



FORSYTH COUNTY
DRUG AWARENESS COUNCIL

EDUCATE.
ADVOCATE.
EMPOWER.



Strategizer

Leading the way to a
healthier Forsyth County



FORSYTH COUNTY
DRUG AWARENESS COUNCIL



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TODAY!**



SCAN ME

February 2024 Volume 3 Issue 10

[Donate to FCDAC Here](#)

Third Annual Drug Summit Youth Panel Provides Inside Look from a Teen Perspective

February 7, 2024 Event at FullCircle



DRUG SUMMIT

Youth Substance Abuse Education Event

Hosted by FCDAC and The Atlanta Full
Circle Program.



Board of Commissioner, Cincy Mills
Thank you for facilitating the panel discussions.



Mike Cowan, FullCircle Director



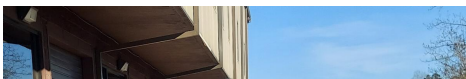
Ashley, Mateo, Zack
Youth in recovery panel



Deputy Kevin Ferraro and Susan
Tanner



Kayla Bergeron and LouAnn
Altshuler





FORSYTH COUNTY
DRUG AWARENESS COUNCIL

Sharmada Venkataramani



FCDAC Director Rachel
Kaydent and 2 students
volunteers



Gabby Breiten, Gateway and Forsyth
Academy Drug Counselor and Matt
Meyer, director at Insight Program.

We will provide the video link in the March Newsletter!

FCDAC Council Meeting, Work and Programs Round-up

Kayden's Korner



Thank you to everyone who helped with and joined our 3rd Annual Drug Summit!

We had a fantastic turnout of over 100 people attending this educational community event—a special thank you to Commissioner and FCDAC

Founder Cindy Mills for facilitating the panel discussions. Your dedication and support of this coalition are greatly appreciated!

Our youth panel was exceptional. They provide us with an inside look from a youth perspective.

I think what shocked me the most was that our youth panel indicated that they started getting high around 12 years old and received improper drug education. They all reported primary drug use being THC or synthetic THC laced with fentanyl and not knowing it.

The need to provide more opportunities for

parental education has become apparent in forums like the Drug Summit, and we want to strategize innovative ways to reach them.

The **Walk for Recovery** is the Council's next big community event. It takes place Sunday, April 21, at the Cumming City Center from 2-5 p.m.

We need Sponsors and walkers to form teams, resource tables, and material and monetary donations. It is time to rally all our Prevention Partners, friends, and family to make this the best event.

MARK YOUR CALENDAR!



Our next FCDAC Council Meeting is on
Wednesday, March 6

Council Meeting Highlights

Director Rachel Kayden opened the FCDAC February "ON THE ROAD" Council Meeting at 4:30 pm at the FullCircle Program's facility by welcoming everyone to the 3rd Annual Drug Summit, introducing herself and Michael Cowan, Director of FullCircle. Rachel told the assembled, "We learned that 83% of youth caught with underage drug possession were caught with marijuana or a THC product. According to recent studies, 1 in 6 people who use cannabis under the age of 18 will become addicted. We must ask ourselves if our community response is appropriate to these statistics. Are we being innovative enough to be proactive instead of reactive? I can promise you that the marijuana companies and individuals who are dealing drugs are being creative and proactive. And that is who we are up against."

Kayden continued, "Forsyth County Awareness Council brings our Community resources together to be proactive in this fight for our children and community. We are so fortunate to have places like FullCircle and other programs represented in our resource area today. The Council meets at the United Way Offices on the first Wednesday of the month at 8 am to collaborate, plan, and execute strategies. Please join us in this effort."

AJ Creswell, the national FullCircle Program director, spoke and gave an overview of the FullCircle program introducing Mike Cowan, the Atlanta FullCircle director in Cumming. Mike Cowan introduced Commissioner Cindy Mills, who facilitated our panels in discussion. The youth panel featured three youths in recovery.

The second panel included parents of youth in recovery, Matt Meyer, The Insight Program Director and interventionist, and Gabby Breiten, Gateway and Forsyth Academy Drug Counselor.

Over 100 people from the Forsyth Community attended this event.

Our Resource Area provided valuable information on what is available to our community.

- District 2 public health Belinda.Contreras@dph.ga.gov
- Twin Lakes Emily.dent@tlrcenter.com
- Avita danielle.rietta@avitapartners.org
- FCDAC Resource Table (Avi and Sharmada) avikaramchandi@fittoday.co venshree4@gmail.com
- LiveLife Counseling wcates@livelife-counseling.com mbixler@livelife-counseling.com
- The Connection kayla@theconnectionforsyth.org
- Forsyth Community Connections Sarah Pedarre sarah@forsythconnection.org
- NARCAN Resource table Deborah Silverstein Deborah.ritzenberg.silverstein@emory.edu
- MentorMe Rachel@mentormenorthga.org
- Rape Response madison@raperesponse.com
- Hopelinc- Karen Rivera karen@cumminghomeministriestheshop.ccsend.com
- Insight Program Info@theinsightprogram.com
- The FullCircle Program mikecowan@fullcircleprogram.com

The next Council meeting will be at the United Way offices on Wednesday, March 6, at 8 a.m. Please bring your ideas to make the Walk for Recovery at the Cumming Center even better than last year.

Community Outreach, Youth, Members, and Partners

Community Outreach

THE WALK FOR RECOVERY
#onestepatatime

SUNDAY
APRIL
21
2P-5P

AT THE CUMMING CITY CENTER

EVENTS

- RESOURCE TABLES
- PREVENTION & EDUCATION
- NARCAN TRAINING
- WALK FOR AWARENESS
- CAMPFIRE COFFEE
- KONA ICE
- MUSIC AND GAMES
- FACE PAINTING

STAY TUNED FOR MORE!

OUR SPONSORS

- FORSYTH COUNTY DRUG AWARENESS COUNCIL
- NLB NO LONGER BOUND
- CONNECTION Empowering RECOVERY in Forsyth County
- Georgia Council for Recovery Freedom from Addiction
- INSIGHT
- SHATTER PROOF STRONGER THAN ADDICTION
- FULLCIRCLE
- FORSYTH COUNTY COMMUNITY CONNECTION family connection
- REALTY4RECOVERY

Thank you to our **NEWEST** Sponsors!



THE WALK FOR RECOVERY

SUNDAY
APRIL
21

AT THE CUMMING CITY CENTER



How Can You Become a Sponsor?

Contact Rachel [HERE](#)

Sponsorship Levels

Benefits for Sponsorship:	Gold: \$2,500	Silver: \$1,000	Bronze: \$500	Friend of FCDAC
Name/Logo in Media	~Year Round Promotions & Social Media ~Event Press Releases ~Event Promotions	~Event Press Releases ~Event Promotions	~Event Promotions	Any Level - Thanks on Social Media
Name/Logo on Event Banner	Large at Top	Medium - Middle	Small - Bottom	
Name/Logo on Event T-Shirt	Large at Top	Medium - Middle	Small - Bottom	
Honorable Mention at Event	By Guest of Honor	-	-	
Appreciation Mention at Event	Beginning Opening and Closing	Middle Opening and Closing	Last Opening and Closing	
Free T-shirts	8	6	4	

Sponsorships:
Email rachel@unitedwayforsyth.com with your logo and we'll reply with donation instructions

Friend of FCDAC Donation:
Use QR Code with Note FCDAC The Walk



Sponsorships and donations support the sustainability of the Forsyth County Drug Awareness Council and its programs including The Walk for Recovery

FCDAC at UNG Cumming Community Engagement Fair



Caroline Milstead, FCDAC Project Coordinator, represented FCDAC at the January 17, 2024, UNG Cumming Community Engagement Fair. She tabled the event and told the *Strategizer*, "I had an opportunity to speak with students, faculty, and campus staff and educate them on the resources provided by the Council. I handed out informational content, Narcan, and Deterra drug deactivation kits. It was a wonderful opportunity to connect with the Forsyth County community and promote the Council."

FCDAC at Harmony Grove Baptist Brotherhood
18th Annual
Drug & Alcohol Awareness Breakfast



"I attended Harmony Grove's Drug and Alcohol Awareness Breakfast and represented the Council at the FCDAC resource table," reported Gabby Breiten. "Council members Cindy Mills, Susan Tanner, and Dana Bryan also attended the breakfast. Mike Cowan, Director of the FullCircle Program, told his story. There were approximately 100 attendees at the breakfast. I spoke with and provided information to about 20 community members who stopped by the FCDAC table," she said.

Parent Partners Corner

by Marti Roveda

Drug Summit, Podcast Interview, Speaking Engagement, and the Walk For Recovery!



Ashley Dickerson

Ashley currently holds the role of Revenue Accounting Director at AT&T

and is an active member of FCDAC. Her personal journey as a parent of a child who suffers from Substance Use Disorder covers a lot of pain, frustration, and isolation; but also a lot of hope and healing. Ashley openly shares her story of personal recovery with other parents to reduce the shame and stigma of the disease and help start the dialog among parents who may be struggling to find support for themselves. She contributes her insights monthly to the *Strategizer*."



Marti Roveda

Marti is a Strategic Sourcing Manager for Axia Women's Health, an active member

of FCDAC, and a volunteer parent advisor for an under-18 recovery program in Nashville. Having a child who started their recovery journey before turning 18, she is passionate about sharing her strength, hope, and experience to educate and

The Parent Committee has had a productive start to 2024. Not only did we participate in the successful **Drug Summit**, thanks to our FCDAC leadership and FullCircle, but we also participated in a prevention podcast and lined up some great opportunities to share our message of parent education and support.

On Friday, February 2, the extraordinary Sharmada Venkataramani of the FCDAC youth council dropped her first **"Elevate with Awareness"** podcast, which can be found on **Spotify**. This podcast is aimed to raise awareness on the issue of adolescent marijuana use by breaking down misinformation and educating our community. **Marti Roveda** of the Parent Committee shared her journey as a parent of a youth with substance use disorder, the miracle of recovery, and what she has learned along the way.

Please listen [Here](#) and share!

The Parent Committee has also been invited to various speaking opportunities over the next few months. On February 29, Substance Use Prevention Day, we will present to the Rotary Club of Forsyth County in partnership with Gateway and Forsyth High School Drug Counselor, Gabby Breiten. Our message is to build awareness of the vicious disease of substance use disorder among our youth and eliminate the stigma that may keep parents from finding support. We are also scheduled to share our strengths, hopes, and experiences at Gateway High School parent sessions on March 12 and April 30.

We've also been very active in planning, promoting, and fundraising for The Walk for Recovery. We are very excited to raise funds and awareness of the amazing work the Forsyth County Drug Awareness Council does in our community. We are excited to share the outcome of our upcoming speaking engagements. We welcome all opportunities to grow our committee and share our experience and advocacy for parent education and support.

experience to educate and eliminate the stigma with parents of youth with Substance Use Disorder. She partners with Ashley to contribute monthly insights to the *Strategizer*.

education and support.



Youth

Youth Council -Meet Sahasra Tatavarti



Sahasra Tatavarti

Meet **Sahasra Tatavarti**, a new member of the FCDAC Youth Council. She is a sophomore at Lambert High School. The impact prevention activities have inspired Sahasra to join the Youth Council. Sahasra said, "I heard about the FCDAC from my older brother, a friend of former Youth Council Member Vinayak Menon. It intrigued me because of the up-close impact his involvement was having on people's lives. My interests include reading, listening to my favorite music artists, and playing volleyball.

Welcome Tatavarti!

Sharmada Venkataramani's first Elevate with Awareness Podcast, "A Parent's Journey from Marijuana Struggle to Hopeful Recovery"



Sharmada Venkataramani



On February 2, Youth Council member **Sharmada Venkataramani's** first podcast aired on Spotify. The podcast is **Elevate with Awareness Podcast**, and episode one is entitled "A Parent's Journey from Marijuana Struggles to Hopeful Recovery." This podcast series is dedicated to raising awareness on the issue of adolescent marijuana use through community education. The host, Sharmada, is a Forsyth County Drug Awareness Council's Youth Council Member and has

launched a **THC and Marijuana Awareness Campaign**. Each episode will explore aspects of marijuana use, its effects, and the stories of those who have been directly affected. The podcast goal of **Elevate with Awareness** is to foster informed conversations, break stigmas, and promote increased awareness of this issue.

The first episode's guest was **Marti Roveda**, a parent of a child in recovery. She is active in prevention efforts on the Parent Committee at Forsyth County Drug Awareness Council. In her position, Marti speaks at high schools and before parent groups in hopes of eliminating the stigma parents feel when

speaks at high schools and before parent groups in hopes of eliminating the stigma parents feel when they learn about their teen's involvement and providing parents with resources for themselves and their students. She is just an excellent support source for parents regarding this issue.

Sharmada is looking for future guests to interview. She is open to youth in recovery and treatment specialists. Please contact Sharmada [HERE](#) if you are interested.

Listen here to Sharmada's podcast, [Elevate with Awareness, episode 1](#).

Youth Opportunity from SAMHSA



FentAlert: Empowering Youth for Safer Choices - SAMHSA Fentanyl Awareness Youth Challenge

How can young people be a part of the solution to increase awareness about the risks of fentanyl?

In this Challenge, we are seeking the best ideas from U.S. youth aged 14-18 on a community strategy to increase youth awareness, education, and prevention around the dangers of fentanyl, especially the hidden dangers of fake pills and other contaminants that can lead to drug overdose deaths.

What is the best way to make your friends aware of these risks and keep them safe?

SAMHSA says, **You** have the answers. You are a trusted resource with your friends and in your community. **You are an important part of the solution.**

SAMHSA wants you to **pitch your idea that educates youth in your community** (among your friends, at school, or within an organization to which you belong) **about fentanyl and fake pills and prevents overdose.** Your idea could include any innovative ways to reach youth on this topic, like social media posts, vlogs, podcasts, video journals, etc.

Are you up for a challenge? [Click Here](#) to get the details!

Members teaching Members

Harmony Grove Drug and Alcohol Awareness Breakfast

Drugs don't define you!

by Dana Bryan



Guest speaker: Mike Cowan,
Director FullCircle Program

(photo credit: Susan Tanner)

On Saturday, January 20, several members of the Forsyth County Drug Awareness Council and I attended the Drug and Alcohol Awareness Breakfast,

which is held annually and organized by the Harmony Grove Baptist Brotherhood.

It is evident that the Brotherhood spends much time "behind the scenes" preparing for this event. It is so well-organized, and the men provide a delicious breakfast for those who attend. Attending is well worth getting up early on a cold Saturday morning.

Victoria Ray Taylor was supposed to be the speaker, but she woke up quite ill on the morning of the event. Victoria assisted the FCDAC's first director, Tammy Nicholson until Victoria became the first director of Cumming's FullCircle Program.

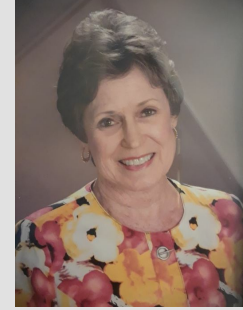
Mike Cowan, now Director of FullCircle in Cumming, agreed to speak at the last minute. His presentation was informative, inspiring, and as enjoyable as if he had known that he would be the speaker to a room full of people. Mike told the story of his addiction, beginning with alcohol use when he was in middle school. After several sports injuries, a broken back, and an ankle injury that required surgery, someone offered him weed to escape the pain. He soon lost his motivation to play sports or excel in school and stopped caring about anything except drugs and alcohol.

After high school, Mike attended college but soon dropped out. Even though he had run-ins with the police, he still denied that he had a problem with addiction. He went from job to job and had no direction in his life. At one of his jobs, someone offered him an opiate that contained fentanyl, and he soon became a daily user. This led to the use of opiates for about two years. In his words, "I burned every bridge in my life and even took the last five dollars out of his mother's wallet."

Mike's mother found a treatment center in Phoenix, where he lived at the time. This was his introduction to FullCircle. Even though he admits that he had hit "rock bottom," it took him two weeks to fully commit to the program at FullCircle. Mike feels very strongly that God intervened and provided

the opportunities that led to his recovery. In March, he will celebrate six years sober. Because of his sobriety, he has genuine relationships and is getting married this month.

Mike says that one of the keys to his success is to lean on people he trusts and stay in touch with his mentors. He reminded us that not all stories have success and happy endings. He emphasized that it only takes one time to become addicted or die of overdose.



Dana Bryan

Dana is a retired middle school teacher and member of FCDAC. Through her personal loss of her daughter to drug experimentation, Dana devotes her time reaching out to youth through presentations about the real consequences and high risk of experimenting with addictive substances and how it affects them, their futures, and their families. She contributes her insights monthly to the *Strategizer*. Thanks, Dana!

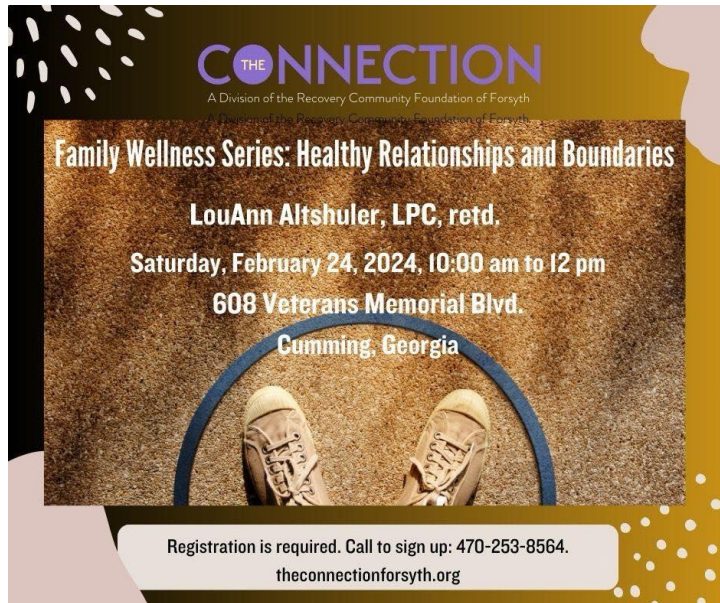


More Great Community Events from our Friends at the ...

The Connection Family Wellness Series Continues!



JOIN US!



Kayla Bergeron, Director of the Connection, told the *Strategizer*, "The 2024 Connection Wellness Series kicked off in January with a workshop entitled, **Beating the Blues**, which addressed coping with seasonal depression. February's workshop, **Vision Board**, explored "Dream Building" and how positively defining your dreams is the first step to making them a reality."

Saturday, February 24
Healthy Relationships and Boundaries
Presented by LouAnn Altshuler

"Utilizing the "wellness wheel" as a guide, the Wellness Series are educational, fun, and family-friendly events. The goal is to strengthen families, which strengthens communities," Kayla said.



Georgia Prescription Drug Abuse Prevention Collaborative (GPDAPC) Meeting

March 25, 10:00 a.m. -2:00 p.m.
AC-HIDTA Training Center in Norcross*

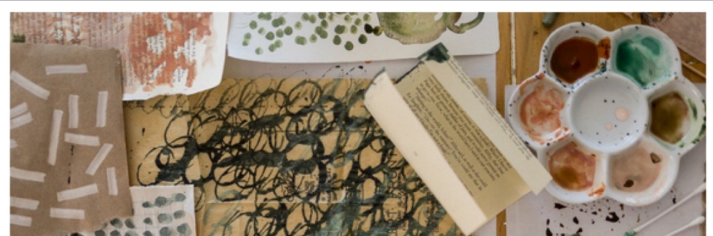
Lunch Provided Agenda

- Presentation by NarcX (a drug disposal company).
- Guest sharing a story of challenge, triumph, and prevention.
- Networking and renewed energy!
- **Primary (Proactive) Prevention Strategizing instead of reactive**

To Register in person or virtually, please click [HERE](#).

We look forward to seeing you. Still need more information?

Call John Bringuel [HERE](#)

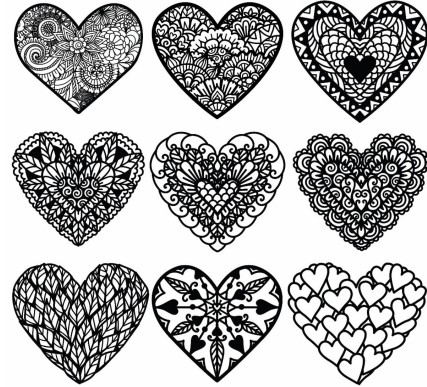


HEALING ANXIETY THROUGH **INTENTIONAL CREATIVE PLAY**

March 30th 2024. 9-12 am

* 3587 Parkway Ln, Peachtree Corners,
GA 30092

Feeling overwhelmed by anxiety?
You're not alone.
But what if there was a way to
soothe your frazzled nerves,
quiet that noise In your head and rediscover inner peace,
all while having fun?
This workshop is your invitation to do just that.
We'll embark on a playful exploration of art and play,
using them as powerful tools to
heal anxiety and cultivate calm.



GRAND CENTRAL PRESENTS
2nd ANNUAL

Dress for Success

Free Thrifting Extravaganza

Donations are appreciated!

*Suits, Dress Shirts, Ties, Belts, Skirts, Blouses, Slacks, and
gently used Professional Dress Shoes in ALL SIZES!*

**Donated clothes can be worn for Dress for Success, Interviews,
Graduation, Mock Trial, Debate Club, and more!**

A competition between clubs, teams, and groups!

GRAND CENTRAL

SAVE THE DATE

Winner of the competition gets a pizza party!

Donations due Thursday 2/22 at the FCHS Front Office



Forsyth Central High School GRAND CENTRAL Grand Opening

February 20, 2024
FCHS East Campus
3:00-5:00

Ribbon Cutting Ceremony at 3:30



SUNRISE PARENT RETREAT

If you have a child battling addiction, you are welcome to join us for a weekend getaway.

Attendance is free because our generous community continues to fund the retreat.

Please [Click Here](#) for more information.

Or follow us on Facebook at Sunrise Retreat or Instagram @sunriseparentretreat for registration details.

NEWS FOR YOU

February is Children of Addiction Awareness Week February 11 - 17, 2024

One in four kids and teens live in families impacted by parental addiction.



They are so often the first hurt and last helped, yet the impact of living in a household with addiction can be lifelong. They are desperate for the support and understanding that can bring hope

and healing. Children of Addiction (COA) Awareness Week

Children of Addiction (COA) Awareness Week honors the



COA Awareness Week 2024

Impact of Alcohol/Opioid Use Disorder on Children

Youth with a parent who misuses substances are:

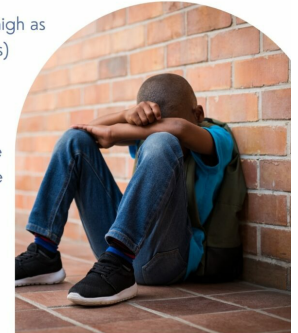
- At risk of lifelong negative mental and physical health consequences
- 3x more likely to be physically, emotionally, or sexually abused

struggle of children dealing with the disease of addiction in their families and empowers caring adults who want to help them. Together, we can make a difference to last a lifetime!

We can help bring awareness for Children of Addiction by sharing the **National Association for Children of Addiction Social Media Toolkit** with family and friends, pediatricians, educators, guidance counselors, therapists, social workers, faith community leaders, treatment court professionals, coaches, Boy Scout leaders, dance instructors, daycare organizations, or anyone else you believe has the opportunity to impact the life of a kid or teen in a meaningful way.

[Click Here](#)

- 4x more likely to be emotionally or physically neglected, with higher rates in rural populations
- Less likely to set healthy boundaries within relationships
- More likely to lack self-awareness
- More likely to experience anxiety, depression, confusion, and anger
- More likely to experience unexcused absences and drop out of school
- More likely to have difficulty with direct communication
- Less likely to effectively regulate emotions
- More likely to be involved with the juvenile justice system
- 38.9% avg (or as high as 69% in some states) child protective services due to substance misuse in the home
- More likely to take on parental responsibilities at home.



For information about how to help, visit nacoa.org.

State News

GA Passes Naloxone Vending Machine Bill

House Bill 1035, introduced by State Rep. Sharon Cooper, R-Marietta, would use vending machines to distribute opioid-reversal drugs to combat overdoses. When asked if it would encourage drug use, she said, "No. Drug use is happening. As long as somebody's alive, there is hope that we can get them off drugs. If they're dead, there is no hope."

Read the entire *AJC* article [HERE](#).

National News

Concerning Trend in Prevention Education

WHY?

In a *Newsweek* opinion piece on Dec 21, 2023, Dr. Kevin Sabet, President of Smart Approaches to Marijuana (SAM), wrote, "Rather than building on science and common sense, some have begun advocating for an unproven approach to prevention that aims to not prevent drug use at all—instead it educates children on how to use drugs."

Sabet continued, "Drug Policy Alliance (DPA), a pro-drug legalization group, claims "programs like DARE don't give students the tools they need to make safe decisions or to get help if problems with alcohol and other drugs do occur.""

"DPA," Sabet states, "created a program called "Safety First," which it promotes as "the nation's first harm reduction-based drug education curriculum for high school students." A 2007 publication from Safety First argues that "drugs are an integral part of American life " and that "it is unrealistic to believe

Safety First argues that drugs are an integral part of American life, and that "it is unrealistic to believe that at a time in their lives when they are most prone to risk-taking, teenagers—who find it exciting to push the envelope—will completely refrain from trying alcohol and/or other drugs."

"We ought to be skeptical of prevention curricula that are made by the same people who campaign for the legalization of all drugs—this is hardly different from the tobacco industry-funded prevention campaigns of the past that subsequently increased usage rates," Sabet wrote. He encouraged "Policymakers should reject these inherently flawed initiatives and instead scale up evidence-based prevention campaigns that emphasize the importance of living healthy, drug-free lives."

[Click Here](#) to read the article. [Click Here](#) to look at the curriculum.

Oregon Radical Drug Law Seemingly a BIG FAIL

Oregon voters passed the most liberal drug law in the country in November 2020, decriminalizing possession for small amounts of hard drugs. The Ballot Measure 110 with 58% of the vote, but three years later the drug crisis in Oregon has gotten much worse.

Discussions are underway about what to do.

Read the entire article [HERE](#).

Vaping Marijuana Surge among High School Students

Twenty percent of 12th-grade students reported vaping marijuana in 2023, which is a 10.1 percent increase for 12th-grade students between 2017 and 2023 according to the latest stats from the Monitoring the Future Survey for 2023. [Click HERE](#) to read more from the study.

Exploring Marijuana Vaping Trends: 12-Month Prevalence of Use in 8th, 10th, and 12th Grade





Truth Initiative #DitchVape Helps Youth Quit Vaping



This is Quitting

Text Ditch Vape to 88709 to receive free daily texts that will encourage and inspire you to quit vaping.

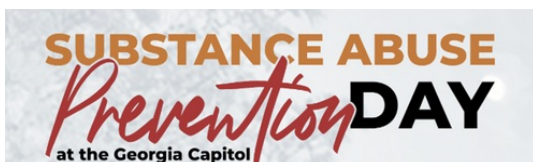
Parker Kerns is a college student who recently quit e-cigarettes with the help of **This is Quitting**. Parker started using e-cigarettes in high school and recently quit with the help of **This is Quitting**.

Call for Advocacy



The mission of V4P is to build a unified, statewide voice for substance abuse prevention and suicide prevention by collaborating with a diverse group of individuals and organizations with an interest in and a commitment to substance abuse prevention and suicide prevention. This mission is being accomplished by advocating for and educating about substance abuse prevention, suicide prevention, and related issues.

[Join for Free Here](#)



[Pre-Register Here](#)

February 29, 2024

- Collaborate and Network with Preventionists across the state.



[Pre-Register Here](#)

March 21, 2024

- Collaborate and Network with Preventionists across the state.

- Listen to DBHDD Speakers
- Visit with your legislators to let your community's voice be heard!

- Listen to DBHDD and Youth Speakers
- Visit with your legislators to let your community's voice be heard!

FYI

Quiz Time!

How Well Do You Know Drug Slang and Is this FACT or FICTION?

Take the Slang Quiz

Fact or Fiction Quiz



Be Kind to Yourself this Month of Hearts!

Mental Health America* asks, "Why do I compare myself to others online?"

We all know the power of Social Media. According to Mental Health America, nearly everyone (95%) ages 13-17 uses social media, and more than a third of young people say they use it "almost constantly." The tendency to compare yourself to others is normal human nature. "But online, we see what more people are doing more often than we would in real life, and it can make them seem "better" than us in some way," the article said.

"The reality is that you only see a small sample of what people look like- how they want to be seen. Even if you know that social media doesn't represent all the different body types, skin tones, or kinds of hair people have in the real world, seeing what and who gets likes and views might make you feel like you also need to look like that," it said.

Three Common Traps that suck teens (and others) into unhealthy comparisons are body image, online popularity, and FOMO (Fear of Missing Out).

Want to break free from the chains of social media comparison? Try taking breaks from social media, make it a point to connect with friends offline, and Pay attention while scrolling. What things make you feel insecure, anxious, or lonely? Unfollow accounts that post triggering content, mute/snooze posts from classmates whose relationships you're jealous of, and absolutely remove and report people who are bullying you in comments or posts.

Your social media is meant to be for you. You can control it instead of letting it control you.

Read the entire article [HERE](#).

[*Click Here to visit Mental Health America](#)

On the Calendar



February

- Drug Summit/ FCDAC Monthly Meeting, February 7 4:30-6 pm FullCircle
- St. Valentine's Day, February 14
- Grand Central Grand Opening, Central High School, February 20, 3-5 pm
- Central High School Dress for Success donations due February 22
- Substance Abuse Prevention Day, February 29, GA Capitol



FORSYTH COUNTY
DRUG AWARENESS COUNCIL

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TODAY!



SCAN ME

March



- National Drug and Alcohol Facts Week, March 18–24
- St. Patrick's Day, March 17
- Suicide Prevention Advocacy Day, March 21 GA Capitol

April

- Walk for Recovery, April 21, 2024 Cumming City Center
- Sunrise Parent Retreat, April 26, 2024

Forsyth County Drug Awareness Council | 240 Elm Street, Cumming, GA 30040

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