

# KNOW **THE** BUZZ

**FRESHMAN**  
**2020**

- **TIPS FOR RETURNING BACK TO SCHOOL**
- **RISKS OF DABBING**
- **ADVICE COLUMN**
- **RESOURCES**



**Southern Providence County  
Regional Coalition**

Cranston • Johnston • North Providence • Scituate • Smithfield



# Vaping

## DABBING

VAPING marijuana, or dabbing, (THC oil, wax concentrates) can be more dangerous than smoking the drug. Dabbing has a higher concentration of THC and increases the likelihood of addiction and adverse medical consequences.

**MENTAL HEALTH** Chronic marijuana use has been linked with depression, anxiety and increased risk of schizophrenia.

**KNOW THE RISKS** Using marijuana impairs coordination and reaction time, raising your risk of injury.

**KNOW THE LAW** It is illegal to buy or sell marijuana.

**GET THE BRAIN FACTS** Long-term use lowers intelligence and causes memory loss.

**LUNG HEALTH** Dabbing causes cancer just as much as smoking tobacco.

**THE UNKNOWN** Marijuana concentrates are not regulated, therefore you don't know what it contains - such as fentanyl or crack cocaine.

## SIGNS OF MARIJUANA ADDICTION:

- Using larger amounts in order to achieve the same effects
- Mood changes or feeling sick when not using
- Unable to cut down or stop
- A lot of time spent getting high
- Reduced activities (sports, clubs, not hanging out with friends or family)
- Continued use despite school and relationship issues
- Use to avoid problems or worries
- Thinking you need to use in order to relax
- Not accomplishing daily tasks



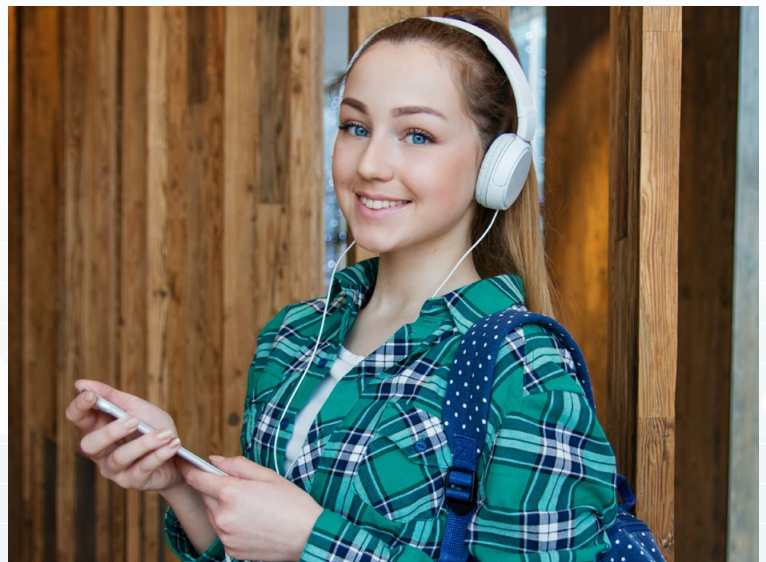
*How much do you know about marijuana concentrates?*

**TAKE THE QUIZ AND FIND OUT:**

<https://www.justthinktwice.gov/quiz/quiz-marijuana-concentrates>

*Think outside the box and find out what works for you for virtual learning.*

- Put in airpods and walk around
- Go in the backyard or outside
- Sit on a yoga ball



# NICOTINE

NICOTINE is very addictive. The more you vape, the more your brain and body get used to having nicotine. When you go without vaping, the nicotine level in your bloodstream drops, which may cause unpleasant feelings, physical symptoms, and strong urges to vape.

- Withdrawal symptoms are usually really bad the first three days.
- Usually, symptoms decrease in four weeks



*Are you addicted to vaping?*  
**TAKE THE QUIZ AND FIND OUT:**  
<https://www.psycom.net/vaping-ecigarettes-addiction-quiz/>

## SIGNS OF NICOTINE VAPING ADDICTION:

- Use large amounts of e-liquid or vape juice to achieve same effects
- Attempted to cut back or stop without success
- Spend large amounts of money buying vaping supplies
- Have frequent cravings or desire to vape
- Relationship problems
- Has negative effects on your school, work or other areas of life
- Continue to vape even when concerned about health risks

# Alcohol

## Drinking alcohol affects the way your brain works

– changing everything from the way you act to your ability to walk. Some effects can be long lasting.

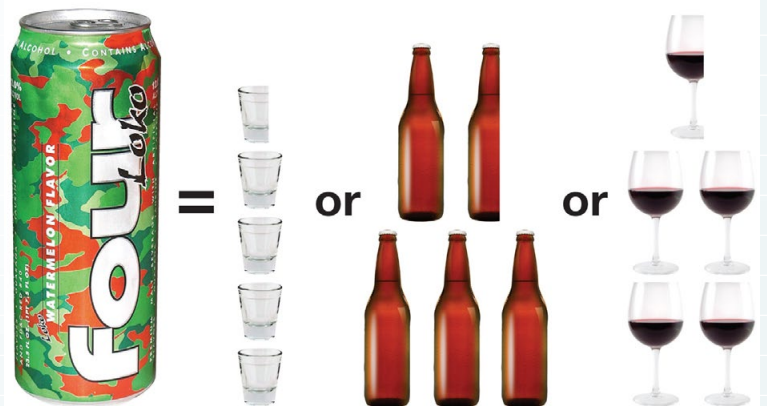
### Consequences:

- Teens who drink are more likely to have unsafe sex, leading to pregnancy and sexually transmitted diseases.
- Can cause trouble with friends and family
- Lack of focus on school and decision making
- Driving under the influence
- Vandalism and involvement with the police
- Alcohol and illegal drugs can make it harder to heal after an injury

**The younger you start drinking the higher chance for you to develop a dependence**

*Alcohol use plays a substantial role in all three leading causes of deaths among teens; accidental injury, homicide and suicide among teenagers*

## Just how much FUEL is there in one can of Four LoKo?



One 23.5oz can of Four LoKo at 12 percent alcohol by volume contains the same amount of alcohol as 4.7 shots of 80 proof vodka, 4.7 bottles of beer or 4.7 glasses of red wine.



# the campaign to change direction®

Join the international campaign to change the culture about mental health, mental illness and wellness. Shown in the image to the right are the five signs.

- Recognize the signs of emotional suffering within yourself or others
- Start a conversation
- Seek out or direct people in need to local resources

Call **401-414-5465** to learn about resources in your area or encourage a friend or family member to call. Never keep it a secret if a friend tells you about a plan to hurt themselves.






**Give the gift of emotional well-being.**  
Pledge to know the 5 Signs of Emotional Suffering.

Personality Change      Agitated      Withdrawn

Poor Self-Care      Hopelessness

## HOW TO PREVENT AN ANXIETY ATTACK

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...

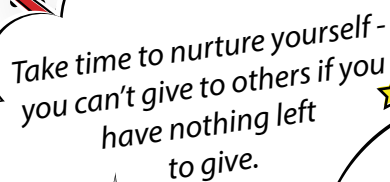
-  ..... 5 Things you can **see**
-  ..... 4 Things you can **touch**
-  ..... 3 Things you can **hear**
-  ..... 2 Things you can **smell**
-  ..... 1 Things you can **feel**

This is called **grounding** - it helps when you've gone too far in your own head and lost all control of your surroundings.

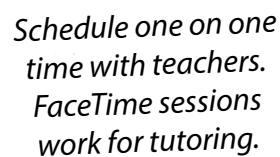


# ! ADVICE COLUMN

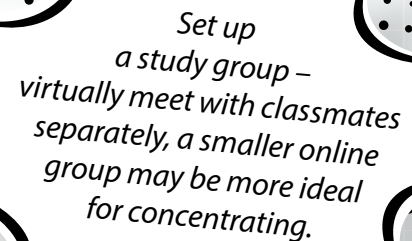
- **Establish Routines** - Think carefully about how you're going to balance classes, homework, after-school activities, social life and relaxation. Improve study skills and learn to write down assignments.
- **Learn to manage your time** - <https://students.myoptions.org/advice/-tips-for-time-management-406>
- **Don't overwhelm yourself** and get involved in too many extracurricular activities to begin with. You need time to adjust to the workload, high school is more difficult than you are used to
- **High School is going to take time to get used to.**
- **Join clubs and extracurricular activities that truly interest you.**
- **Be yourself.**
- **You don't have to map out your entire future now.**
- **Take Care of yourself** – Rest, sleep enough, eat well and drink plenty of water
- **Speak to Other People**- If you have concerns, don't be afraid to share them with other people.
- **Remember, Freshman Year Counts.**
- **Ask questions in class.**
- **We are all trying to figure out the new normal** – your wellbeing is top priority.
- **If you are concerned about a friend or yourself, reach out to a trusted adult.**



Take time to nurture yourself - you can't give to others if you have nothing left to give.



Schedule one on one time with teachers. FaceTime sessions work for tutoring.



Set up a study group - virtually meet with classmates separately, a smaller online group may be more ideal for concentrating.

## HOW TO STAND UP TO PEER PRESSURE

When you can't avoid or delay a pressure-filled situation, practice saying "No thanks" or just "No!" If "no" feels uncomfortable, practice using other responses, such as:

- *Can't stay; I've got to help my dad with something.*
- *That stuff makes me sick.*
- *I don't want to get in trouble.*
- *That stuff is so bad for you.*
- *I'm not into that.*
- *My mom would kill me if she found out.*
- *I'd be suspended from the team.*



# ATTENTION STUDENTS! RESOURCES ARE AVAILABLE

## NORTH PROVIDENCE

- Head of Guidance: Russell Paone  
[russell.paone@npsd.k12.ri.us](mailto:russell.paone@npsd.k12.ri.us)
- School Social Worker: To be announced
- School Psychologist: Allison Santos  
[allison.santos@npsd.k12.ri.us](mailto:allison.santos@npsd.k12.ri.us)
- School Nurse: Eleanor Bonner  
[eleanor.bonner@npsd.k12.ri.us](mailto:eleanor.bonner@npsd.k12.ri.us)
- Student Assistance Counselor: Lynn Klar  
[lynn.klar@npsd.k12.ri.us](mailto:lynn.klar@npsd.k12.ri.us)
- School Resource Officer: Robert O'Hare (401) 233-1430  
[robert.ohare@npsd.k12.ri.us](mailto:robert.ohare@npsd.k12.ri.us)

If you are interested in joining "Students Against Destructive Decisions" Group, contact:

the North Providence Prevention Coordinator: Andrea Paiva (401) 830-1789  
[apaiva@tricityri.org](mailto:apaiva@tricityri.org)

Substance Use/Mental Health: (401) 519-1940  
Tri-County Community Action Agency Behavioral Health Services  
1126 Hartford Ave, Johnston  
33 Maple Ave, North Providence

Al-Anon/Al-Ateen – 1-888-425-2666 [www.riafg.org/alateenri.org](http://www.riafg.org/alateenri.org)  
Alcoholics Anonymous – 401-438-8860 [www.rhodeisland-aa.org](http://www.rhodeisland-aa.org)

Quit Vaping  
- TEXT -  
HOPE4RI to 88709

<https://www.drugwatch.com/e-cigarettes/how-to-quit-vaping/>



[www.spregonalpreventioncoalition.org](http://www.spregonalpreventioncoalition.org)



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SPCR is a federally funded organization providing mental health promotion and substance use prevention.