site to see what National Day it represents. <https://nationaldaycalendar.com> Taking one day at a time is a helpful tool for your brain. The information on the coronavirus19 is to make sure you are aware. For updated information in Pitt County dial 211 and follow the prompts supported by United Way.



WHAT DO I DO WITH FEAR?

Today fear is seen as 'something must be wrong with me'. The truth of the matter is, fear happens to everyone. Fear is real. If it were not real there would not be over 20 scriptures in the Bible about it, or there wouldn't need to be psychologists to test the amounts of it. It is a real emotion that you have to put on a diet! If you feed fear, ignoring your other emotions or ignoring the times fear is not prevailing, it could actually grow. Don't feed fear. Put it on a diet. Some fear tells you when to run and can be helpful. Yet some fears are gripping and can be paralyzing. Some fear is healthy and can tell you how to respond. When you don't know what to do, talk to someone. If you feel stuck in fear, put fear on a diet! These resources may be helpful to you:

PARENT INFORMATION:

Use the [SAMHSA Treatment Locator](#) to find substance use or other mental health services in your area. If you are in an emergency situation, this toll-free, 24-hour hotline can help you get through this difficult time: call [1-800-273-TALK](#), or visit the [Suicide Prevention Lifeline](#). We also have [step by step guides](#) on what to do to help yourself, a friend or a family member.

Empowering Teens: NIDA Toolkit for Out of School Time

Why Use This Toolkit?

This toolkit offers science-based activities and resources on drug use and addiction for educating teens during out of school time (OST). The OST setting—before and after school, in the summer, or any time teens attend a supervised program outside of the typical school time—offers a unique opportunity for STEM (science, technology, engineering, and math) learning.

The activities in this toolkit inspire learning and empower teens with the information they need to make informed decisions about drug use and their health.

How To Use the Toolkit

These activities and resources are designed for educators, parents, youth-serving organizations, and anyone who has the opportunity to educate teens. You can use each one independently of the others, or use them as a comprehensive package. Customize them to suit your own drug and science

education activities. If you have any questions or would like to share your experience with using any of the following resources, we encourage you to [contact us](#).

What's In the Toolkit?

Science-based activities and lessons and how to use them in the OST setting:

- Brain Power! – Take teens on an exploration of the science behind drug use to learn the effects of drugs on the brain and body.
- Drugs & Health Blog and Teacher's Guide – Help teens make connections between what they see and hear and what the science says about drug use.
- Addiction Science Award and Teacher's Guide – Encourage teens to participate in the world's largest science competition for high school students.
- Scholastic Heads Up: Real News About Drugs and Your Body – Educate teens about drugs, drug use, and life skills with activities and lessons from Scholastic.

Screenagers: Growing up in the Digital Age Resources

You can access the screenager information below. If you are not able to access try their website: <https://www.screenagersmovie.com/resources-2>



SCHOOL CELL
POLICIES



SCREEN TIME
CONTRACTS

PARENTING
APPS

AFTERSCHOOL
ACTIVITIES

ANTI-BULLYING
CAMPAIGNS

RESEARCH

INTERNET
ADDICTION

SLEEP &
SCREEN

DIGITAL
CITIZENSHIP

PRO-SOCIAL
VIDEO GAMES

**AWAY FOR
THE DAY**

**TECH TALK
TUESDAYS**

SCREENAGERS: NEXT CHAPTER RESOURCES

**MENTAL HEALTH
SUPPORT ORGS**

**PARENTING
SKILLS**

**RESILIENCY SKILLS
IN SCHOOLS**

**MINDFULNESS
APPLICATIONS**

**SUICIDE
PREVENTION**

**MENTAL WELLNESS
CLUBS**

SCREEN TIME
BALANCE

TECH TALK
TUESDAYS

ADVOCACY

RESEARCH

AWAY FOR
THE DAY

SLEEP &
SCREEN

DEPRESSION
SKILLS

For further information go to the Pitt County Schools website:

<https://www.pitt.k12.nc.us/>

