



Upcoming Events

- Family Caregivers Month
- 01 / World Vegan Day
- 02 / Stress Awareness Day
- 05 / National Red Hair Day
- 17 / Great American Smokeout
- 19 / International Survivors of Suicide Loss Day
- 23 / National Espresso Day
- 24 / National Family Health History Day

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3 New Drug Trends to Watch in 2022

#1 New Drug Trend: Snapchat Drugs / Social media has become a platform for young adults to connect with the drug dealers. Unfortunately, keeping young adults off social media entirely is a real challenge. You do not want them to feel alienated from their friends, but you still want to protect them. To be fair, it is not as though they will sign up for social media and immediately be offered illegal substances. Instead, it is through networking. Social media gives kid's access to a large variety of people with whom they share interests and friends. They can socialize with people they know as well as those they do not. Some of these people may be drug dealers. There have been several known instances of kids purchasing illegal substances via social media. Reports have come from at least 15 states of counterfeit pills posing as Xanax, Percocet or OxyContin which instead contain a lethal amount of fentanyl being sold on Snapchat.



Half of all teenagers admit to misusing a drug at least one time.

Of course, this is also a problem on other social media sites as well, such as Facebook, Instagram and TikTok – all of which have stated they have taken measures to stop the sale of illicit drugs on their sites through several means. This is important, because counterfeit pills have shown up in sharply increased numbers over the last year. Lab reports confirm that there is more fentanyl in pills now as well. Not all of these pills are sold on social media, but these platforms are still a target-rich environment for dealers preying on young people. As such, dealers are likely to continue their efforts to evade detection and enforcement. Even with stepped up efforts from social media companies, this new drug trend is still a concern for millions of parents.

In 1999, there were 1,240 overdose deaths among 15- to 24-year-olds. In 2019, just 20 years later, that number nearly quadrupled to 4,777 (NCDAS, 2021)

#2 New Drug Trend: Marijuana Laced with Fentanyl / The question now is this: Knowing it's deadly, why would dealers add it to marijuana? The answer is simple: money. Fentanyl is highly addictive and profitable for drug dealers. Unfortunately, it is much more lethal than unadulterated weed. It's important to note that fentanyl can turn up in any illegal substance – pills, marijuana, cocaine, methamphetamine and more. Your children need to know this.

There has been a 61% increase in the use of drugs among 8th graders in 2020 vs. 2016.

#3 New Drug Trend: A Drug Called Paint? Keeping on top of the names of new and emerging substances is also important as parents can keep an ear open for potential trouble. Earlier this month, a new drug called Paint was found at a high school in California. Paint is a very cheap (\$5 a pill, according to school officials), easily accessible and highly addictive psychedelic pill. Paint could soon begin growing in popularity. Lab tests on the exact content of the drug are pending. The pill is said to be clear with a reddish-brown dust.



CHALLENGES GONE WRONG!

1. Teen Dies After Doing Challenge

There has been an online trend where teenagers put their lives in danger for the sake of making content that will go viral. This one challenge is called Angel of Death. Those who participate in the challenge would deliberately stand in the path of an oncoming vehicle in an attempt to ‘prank’ the driver, and quickly move aside before being hit.

The challenge is successful if the vehicle is able to stop in time. According to CNN, one group teenagers took on the challenge, but the driver could not stop in time, three boys were hit. A 13-year-old boy with the initials FA died, and one suffered injuries and is in the hospital. A friend of FA said that FA had deliberately made content like this in order to go viral and become famous.

2. Fire Challenge

Nick was sitting on the back porch with his cousins. They were joking and talking about TikTok videos, including one clip of the “Fire Challenge,” in which a teen doused objects with accelerant and lit them on fire. Nick, then 11, spotted a lighter and decided to try it.

“I poured a little bit of rubbing alcohol on the [concrete] floor, lit it and put it out,” he remembers. “But I guess the bottle had caught on fire, and it exploded. I started burning.” When he looked down, all he saw were the flames.

Nick Howell burned 35% of his body and spent almost 6 months in and out of hospitals and had 50 surgeries because of this challenge.



Social Media / Texting Lingo / Do you believe this?

- Air Hussle - purposefully listening in on conversations.
- Anna - If students are talking about “Anna” the topic is about Anorexia.
- There are Pro-Anna groups online that promote the Anorexic lifestyle. They view Anorexia as a lifestyle and not a medical condition.
- Mia - Similar to Anna but this time referring to Bulimia.
- Molly - they are looking for the drug Molly.
- Jelly Bracelets - They refer to drugs and sex. Each jelly bracelet has a color assigned to either a drug or a sex act. It is a way for kids to advertise their drug of choice or drugs they have tried. It also shows the sex acts they are willing to do or what they have done.
- Vooping or Cloud Chasing is referring to Vaping.
- 710 if you flip it upside down and flip it you see the word OIL.
- Boofing / Vodka Tampons - Tampons soaked in alcohol in order to get drunk
- Alcoholic Breath Spray is a thing.
- Contact Lens - Refers to LSD and the effects (Seeing things, Distorting vision)
- Bone Crusher - Refers to Crack Cocaine
- Shot Gunning / Hotboxing / Fish Bowl - Refers to second hand smoke, contact high
- Ear Wax / Honey / Butter / Shatter - Marijuana Concentrate (Talking about DABs - each name tells the consistency, color, and amount of THC in it)
- Blue Star - Referring to PCP
- Peaches / Bars / Pillows / Footballs - Referring to Xanax
- Dippers - Dipping cigarettes in embalming fluid
- #BORG (Black Out Rage Gallon) - New challenge that has kids filling gallon jugs up with water, vodka, and mio. The “challenge” is to drink the entire gallon in one night.



SOCIAL MEDIA AND YOUTH MENTAL HEALTH

- Most teens who view social media as generally positive emphasized its role in keeping in touch and interacting with others.
- 59% of U.S. teens have personally experienced abusive online behaviors, with the most common being name-calling which 42% of teens say they have experienced.
- During COVID-19, poorer mental health was associated with using social media for entertainment motives. Better mental health was associated with using social media for personal contact and keeping up relationships.
- A global study found school loneliness to be correlated with increases in smartphone and internet use – when countries reached a point where half of the teen population had access to smartphones, loneliness levels began to rise.
- Almost twice as many LGBTQ+ students reported being cyberbullied compared to heterosexual students (36% versus 20%).
- Lower socioeconomic status can exacerbate the negative impacts of social media through comparisons to more affluent peers, more unstructured time in the home, or lack of outdoor spaces.



TOM WOLF, GOVERNOR / JENNIFER SMITH, SECRETARY

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