# HIDDEN IN PLAIN SIGHT

#### Stephanie Geoghagan Project Coordinator



Did you know? MOST of our teens <u>don't</u> engage in drug use or risky behavior?



YET – media, music and culture habitually emphasizes the **"downsides"** of life...

# What are some things our youth face that could lead to Risky Behaviors?

- Access to Drugs and Alcohol
- Favorable Attitudes by parents/peers
- Peer Pressure
- Body Image Issues
- Online and other Media Influences
- Mental Health, Anxiety, Suicide Risk
- Bullying, Cyber Bullying
- Sexual Behavior, Teen Pregnancy
- Human Trafficking
- Lack of School Connectedness

## How can we help?

#### **Protective Factors**

- Parents are still the #1
  Influencers
- Modeling Good Behaviors
- Involvement in Activities
- Family Dinners
- Faith or Religion
- Positive Friend Group
- Goal Setting
- Strong Communication/People Skills
- Coping and Resiliency Skills

## Things In Our Control

It is Okay to... Control Screen Time Teach and Require Tasks Check in on Grades – Parent Portal Know their Friends and their Friends Parents

Own your Domain – House and ALL contents: Room Phone Browser history Netflix/Hulu favorites

#### "Hidden in Plain Sight"

**Substance Abuse Awareness** 

Can you spot the warning signs of drug abuse in a teenage bedroom or backpack?





Let's review some things to look out for and items which could be used by teens to conceal substance use.







#### DELTA 8 GUMMES Watermelon Zkittlez

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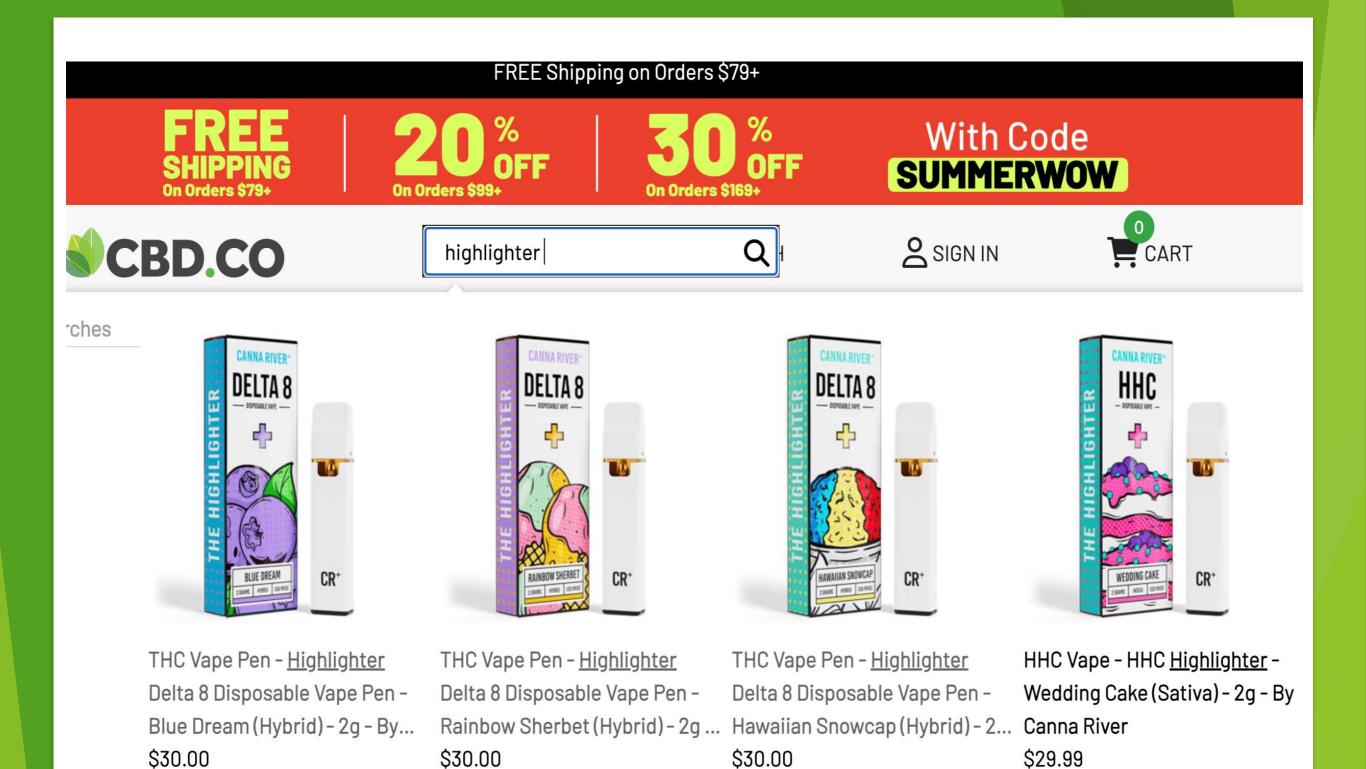


### Stash/Storage Containers















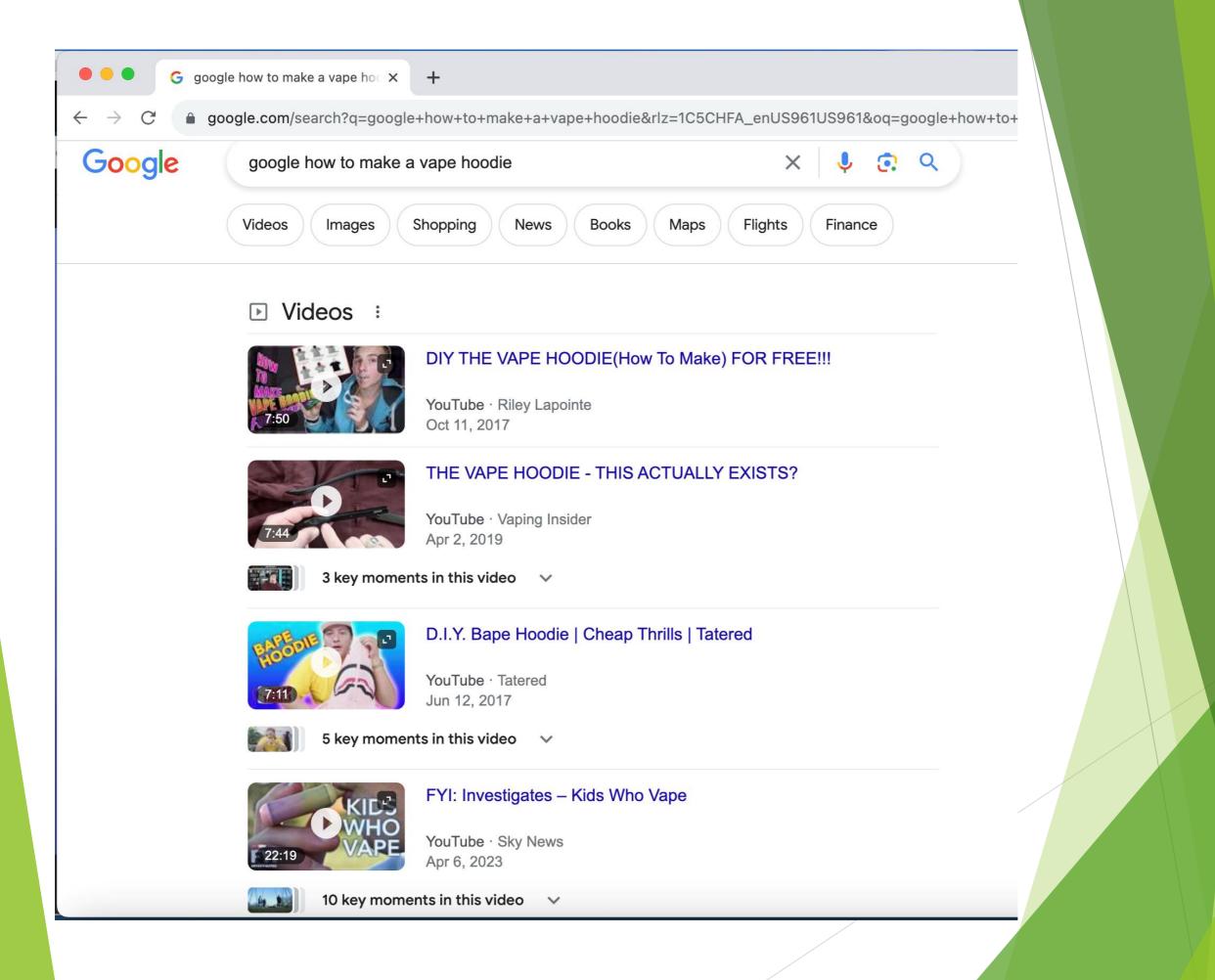
































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