

A helpful guide for parents and teens

# GOOD CHOICES

2015-2016

## TOPICS INSIDE

- Health and Wellness
- Drug Abuse
- Personal Safety
- Teen Safe Driving
- Bike Safety
- E-cigarettes / Tobacco



## DRIVE FOR 5 CAMPAIGN



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Clackamas Review and  
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## A Message from our Sponsor:

# If It's Predictable, It's Preventable

I was 15 years old and driving down I-5 in our family station wagon with a trailer in tow on our way to visit my grandparents in Elkton, Oregon where we would gather firewood for the winter. With my mom and dad in the front passenger seat, and twin sisters riding comfortably in the back seat, I was feeling extremely confident. . .perhaps even invincible. Although we weren't in a hurry, I must have felt I had something to prove when I took exit 163 to Drain, and saw the yellow warning sign advising me to slow to 25 mph. In that moment, I decided the sign was there for my grandmother, not me. Not anticipating the affect the trailer would have on my ability to control the car going into a sharp curve at 45 MPH, tire friction surrendered to the overwhelming force of inertia as the trailer continued on its trajectory, apparently unaware that it was supposed to follow my



**Andrew Crites, CEO**  
Oregon Driver  
Education Center, Inc.

lead. Suddenly the trailer was in charge, pulling us all into the lane of oncoming traffic as I tried to wrestle it back on course, and simultaneously slam on the breaks to avoid a head-on collision. In that heart-pounding instant, I was no longer in charge, and nothing had prepared me for this moment. I knew I was about to die.

I can only imagine what my family must have been feeling. There was panic, and the tragic consequence of putting an inexperienced driver behind the wheel. If only I had learned something about the laws of physics, the skill of trail breaking, and the wisdom of slowing down to the posted speed, this situation could have been avoided. My sisters were only 13 and couldn't be blamed for what I knew was about to happen. My parents had placed so much trust in me and I just blew it. I hadn't even experienced my first kiss yet, and maybe

wouldn't ever. Incredibly, we came to a stop just inches from the oncoming vehicle. I don't remember what happened next, other than my dad saying he would drive the rest of the way, and one of my sisters declaring she knew I was going too fast.

As parents, we sit in the passenger seat, white knuckled and pressing our foot down to the floorboard as if to stop the car with a break that isn't there. It can be scary, but we know it's our duty to help our teens navigate the sometimes treacherous trail. We can do more than just "hope for the best." Close calls should serve as a welcome warning of impending danger if something doesn't change. The change has to occur in the

**Parental and professional driver training is critical to the learning process to establish good habits for a lifetime of collision-free driving.**

realm of skill development, attitude shifts, and increased knowledge. This wasn't the first time I had come into a curve too fast, it was just the first time I had lost control. The first time should have prompted an explanation of the physics, the proper method for entering a sharp curve, and an attitude check that may have revealed my impaired self-perception. My inexperience, lack of proper training, and overconfidence combined to create a very predictable event. If something is predictable, it is also preventable. Most collisions are, there-

fore, preventable.

Parental instruction and modeling is critical to the learning process. When combined with professional driver training, teens are much better prepared to face the risks associated with driving. They are both better able to survive the high risk years, and establish good habits for a lifetime of collision-free driving.

**LEARN MORE ONLINE**

**VISIT:** [www.ODECdriving.com](http://www.ODECdriving.com)

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[ODECdriving.com](http://ODECdriving.com)



# Making Good Choices... Oregon Impact

Welcome to the sixth edition of **Good Choices**. This guide was created by **Oregon Impact**, a non-profit organization aimed at keeping roadways safe for all Oregonians, along with agencies that are tasked with keeping our children safe.

As the Executive Director of Oregon Impact I have had the great pleasure of working with the youth in our schools and community. Just this year alone we have had the opportunity to present our programs to over 18,000 teens and young adults. From them, I have learned that they are always connected with each other. No matter where they are, they know who is where and what they are doing. They are constantly communicating. As parents we need to be doing the same with our kids to help them develop the decision making skills they need. No matter how smart or remarkable our 15, 16, or 17-year-olds are,



**Janelle Lawrence,**  
Executive Director,  
Oregon Impact

their decision making capabilities are still developing. Perhaps this explains why good kids, even great ones sometimes make risky decisions.

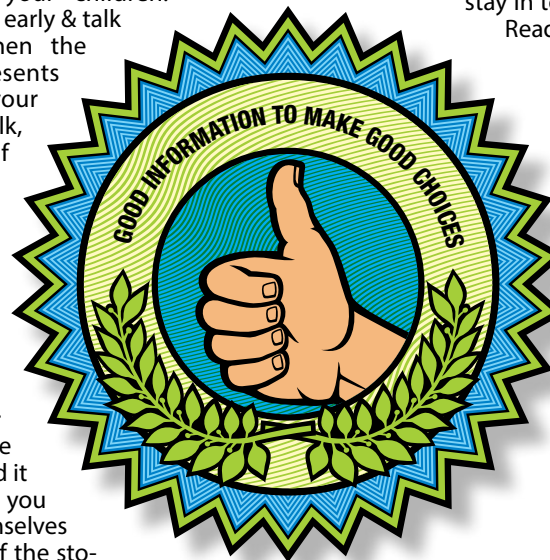
As you might have experienced for yourself it is difficult to convince a teen that they cannot safely use their cell phone while they are driving. They have seen their parents and friends do it and believe they can as well. As the statistics continue to rise on the number of teen death and injuries attributed to cell phone use & texting, clearly we need to be addressing this issue as well with our young drivers. In the past four years we have started working with middle school children and asked them to not get in a car with anyone who does not have two eyes on the road and two hands on the wheel at all times. If we can get the next round of drivers to be committed to this simple idea, the roads will be safer for all of us.

## How can you begin ongoing conversations with your teen?

First, be a great role model. Secondly, read through Good Choices! We have covered many topics that you can use to start conversations with your children. Remember to talk early & talk often. Listen when the opportunity presents itself. When your teen is ready to talk, make yourself available. Make sure your teen is clear about when and how to say no. Reassure them if they find themselves in a situation that they need your help that you have a plan in place and it is okay to contact you if they find themselves at risk. So many of the sto-

ries I have heard from teens have started with "I was too scared to call my folks" and ended with a significant consequence from one impetuous decision. Our hope is that Good Choices provides information to open conversations and helps you stay in touch with your teen. Read on.

**Remember  
to talk to  
your  
children  
early &  
talk often.**



## The NOT-SO-GOOD Times of an Impaired Driver

### Blingin'

Handcuffs are required when transporting arrested passengers in patrol vehicles

### Cruisin'

Police officers can arrest and transport without a warrant for a DUI. In Oregon: 1 year License Suspension for 1st Offense

### Chillin'

In Oregon, you could get a minimum 48 hours or up to 1 year of jail time

### Uber-Selfie

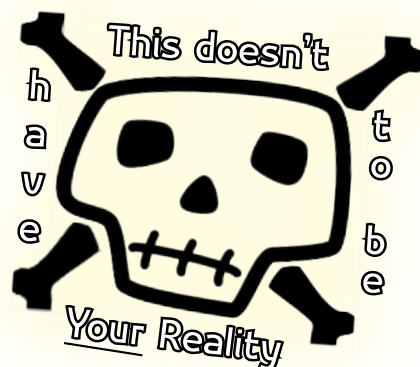
A mugshot photo and fingerprints are required with every DUI arrest

### All-Star

Jail time and court dates = lost wages due to time off work. DUI will be reflected on employer background checks

### \$\$\$ to Burn

A typical DUI in Oregon runs from \$1,000 to \$10,000. Minimum \$1,000 to \$2,000 for 1st Offense



Imagine the devastating consequences of drunk driving and the possibility of taking someone's life.

Always Ride with a Designated Driver,  
Call a Taxi Cab, or use the SaferRide App\*.

### Entourage

Got an extra \$1,500? Defense Attorney's fees start there. Add court costs, towing fees and vehicle repairs, and you've made a lot of "new friends"

### Tech Gear

Install of Ignition Interlock Device: Disables a car from starting unless the driver passes a BAC test - for 1 year after license suspension

### Mad Skillz

You also get to attend and pay for a multi-week Drug & Alcohol Rehab Course.

### Deep Pockets

High-risk insurance can go up to \$1,000 per month - that is, if you don't get cancelled

### Skull + Bones

Impaired driving could take the life of an innocent person (or persons)





# Bike Safety: Avoiding Crashes, and Bike Protection



Photo courtesy of  
NHSTA.gov

**B**icycle riding is a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle! Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly.

- **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life. *Find out more online at [www.helmets.org/fit.htm](http://www.helmets.org/fit.htm).*

- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1-2" between you and the top bar on a road bike and 3-4" if a mountain bike. The seat should be level; adjust to allow a slight bend at the knee when leg is fully extended. Handlebar height should be level with seat.
- **Check Equipment.** Before riding, inflate tires properly. Check that your brakes work.

- **See and Be Seen.** Wear neon or bright colors day or night, along with reflective items or flashing lights. Remember, just because you can see a driver, doesn't mean a driver can see you.
- **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Stow items in a carrier or backpack.
- **Watch for Road Hazards** such as potholes, broken glass, gravel, puddles, leaves, and dogs - that can cause a crash. If riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- **Avoid Night Riding.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you must ride at night, wear bright colors and reflectors. Place white lights and red reflectors on the front and rear of your bicycle. Add reflectors to your tires.

Many bicycle-related crashes are associated with bicyclist's behavior, including not wearing a helmet, riding into a street without stopping, swerving into traffic, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the "Rules of the Road":

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. Obey all traffic signs, signals, and lane markings.

- **Yield When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (driveway, sidewalk, bike path, etc.), slow down and look to see if the way is clear before proceeding. Yield to pedestrians who have already entered a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Watch out for hazards that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic. Signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).
- **Sidewalk versus Street Riding:** The safest place for bicycle riding is on the street. Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.

## Concussions and Prevention: What You Need to Know

**By Kayt Zundel MPA, MS**  
Program Director at  
OHSU's ThinkFirst Oregon

### Concussions: Are they really serious?

Perhaps you have grown up hearing that a concussion is a bruise to the brain. Or, maybe after a hit to the head, you have heard someone being told to "just walk it off". While these are common beliefs, they are inaccurate. A concussion is an injury that disrupts the normal functioning of the brain. In other words, it can temporarily change how the brain works but the brain appears normal on a CT or MRI scan. Changes due to

a concussion can show up symptomatically throughout the entire body, and affect mood, cause blurry or double vision, produce balance problems, create increased sensitivity to light and sound, and be the root of behavior changes. Someone with a brain injury may look "normal" since brain injuries are not visible, like a gash to the forehead. Concussions may go untreated. In fact, someone suffering from a concussion may be accused of "faking it" or be directed to "just walk it off". But a concussion can be a very serious injury.

### Jamie's Concussion

Jamie was a freshman in high school when she got her first concussion during basket-

ball practice. "When I hit my head I was dizzy, confused. The next day the symptoms were worse. My head hurt, I was nauseous and sensitive to light and I couldn't make it through the day or practices without being in pain." Jamie went to a doctor and was diagnosed with a concussion. She took it easy for a couple of weeks, felt better, and went back to basketball practice.

Jamie was hit a second time in the head by a stray basketball. The headache, dizziness, and nausea immediately came back and gradually got worse. Jamie went back to doctor and was told to rest for six weeks. But her symptoms did not get better, in fact they got worse. She started feeling irritable,



**MEET JAMIE**

See **CONCUSSION PREVENTION** / Next Page



# Concussion Prevention

(continued from previous page)

couldn't think clearly, had terrible headaches, and low energy. Finally, she was referred to a specialist in Sports Medicine at OHSU and was diagnosed with "Second Impact Syndrome", which happens when a person sustains a second concussion before the first concussion received has completely healed. The next two years of Jamie's life were spent in physical therapy, vision therapy, and computer vision therapy. After months of recovering, Jamie was finally able to return to playing sports.

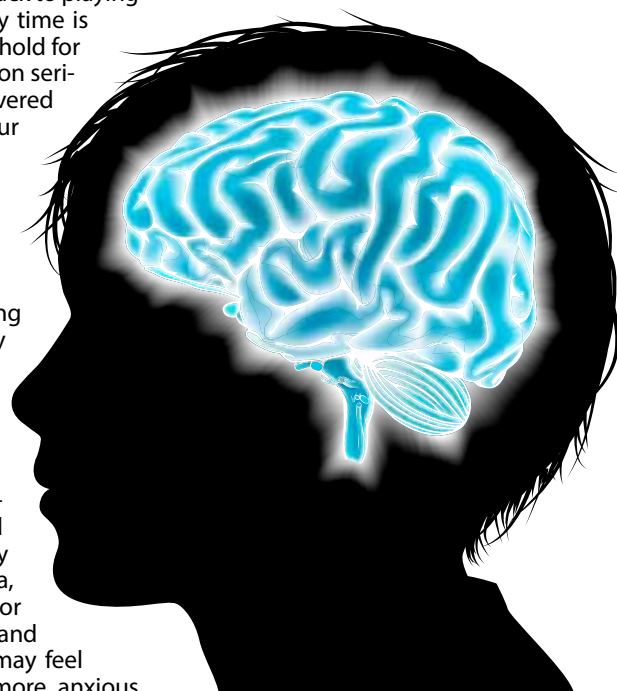
Jamie advises teens to make smart choices. "Don't be in a rush to get back to playing because a few minutes of play time is not worth putting your life on hold for two years. Take every concussion seriously. Make sure you are recovered fully before rushing back to your normal activities."

Symptoms of a concussion can affect four areas, which include, thinking and remembering, your physical body, mood and emotions, and sleep. If you are suffering from a concussion you may find your thoughts are fuzzy, you don't feel quite right, or you may find you have trouble concentrating, thinking, studying, or remembering. You may physically have trouble balancing, or have blurred or double vision. You may experience headaches, nausea, vomiting, extreme fatigue, or loss of energy. Your emotions and mood may be different. You may feel irritable, sad, depressed, or more anxious than usual. You may find you are sleeping more than usual, less than usual, or have difficulty falling asleep. However, you may only experience a few of the symptoms listed above.

## Recovery from Concussions

If it is suspected that you or someone you know may be suffering from a concussion, it is important to go to a doctor and get medical care. A concussion is a brain injury, and brain injuries are serious. The good news is that most people with a concussion recover quickly and fully. Generally, recovery includes getting plenty of rest, avoiding

physical activity, and limiting school work. In some cases, special eye therapies, occupational therapy, or balance exercises may be necessary to expedite recovery. It is important to keep in mind that recovery typically means someone has lost certain abilities temporarily and will regain them. For a person with a brain injury, even as common as a concussion, although he or she may look the same the changes to the brain may be long-lasting and adjustment is an ongoing process.



© Christos Georgiou | Dreamstime.com

## Prevention

Concussions commonly occur during sports events, on the playground, while biking or skiing, and in motor vehicles. Since the brain is not replaceable, it is important that steps be taken to prevent brain injury. Good sportsmanship and properly using sports safety equipment is key to preventing concussions. For athletes, it is helpful to take baseline tests that can specify normal reactions times so that in case of a concussion, differences can be identified.

## LEARN MORE ONLINE

Concussion Resources and Information can be found at CBIRT the Center on Brain Injury, Research, and Training. **CBIRT:** [www.cbirt.org/ocamp](http://www.cbirt.org/ocamp)

Or contact OHSU's ThinkFirst Oregon: **EMAIL:** [ThinkFirst@OHSU.edu](mailto:ThinkFirst@OHSU.edu)

**WEBSITE:** [www.ohsu.edu/xd/health/services/brain/in-community/thinkfirst](http://www.ohsu.edu/xd/health/services/brain/in-community/thinkfirst)

# Distracted Walking can be Extremely Dangerous!

By Kayt Zundel and Wallace Chan

OHSU ThinkFirst Oregon

[www.ohsu.edu/hosp-thinkfirst](http://www.ohsu.edu/hosp-thinkfirst)

**T**ake a few minutes to stand outside your local grocery store, school, or movie theatre and observe how many people are walking while texting. It is a very common sight. Most of us text and walk, multiple times per day—no big deal right? Wrong! While observing someone bumping into doors, light poles, or cars while texting might appear entertaining, walking while distracted can be very dangerous. It may surprise you to learn that older teens now account for half of all pedestrian deaths among people 19 and younger. In fact, in 2013, distracted walking injuries among 16-19 year olds increased 25% over the previous five years (teens were injured while walking and using headphones, I-pod, handheld gaming systems, cell phone talking or texting, or other electronic devices).

2013 research results showed that 34,325 middle and high school kids were observed crossing street in school zone:

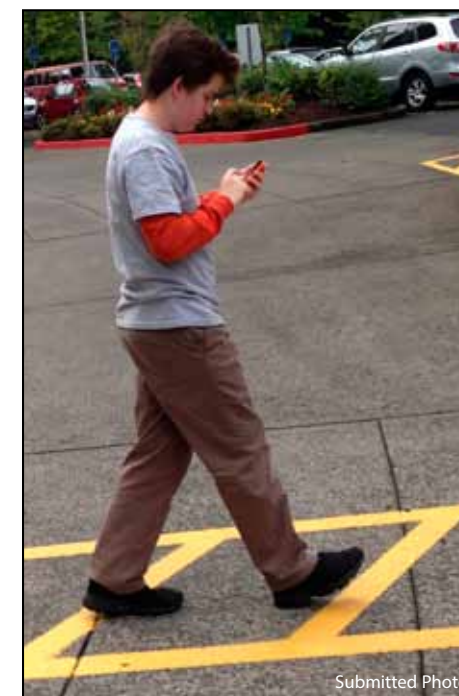
- 39% texting on cell phone
- 39% listening to head phones
- 20% talking on cell phone
- 2% using handheld gaming systems, tablets or other electronic devices while walking

## How big a problem is distraction?

To find out, Safe Kids Worldwide members observed 34,325 middle and high school students crossing the street in a school zone. The results showed that:

- 1 in 5 high school kids were observed using mobile devices while crossing the street
- 1 in 8 middle school students were observed crossing the street while distracted
- 78% of youth who were distracted while crossing the street were texting, wearing headphones, or using other electronic devices

So how can we be safe? First, realize distracted walking can be dangerous. If you



Submitted Photo

need to text someone or answer the phone while walking, find a safe place to stand. When walking, take off your headphones, put your cell phone in your pocket, and just put other distracting electronic devices away.

No matter where you are walking, remain alert. Be sure to wear light or bright clothing or retro-reflective items to be more visible. Pay attention to your surroundings. Make eye contact with drivers before crossing the street as drivers may not see you. Be sure to cross a road at the intersection or crosswalk rather than random locations in the middle of the block.

## Suggestions for preventing distracted walking injuries:

- Parents, start the conversation on safety when kids receive their first electronic device
- Teens, talk to your family and friends about dangers of using electronic devices while walking
- Start safe walking campaigns in your school
- Take a take a pledge on Facebook to put down the devices while crossing streets

## LEARN MORE ONLINE

**SAFE KIDS WORLDWIDE SAFE WALKING PLEDGE:** [www.safekids.org/distracted-walking-pledge](http://www.safekids.org/distracted-walking-pledge)

**FOR MORE INFORMATION ON SAFE WALKING TIPS VISIT:** [www.safekids.org/take-action-prevent-distracted-walking](http://www.safekids.org/take-action-prevent-distracted-walking)





2015-2016

**GOOD CHOICES**

# Driver Feedback™ App from State Farm Insurance

Three of the riskiest driving behaviors are hard acceleration, hard deceleration, and hard swerves. State Farm® built Driver Feedback to help drivers of all ages improve in these areas. Participants are given a score for each, as well as helpful tips to take your driving to the next level.

- Accelerometer recording technology measures your acceleration, braking, and cornering.
- Helpful tips are given based on your driving habits..
- Compare two trips to measure driving improvement.

## Features:

- Take driving skills to the next level.
- Driver feedback supports multiple user/drivers.
- Record driving using your device's accelerometer and GPS location.

## How is it used?

Teen drivers can record a few trips to find their current average score. Then, record a few more trips and try to improve that score. The higher the number, the better the driving. Teens can compare their scores with parents, friends or their own previous drives to see how high they can score. Teen drivers can set their own goals, and may be surprised how much they can improve.

## How can scores be improved?

- Try Accelerating, Braking, and Cornering slower and smoother depending on which score is the lowest.
- Try to reduce red (severe), orange (moderate), and yellow (light) alerts from future drives.
- Consider alternate routes that may have less traffic, stops and turns.
- Ask an experienced driver for some driving tips.

## What if I get a phone call or text while I am recording a trip?

To avoid crashes, drivers need to stay focused on the road, not on their phones. We've designed our app with that in mind. There is no need to interact with the application during the drive. In fact, if an App user answers a phone call or a text message while driving, this will show as an interruption and stop the scoring. On the other hand, if the driver does NOT answer an incoming call or text message, their drive will not be interrupted and the score will reflect their entire trip.

## Am I a safe driver?

There are many factors that make up safe driving. This app is designed to help teen drivers improve on the basic ABC's of driving skills. New drivers should always use their best judgment when driving to avoid crashes and be safe.

[LEARN MORE ONLINE](#)

## SOURCE AND MORE INFORMATION AT:

[www.statefarm.com/customer-care/download-mobile-apps/driver-feedback](http://www.statefarm.com/customer-care/download-mobile-apps/driver-feedback)

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## E-Cigarette Use on the Rise

*Intentions to smoke cigarettes among never-smoking U.S. middle and high school electronic cigarette users, National Youth Tobacco Survey, 2011-2013*

The *Journal Nicotine & Tobacco Research* has published a new study that focuses on middle and high school students who have never smoked cigarettes but who have used e-cigarettes. Researchers from CDC, FDA, and Georgia State University found that during 2011-2013, the number of youth who had never smoked a cigarette but had used e-cigarettes at least once increased three-fold. Never-smokers who had ever used e-cigarettes were nearly twice as likely to have an intention to smoke conventional cigarettes than never-smokers who had not used e-cigarettes. The study concludes that enhanced prevention efforts for youth are important for all forms of tobacco, including e-cigarettes.

### Main Findings From This Study

- The number of never-smoking youth who used e-cigarettes increased from 79,000 in 2011 to more than 263,000 in 2013.
- Among never-smokers who had used e-cigarettes at least once, 43.9% had an intention to smoke conventional cigarettes.

- Among never smokers who had never used e-cigarettes, 21.5% had an intention to smoke conventional cigarettes.

Of all students who had never smoked a cigarette, 90% reported some level of exposure to advertising or promotions for cigarettes or other tobacco products.

Never-smokers who reported exposure to tobacco advertising or promotions had higher rates of intention to smoke cigarettes than those without exposures.

- On the Internet, 26.3% vs. 18.8%
- In magazines and newspapers, 25.4% versus 19.8%
- In retail environments, 23.3% versus 17.1%
- On television or movies, 23.3% versus 18.5%

This study looked at student-reported information collected as part of the National Youth Tobacco Survey during 2011-2013. Researchers analyzed data on nearly 62,000 U.S. students enrolled in grades 6-12 in both public and private schools during that time frame. Nearly 44,000 of those students said they had never smoked a cigarette.

## Tobacco: Don't Get Trapped!

**D**on't get trapped. Nicotine in cigarettes, cigars, and spit tobacco is addictive.

- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can wreck lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Cigars and spit tobacco are not safe alternatives.



music, clothes, computer games, and movies.

- Get involved: make your team, school, and home tobacco-free; teach others; join community efforts to prevent tobacco use.

### Parents—Help Keep Your Kids Tobacco-Free

#### Kids who use tobacco may:

- Cough and have asthma attacks more often and develop respiratory problems, leading to more sick days, more doctor bills, and poorer athletic performance.
- Be more likely to use alcohol and other drugs such as cocaine and marijuana.
- Become addicted to tobacco and find it extremely hard to quit.

### Tobacco and Personal Appearance

- Yuck! Tobacco smoke can make hair and clothes stink.
- Tobacco stains teeth and causes bad breath.
- Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.
- Surgery to remove oral cancers caused by tobacco use can lead to serious changes in the face. Sean Marcee, a high school star athlete who used spit tobacco, died of oral cancer when he was 19 years old.

### Take a Stand at Home—Early and Often

- Despite the impact of movies, music, and TV, parents can be the greatest influence in their kids' lives.
- Talk directly to children about the risks of tobacco use; if friends or relatives died from tobacco-related illnesses, let your kids know.

If you use tobacco, you can still make a difference. Your best move, of course, is to try to quit. Meanwhile, don't use tobacco in your children's presence, don't offer it to them, and don't leave it where they can easily get it.

Start the dialog about tobacco use at age 5 or 6 and continue through their high school years. Many kids start using tobacco by age 11, and many are addicted by age 14.

Know if your kids' friends use tobacco. Talk about ways to refuse tobacco.

Discuss with kids the false glamorization of tobacco on billboards and in other media, such as movies, TV, and magazines.



### So...

- Know the truth. Despite all the tobacco use on TV and in movies, music videos, billboards and magazines—most teens, adults, and athletes don't use tobacco.
- Make friends, develop athletic skills, control weight, be independent, be cool ... play sports.
- Don't waste (burn) money on tobacco. Spend it on

### SOURCE:

VISIT: [www.cdc.gov/tobacco/basic\\_information/e-cigarettes/youth-intentions/index.htm](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-intentions/index.htm)

### MORE INFORMATION:

VISIT: [www.cdc.gov/tobacco/basic\\_information/youth](http://www.cdc.gov/tobacco/basic_information/youth)



# Prescription Drug Abuse: Avoid This Danger

**P**rescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason—like to get high.

It has become a big health issue because of the dangers, particularly the danger of abusing prescription pain medications. For teens, it is a growing problem:

- After marijuana and alcohol, prescription drugs are the most commonly abused substances by Americans age 14 and older.
- Teens abuse prescription drugs for a number of reasons, such as to get high, to stop pain, or because they think it will help them with school work.
- Most teens get prescription

drugs they abuse from friends and relatives, sometimes without the person knowing.

- Boys and girls tend to abuse some types of prescription drugs for different reasons. For example, boys are more likely to abuse prescription stimulants to get high, while girls tend to abuse them to stay alert or to lose weight.

When prescription drugs are taken as directed, they are usually safe. It requires a trained health care clinician, such as a doctor or nurse, to determine if the benefits of taking the medication outweigh any risks for side effects. But when abused and taken in different amounts or for different purposes than as prescribed, they affect the brain and body in ways very similar to illicit drugs.

When prescription drugs are abused, they can be addictive and put the person at risk for

other harmful health effects, such as overdose (especially when taken along with other drugs or alcohol). And, abusing prescription drugs is illegal—and that includes sharing prescriptions with family members or friends.

There are three kinds of prescription drugs that are commonly abused. Visit our separate Drug Facts pages to learn more about each of these classes of drugs:

- **OPIOIDS:** painkillers like Vicodin, OxyContin, or codeine
- **DEPRESSANTS:** like those used to relieve anxiety or help a person sleep, such as Valium or Xanax
- **STIMULANTS:** like those used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin



LEARN MORE ONLINE

**TO FIND MORE ABOUT ALL PRESCRIPTION AND OTHER KINDS OF DRUG ABUSE, AND TO FIND OUT WHAT PEOPLE ARE DOING TO PREVENT TEEN PRESCRIPTION DRUG ABUSE VISIT:**  
[www.teens.drugabuse.gov/peerx](http://www.teens.drugabuse.gov/peerx)

## Teen Suicide: Education and Prevention

**‘It’s the third leading cause of death in Teens ages 15 to 19’**



© Dave Bredeson | Dreamstime.com

**T**housands of teens commit suicide each year in the United States. Did you know that suicide is the third leading cause of death for 15- to 19-year-olds? Four out of five teens who attempt suicide have given clear warning signs. Risk factors vary with age, gender, or ethnic group. They may occur in combination or change over time.

### Some important risk factors are:

- Depression and other mental or mood disorders
- Substance abuse
- Dysfunctional or abusive home environment
- Family history/stresses (divorce, moving, and other life changes)
- Aggression or fighting
- Self-mutilation
- Poor school environment (ex: struggling with classes, problems with peers)
- Poor community environment (exposure to violence, etc)
- Cultural factors (pressure to assimilate or conform)
- Situational Crises (ex: a break-up or loss of loved one)
- Firearms in the home

- Incarceration
- Prior suicide attempt
- Exposure to suicidal behavior of others, such as family members or peers.

**However, it is important to note that many people who have these risk factors are not suicidal.**

The following are some of the signs that may be reason for concern:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated





# Marijuana Effects Learning, Coordination and Judgement

*‘Weed’ smoking by youth on rise with growing national acceptance*

**M**arijuana is the most common illicit drug used in the US by teens as well as adults. The main chemical in marijuana that affects the brain is commonly known as “THC”. Long-term, regular use of marijuana—starting in the teen years—may impair brain development and lower IQ, meaning the brain may not reach its full potential.

The growing belief by teens that marijuana is a safe drug may be the result of discussions about medical marijuana and debate over the drug’s legal status. Some teens believe marijuana cannot be harmful because it is “natural.”

## Marijuana Edibles

Marijuana is commonly smoked, but more recently, vaporizers have increased in popularity.

THC can also be infused into just about any food or drink item imaginable. From sodas and teas, to cookies and cupcakes, to countless candy products like lollipops and gummi bears. Commonly called “Edibles”, these items are increasing in popularity, and, alongside the legalization of Marijuana in Oregon, are becoming more widespread. Marijuana is more potent now than it was in the past, and edibles are often marketed to contain even higher levels of THC.

Edibles are often packaged in vibrant colors, featuring eye-popping graphics and counter-cultural themes. These products make it dangerously easy for teens to take Marijuana “under the radar” since they can



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blend in like any other candy or snack.

With no smoke or strong scent, edibles eliminate concern for being noticed as well as the need for finding a discreet place to partake. This creates a situation in which it becomes all too convenient to share with others, leave carelessly in the reach of younger children or pets, and to use anytime, anyplace without drawing attention. The softer look and “cool” factor of Marijuana edibles may also make the drug more

acceptable to teens not normally susceptible to experimenting with drugs.

## Concentrated Forms

Concentrated resins containing high doses of marijuana’s active ingredients, including honey-like “hash oil,” waxy “budder,” and hard amber-like “shatter,” are also becoming increasingly popular.

The practice known as “dabbing” also appears to be gaining ground as a novel way to use marijuana. Dabbing involves inhaling vapors from heated butane hash oil products. The production of butane hash oil is uncomplicated and requires few resources, but is extremely dangerous due to the flammable, volatile nature of butane. It has been linked to fires, explosions and severe burns.

## Effects of Smoking or “Vaping” vs. Eating or Drinking

When marijuana is smoked, its effects begin almost immediately and can last from 1 to 3 hours. Decision making, concentration, and memory can suffer for days after use, especially in regular users.

When marijuana is consumed in foods or beverages, the effects of THC appear much later than when smoked—usually in 30 minutes to 1 hour—and can last over 4 hours.

This can lead to someone eating or drinking more because they don’t feel a high.

THC potency varies from plant to plant, so there is no way to get a precise dose every time or even know what dose you are getting.

## Medical Marijuana

It is important for teens to know that there is no difference between marijuana dispensed to treat a medical condition and marijuana bought on the street for recreational use. The difference is just in how it is used. Teens need to know that health risks and judgement impairment may outweigh the benefits of medical marijuana.

## Marijuana and Driving

Teens need to be aware that driving under the influence of Marijuana is never a good idea. Combining drugs, and mixing Marijuana with alcohol while driving has always been a risky behavior. Not only teens, but many adults are under the false impression that marijuana actually “improves their driving”, but this couldn’t be further from the truth. What these folks don’t understand is that they don’t always realize when their own judgement is impaired. A meta-analysis of multiple studies found that the risk of being involved in an accident roughly doubles after marijuana use.

## LEARN MORE ONLINE

**SOURCES AND MORE INFORMATION AT:** [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

[www.clearalliance.org/wp-content/uploads/2015/07/Marijuana-Edibles-Flyer2.pdf](http://www.clearalliance.org/wp-content/uploads/2015/07/Marijuana-Edibles-Flyer2.pdf)

[www.drugabuse.gov/publications/research-reports/marijuana/does-marijuana-use-affect-driving](http://www.drugabuse.gov/publications/research-reports/marijuana/does-marijuana-use-affect-driving)

# Suicide Prevention

(continued from previous page)

- Showing aggression or rage
- Displaying extreme mood swings

**Seeking help is a sign of strength; if you are concerned, go with your instincts and get help!**

## What can parents do?

If your teenager is anxious or depressed, take it seriously and talk with them about it. Do not wait for them to come to you. Let your teen know that he/she is not alone and that everyone gets depressed every once in a while. Without minimizing your teen’s anguish, reassure them that bad times don’t last forever. Ask them not to

isolate themselves. Recommend exercise – it can help improve mood – and encourage them to spend time with family and friends, but don’t push if they say “no”.

If your teenager begins to drop thinly veiled comments or make threats to commit suicide, don’t ignore these as teenage melodrama. If your teen admits to feeling suicidal, don’t react with shock or disapproval. Be ready to listen in a non-judgmental way.

Watch for warning signs of troubled behavior. If your instincts tell you that your child may be a danger to him/herself, do not leave them alone. It is better to over-react than under-react in this type of situation. If you keep firearms in the home, make sure they are stored safely or elsewhere

until the crisis has passed.

If your teenager’s behavior has you concerned, do not hesitate to seek professional help right away. When therapy begins, remind your teen not to expect results immediately, and not to demand too much of themselves during this time.

## What can I do for myself or someone else?

If you are concerned, immediate action is very important. Suicide can be prevented and most people who feel suicidal

demonstrate warning signs. Recognizing some of these warning signs is the first step in helping yourself or someone you care about. If you are in crisis and need help: call this toll-free number, available 24 hours a day, every day 1-800-273-TALK (8255). You will reach the National Suicide Prevention Lifeline, a service available to anyone. You may call for yourself or for someone you care about and all calls are confidential. You can also visit the Lifeline’s website at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## SOURCES AND MORE INFORMATION

**VISIT:** [www.nimh.nih.gov/health/publications/suicide-a-major-preventable-mental-health-problem-fact-sheet/teen-suicide\\_141731.pdf](http://www.nimh.nih.gov/health/publications/suicide-a-major-preventable-mental-health-problem-fact-sheet/teen-suicide_141731.pdf)

**VISIT:** [www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx](http://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx)

**VISIT:** [www.jasonfoundation.com/prp/whos-at-risk/risk-factors](http://www.jasonfoundation.com/prp/whos-at-risk/risk-factors)





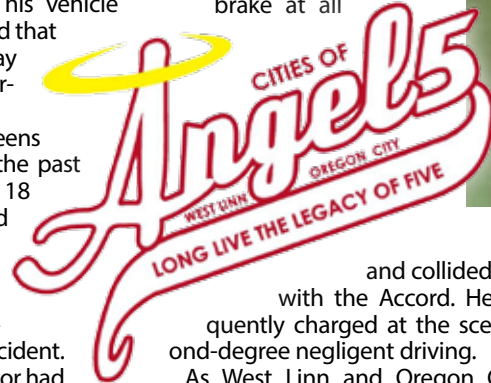
# Teen Awareness Campaign Promotes Safe Driving

A new campaign, which hopes to raise awareness about distracted and impaired driving was launched on June 8, 2015. Named "Cities of Angel5 - Long Live the Legacy of Five," the campaign hopes to make student drivers - and young people in general - aware of the possible consequences of speeding and driving impaired or while distracted.

The genesis of the campaign is the tragic auto crash that took the lives of two young students last year. On June 8, 2014, West Linn High School junior and softball star Maddi Higgins, 17, was a passenger in her friend, 18 year old Clackamas Community College student Hayden Soyk's car when his vehicle struck a telephone pole. Soyk died that night while Higgins passed away the next day. Speed was determined to be a factor in the crash.

Sadly, these were not the only teens lost in vehicular crashes within the past year. On February 20, 2015, 18 year old Madison West was killed when her Saturn sedan crossed into the incoming lane and collided head-on with a Hummer H3 SUV. Speed was also determined to be a factor in this incident. The Oregon City High School senior had recently found out she was the recipient of a full scholarship to the University of Portland.

Just one day later, two more teens were lost in a single crash. West Linn High School students Cooper Hill, 17, and Antonio Caballero, 16, were killed when the Honda Accord they were passengers in was rear-ended by a Jeep. The driver of the Accord was forced to brake suddenly due to another car having stopped in front of him. The 35 year old Jeep driver, however, failed to brake at all



and collided at full speed with the Accord. He was subsequently charged at the scene with second-degree negligent driving.

As West Linn and Oregon City schools, families and communities mourned the loss of these five exceptionally vibrant teens, it became clear that something had to be



done to educate drivers and prevent further tragedies. As a result, the awareness campaign 'Cities of Angel5' was born. As to the name, Janelle Lawrence, Executive Director of the safe driving promoting non-profit Oregon Impact explained: "The concept was originally developed by Carrie Higgins to remember her daughter Maddi who was a well-known soft ballplayer and always used

#5. However, when the additional students were lost, the number 5 had a whole new meaning and the Higgins family made the decision to remember all of the students.

**LEARN MORE ONLINE**

**MORE INFORMATION CAN BE FOUND AT:**  
[www.OregonImpact.org/drive\\_for\\_5](http://www.OregonImpact.org/drive_for_5)

# Does Your Child Have an Unhealthy Relationship?



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Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

## What is dating violence?

Several different words are used to describe teen dating violence. Below are just a few:

- Relationship abuse
- Intimate partner violence
- Relationship violence
- Dating abuse
- Domestic abuse
- Domestic violence

Dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. A 2011 CDC nationwide survey found that 23% of females and 14% of males who ever experienced rape, physical violence, or stalking by an intimate partner, first experienced some form of partner violence between 11 and 17 years of age. A 2013 survey found approximately 10% of high school students reported physical victimization and 10% reported sexual victimization from a dating partner in the 12 months before they were surveyed.

## What are the consequences of dating violence?

As teens develop emotionally, they are heavily influenced by experiences in their relationships. Healthy relationship behav-

iors can have a positive effect on a teen's emotional development. Unhealthy, abusive, or violent relationships can have severe consequences and short- and long-term negative effects on a developing teen. Youth who experience dating violence are more likely to experience the following:

- Symptoms of depression and anxiety
- Engagement in unhealthy behaviors, such as tobacco and drug use, and alcohol
- Involvement in antisocial behaviors
- Thoughts about suicide
- Additionally, youth who are victims of dating violence in high school are at higher risk for victimization during college.

See **UNHEALTHY RELATIONSHIPS** / Last Page





# Distracted Driving Comes in Many Forms

**D**istracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

## Texting

- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting music

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. The best way to end distracted driving is to educate all Americans about the danger it poses.

## Parents

As parents, you're the number one influ-

ence on what kind of driver your teens become. Help them develop a lifetime of good driving habits by following these simple steps:

- **Have the Talk.** Driving is a serious responsibility. Discuss what it means to be a safe driver with your teen and set ground rules for when they're behind the wheel. If your teen is on the road, they should stay off the phone.
- **Make a Family Pledge.** Print out the **pledge form**\* and have every member of your family commit to distraction-free driving. Set a positive example for your kids by putting your cell phone in the glove compartment every time you drive.
- **Know the Laws in Your State.** Many states have Graduated Driver Licensing (GDL) laws that include cell phone and texting bans for young drivers. Remind your teen driver that there could be serious consequences for violating these laws - including a delayed or suspended license.

## Teens

- **Take the Pledge.** Commit to being a safe, distraction-free driver. Print out the **pledge form**\*, fill it in, and keep it in your car or locker as a reminder to stay off the phone when you're driving.
- **Be Seen.** Share a "Faces of Distracted Driving" video on Facebook or Twitter to let your friends know about the consequences of cell phone use behind the wheel. Change your social networking profile picture to remind your friends that "One Text or Call Could Wreck It All."
- **Speak Up.** Don't stop at being a great driver - be a great passenger! Make sure to call out your friends, and even your parents, if you see them using a cell phone behind the wheel.



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- **Spread the Word.** Get involved in promoting safe driving in your community. Hang up posters, host an event on distracted driving, or start a SADD (Students Against Destructive Decisions) chapter at your school.

## LEARN MORE ONLINE

**\*Get your pledge form at:**

[www.distraction.gov/take-action/take-the-pledge.html](http://www.distraction.gov/take-action/take-the-pledge.html)

# Parents and Teens can Easily Prevent Cyberbullying

**Together, they can explore safe ways to use technology.**

## Be Aware of What Your Kids are Doing Online

Talk with your kids about cyberbullying and other online issues regularly.

Know the sites your kids visit and their online activities. Ask where they're going, what they're doing, and who they're doing it with.

Tell your kids that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control filtering software or monitoring programs are one option for monitoring your child's online behavior, but do not rely solely on these tools.

Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.

Ask for their passwords, but tell them you'll only use them in case of emergency.

Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.

Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take

away their computers or cell phones if they confide in you about a problem they are having.

## Establish Rules about Technology Use

Establish rules about appropriate use of computers, cell phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they're online. Show them how to be safe online.

Help them be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.

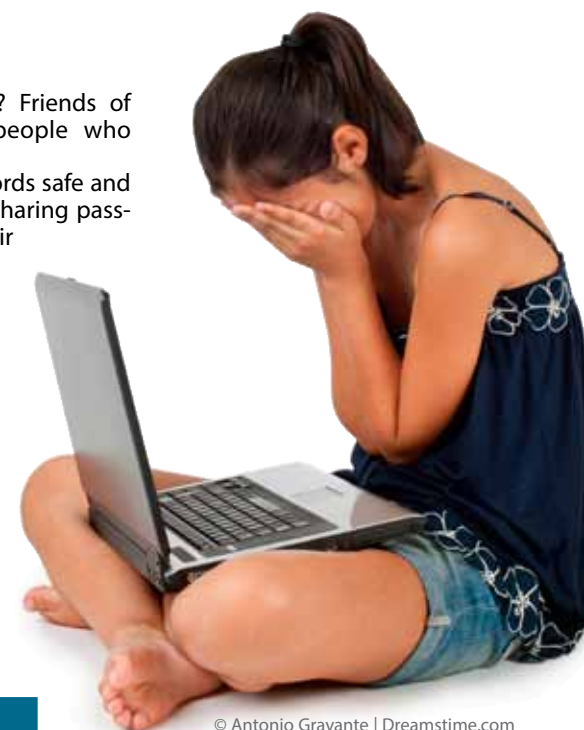
Encourage kids to think about who they want to see the information and pictures they post online. Should complete strangers

see it? Real friends only? Friends of friends? Think about how people who aren't friends could use it.

Tell kids to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.

## Understand School Rules

Some schools have developed policies on uses of technology that may affect the child's online behavior in and out of the classroom. Ask the school if they have developed a policy.



© Antonio Gravante | Dreamstime.com

## LEARN MORE ONLINE

**SOURCE:** [www.stopbullying.gov/cyberbullying/prevention/index.html](http://www.stopbullying.gov/cyberbullying/prevention/index.html)



# Buckle up ... It's the law ... It Saves Lives

**M**otor vehicle crashes are the leading cause of death for U.S. teens. Fortunately, teen motor vehicle crashes are preventable, and proven strategies can improve the safety of young drivers on the road.

## How big is the problem?

In 2011, about 2,650 teens in the United States aged 16-19 were killed and almost 292,000 were treated in emergency departments for injuries suffered in motor-vehicle crashes. That means that seven teens ages 16-19 died every day from motor vehicle injuries.

Young people ages 15-24 represent only 14% of the U.S. population. However, they account for 30% (\$19 billion) of the total costs of motor vehicle injuries among males and 28% (\$7 billion) of the total costs of motor vehicle injuries among females.

## Who is most at risk?

The risk of motor vehicle crashes is higher among 16-19-year-olds than among any other age group. In fact, per mile driven, teen drivers ages 16-19 are nearly three times more likely than drivers aged 20 and older to be in a fatal crash.

Among teen drivers, those at especially high risk for motor vehicle crashes are:

- **Males:** In 2011, the motor vehicle death rate for male drivers and passengers ages 16-19 was almost two times that of their female counterparts.
- **Teens driving with teen passengers:** The presence of teen passengers increases the crash risk of unsupervised teen drivers. This risk increases with the number of teen passengers.
- **Newly licensed teens:** Crash risk is particularly high during the first months of licensure.

## What factors put teen drivers at risk?

Teens are more likely than older drivers to underestimate dangerous situations or not be able to recognize hazardous situations.

Teens are more likely than older drivers to speed and allow shorter headways (the distance from the front of one vehicle to the front of the next). The presence of male teenage passengers increases the likelihood of this risky driving behavior.

Among male drivers between 15-20 years of age who were involved in fatal crashes in 2012, 37% were speeding at the time of the crash and 25% had been drinking.

Compared with other age groups, teens have the lowest rate of seat belt use. In 2013, only 55% of high school students reported they always wear seat belts when riding with someone else.

At all levels of blood alcohol concentration (BAC), the risk of involvement in a motor vehicle crash is greater for teens than for older drivers.

In 2012, 23% of drivers aged 15 to 20 involved in fatal motor vehicle crashes were drinking.

In a national survey conducted in 2013, 22% of teens reported that, within the previous month, they had ridden with a driver who had been drinking alcohol.

Among students who drove, 10% reported having driven after drinking alcohol within the same one-month period.

In 2012, 71% of drivers aged 15 to 20 were killed in motor vehicle crashes after drinking and driving were not wearing a seat belt.

In 2012, 49% of teen deaths from motor vehicle crashes occurred between 3 p.m. and midnight and 53% occurred on Friday, Saturday, or Sunday.

How can deaths and injuries resulting from crashes involving teen drivers be prevented?

## There are proven methods to helping teens become safer drivers.

### Seat Belts

Of the teens (aged 13-19) who died in passenger vehicle crashes in 2012 approximately 55% were not wearing a seat belt at the time of the crash. Research shows that seat belts reduce serious crash-related injuries

and deaths by about half.

### Not Drinking & Driving

Enforcing minimum legal drinking age laws and zero blood-alcohol tolerance laws for drivers under age 21 are recommended.

### Graduated Licensing Systems

Driving is a complex skill, one that must be practiced to be learned well. Teenagers' lack of driving experience, together with risk-taking behavior, puts them at heightened risk for crashes. The need for skill-building and driving supervision for new drivers is the basis for graduated driver licensing systems (GDL). GDL puts restrictions on new drivers; these are systematically lifted as the driver gains experience. Research suggests that the most comprehensive GDL programs are associated with reductions of 38% and 40% in fatal and injury crashes, respectively, among 16-year-old drivers. When parents know their state's GDL laws, they can help enforce the laws and, in effect, help keep their teen drivers safe.

### Eight Danger Zones

Make sure your young driver is aware of the leading causes of teen crashes:

- Driver inexperience
- Driving with teen passengers
- Nighttime driving
- Not using seat belts
- Distracted driving
- Drowsy driving
- Reckless driving
- Impaired driving

## LEARN MORE ONLINE

**SOURCE:** [www.cdc.gov/motorvehiclesafety/teen\\_drivers/teendrivers\\_factsheet.html](http://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html)



## Unhealthy Relationships

(continued from previous page)

### Why does dating violence happen?

Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and nonviolent. Teens receive mes-

sages about how to behave in relationships from peers, adults in their lives, and the media. All too often these examples suggest that violence in a relationship is normal, but violence is never acceptable. There are reasons why violence occurs.

Violence is related to certain risk factors. Risks of having unhealthy relationships

increase for teens who —

- Believe that dating violence is acceptable
- Are depressed, anxious, or have other symptoms of trauma
- Display aggression towards peers or display other aggressive behaviors
- Use drugs or illegal substances
- Engage in early sexual activity and have multiple sexual partners

- Have a friend involved in dating violence
- Have conflicts with a partner
- Witness or experience violence in the home

Dating violence can be prevented when teens, families, organizations, and communities work together to implement effective prevention strategies.

## LEARN MORE ONLINE

**SOURCE:** [www.cdc.gov/violenceprevention/suicide/index.html](http://www.cdc.gov/violenceprevention/suicide/index.html)