

★ **Stafford County Sheriff's Office** ★



Non-Emergency Number
540-658-4400

★ **Stafford Crime Solvers** ★



Internet Tip
www.tipsubmit.com

Tipline
540-658-2020

Text-a-tip - text keyword STAFFORD
and your tip to CRIMES (274637)

Youth-At-Risk is a partnership between the
Stafford County Sheriff's Office,
Stafford County Public Schools and the Commonwealth's Attorney



Education Guide

Volume 2
2017

Prepared by the Youth-At-Risk Committee
Stafford County, VA

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Resources



Rappahannock Area Community Services Board (RACSB) is committed to improving the quality of life for people in our local area with mental health, intellectual disability and substance abuse problems and to preventing the occurrence of these conditions. They do this through an integrated community-based system of care that is responsive to individual needs and choices.

<http://www.racsb.state.va.us/>

24-hour Emergency Services: 540-373-6876



The mission of the Sink or Swim initiative is to build broad awareness of issues related to drug addiction and to be an information resource for individuals and families impacted by drug use.

<http://drugfreeva.org/>

HELPLINE: 1-855-DRUGFREE



The PACT is a "real world," family-focused, web-based program that helps to prevent teen drug use - with tools for parents and kids. Their three-step process supports your teen in saying "no." Together, you pledge against drugs and set personal goals. Your child agrees to complete randomized hair drug tests during the year and receives cash rewards for their positive choices and passing PACT drug tests.

<http://thepact.com/>

Pink Heroin

Pink, or as chemists know it, U-47700, comes in various forms and can be injected, snorted or taken orally.

Pink is described as giving users a feeling of euphoria and relaxation, but its less desirable side effects include rectal bleeding, severe nerve damage, and death.

Pink is eight times stronger than heroin, although only illegal in four states: Florida, Ohio, Wyoming, and Georgia.

Because U-47700 is so new, the Drug Enforcement Agency has not had the time to properly investigate the drug and determine its precise dangers.

The drug is in the same family as fentanyl, a legally manufactured drug and an opioid that can be 50 times more potent than morphine.

It can easily and legally be bought online and shipped to your house for as little as \$4.99.

As a result, the drug is suspected of being connected to 80 deaths in the past nine months alone. If more awareness is not raised about Pink's danger, this number will rise.



Youth-At-Risk Committee



The Youth-At-Risk Committee is designed to develop and deploy a means of communication for parents, education administrators, community and business stakeholders, concerned citizens and health care practitioners about products and activities that put our youth "at-risk" through education, prevention, and intervention strategies.

Our committee identifies and promotes youth-at-risk awareness activities and prevention planning within Stafford County. Our purpose is to publicize the most pertinent substances being reported, to promote resiliency by providing awareness and protection factors associated with illegal products, substances, or devices, to partner with other stakeholders to pursue and promote youth-at-risk prevention opportunities and grants, and to educate Stafford County about youth-at-risk opportunities through encouragement, communication, socialization, confidence, independence and accountability.

We hope you find this booklet informative and helpful in identifying at-risk behaviors before they become a problem. We want to help our community make a difference in the lives of our youth.

Co-Chairs,
Dr. John H. Bridges, III
Sgt. Michelle Gibbons

Sheriff's Letter



Dear Parents and Guardians,

The Stafford County Sheriff's Office has set up a committee comprised of parents, local business owners, educators and law enforcement personnel called the Youth-At-Risk Committee whose main focus is committed to educating the public on potentially dangerous substances, drugs or practices that some young people may be engaging in, in the Stafford County area.

It is my hope that this information may assist in helping you prevent your teen from experiencing some difficulties in this area or if problems have occurred, help you in solving them. This committee will be providing this information to all schools in Stafford County as well as other areas where parents and young people come together. Working together I know we can make a positive difference in the present and future lives of our teenagers.

David P. Decatur Jr

Sheriff David P. Decatur, Jr.



Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

...more likely to be addicted to heroin.

At home, watchful parents whose children are using heroin may notice the following signs:

Drug and paraphernalia:

- Heroin in its powder form, often solid in cellophane bags, either in its purest white form or in various shades of brown, depending on what impurities it has been cut with
- Hypothermic needles to inject heroin intravenously
- Spoons, with burn marks on the underside, that heroin could be heated on (so the vapor could be inhaled)

Changes in behavior:

- Declining school attendance and grades
- Unusual outbursts of temper
- Worsening personal grooming habits
- A normally prompt child becoming chronically late
- Sunglasses worn even when it's not bright outside, long sleeves worn even when it's not hot (to hide veins that have been injected)
- The disappearance of cash or pricey items from the home (sold by the user) to fund drug habit
- New friends hanging around who may look less clean-cut than earlier friends or seem less motivated about school
- Lying, secretive behavior and/or run-ins with the law

**THE SIGNS OF
HEROIN
ABUSE**

Heroin

Heroin is an opioid drug that is synthesized from morphine, a highly-addictive opiate and pain-killing drug extracted from the seed pod of the Asian opium poppy plant.

Heroin goes by a variety of street names, including "H," "dope," "points," "dog food," "junk," "skag" and "smack."

Regardless of the name used, anytime a person purchases heroin, it is not pure. It is often cut with any number of toxic additives and other potentially dangerous substances.

Because heroin is cut with a variety of additive agents, the color of the final product can be anything from white to brown powder or as a black sticky substance, known as "black tar heroin."

Depending on how a person intends to use the drug, heroin comes in a powder, pill or solution form. Heroin can be injected, inhaled by snorting or sniffing or smoked.

Heroin's attraction lies in its ability to reach the brain quickly and to produce euphoric effects.

Every time heroin is used, overdose is a risk.

Some drug users trying heroin for the first time become heroin addicts the next day.

More than six out
of 10 overdose deaths
in 2014 involved opioids, including
opioid pain relievers
and heroin...that is 81 deaths a day

Superintendent Letter

Dear Parents and Guardians:

Recently, Stafford County Public Schools and the Stafford County Sheriff's Office joined forces in a further effort to focus on the safety of youth in Stafford County. One of the efforts of the Youth-At-Risk Committee is to provide our community with important and timely information regarding risky behaviors and current trends facing our teenage population.

The Committee is committed to providing our parents and guardians with current and up to date information about such topics as the misuse and risk of household products as a recreational drug, the types, access and use of various illegal substances within our community, and the proactive protection of our children regarding internet safety and cyber-bullying.

The Youth-At-Risk Committee has developed information pamphlets concerning the warning signs parents can look for regarding changes in their son's or daughter's behavior. The pamphlets also contain information regarding organizations that you may contact to receive assistance and/or counseling should your child become involved in a situation that requires additional or outside guidance.

Partnerships like this demonstrate our commitment to better support the youth of Stafford. Together, Stafford County Public Schools and the Sheriff's Office guide and support our teens as they navigate today's complex and ever-changing world of choices and temptations. We recognize that information is constantly evolving and the Youth At-Risk Committee is committed to keeping pace and to providing our community with yet another tool focused on the safety of our children.

Sincerely,



W. Bruce Benson, Ed. D.
Superintendent



Commonwealth's Attorney Letter



Dear Stafford Parents,

As your local prosecutor I am proud to partner with our Sheriff, the Stafford school system and the business community to educate parents of children and teens about the many dangers that place our youth at risk.

Whether it is drugs, sexting or predatory behavior, teens in today's world face challenges that most parents never had to deal with growing up. Those challenges can lead to bad decisions - sometimes with serious consequences.

Through Youth-At-Risk I am pleased to work with our community partners to provide you the information and the resources you need to navigate the troubled waters that sometimes arise as we parent our children. Our goal is to help, to either prevent bad choices before they are made, or to intervene before they get worse. It is our sincere hope that by working together we can achieve that goal.

Eric L. Olsen
Commonwealth's Attorney



The Spectrum of Prescription Drug Abuse

Taking someone else's prescription to self-medicate

Taking a prescription medication in a way other than prescribed

Taking a medication to get high

From Improper Use to Abuse

The Language

Big boys, cotton, kicker - Various slang for prescription pain relievers
Chill pills, french fries, trangs - Various slang for prescription sedatives and tranquilizers

"Pharming" (pronounced "farming") - From the word pharmaceutical. It means kids getting high by raiding their parents' medicine cabinets for prescription drugs to get high

"Pharm parties", "Skittles parties" - Parties where teens bring prescription drugs from home, mix them together into a big bowl and grab a handful. Not surprisingly, pharm parties are usually arranged while parents are out

"Bowling parties" - Like "pharming" - mixing medications and taking them randomly

"Happy Little Pill Time" - Sharing and taking these substances on the way to school

OTC - Over the counter medications (cough and cold medicines, pills or liquids, for example)

DMX - Dextromethorphan is the active ingredient in over 100 drug products, including cough medicine

"Robo-tripping", "Robo-fizzing", Skittling, Dex-ing - Abuse of cough medicine

Smurfing-buying - Medications from more than one retail store

SLANG:

Pain relievers - Oxycodone (Hillbilly Heroin), Percocet (Percs), Vicodin (Happy Pills, Vikes)

Depressants - Benzodiazepines (Candy, Downers, Sleeping Pills, Tranks) Xanax (Totem Poles) Barbituates (Barbs, Reds, Blue Birds, Phennies, Yellow Jackets, Toties)

Stimulants - Ritalin (Kiddy Cocaine, Vitamin R, West Coast), Amphetamines (Bennies, Crosses, Black Beauties, Hearts, Speed, LA Turnaround, Truck Drivers, Uppers)

Cough Medicine - Triple_C, CCC, Dex, Skittles, DMX, Syrup, Tussin

Prescription Drug Abuse

Many parents do not realize that their own medicine cabinet can be a source of a variety of drugs for abuse.

Prescription drug abuse is the use of a medication without a prescription in a way other than as prescribed. Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused - that is, taken for reasons or in ways or amounts not intended by a doctor (such as for the experience of feeling elicited), or taken by someone other than the person for whom they are prescribed. In fact, prescription and over-the-counter (OTC) drugs are, after marijuana (and alcohol), the most commonly abused substances by Americans 14 and older. Commonly abused classes of prescription drugs include opioids (for pain), central nervous system (CNS) depressants (for anxiety and sleep disorders) and stimulants (for ADHD and narcolepsy).

You may not know what pharming is, but your teenagers do. Your first step in helping protect your teens is to speak the same language. Knowing the vocabulary surrounding prescription drug abuse can help you take a proactive approach in communicating with your teen and safeguarding their health and safety.

Teenagers turn to prescription drugs because they perceive them as less dangerous than illegal drugs. Because of this, teenage prescription drug abuse is on the rise.

In conversations with your teen about drugs, be sure to include prescription drug abuse and why it's harmful. Tell them that taking prescription or over-the-counter (OTC) drugs without a doctor's approval and supervision can be a dangerous - even deadly - decision. Dispel the myth that these drugs are less harmful than street drugs because they are available through a doctor or at a local drug store.



See? Care. Call!

Talk to your kids about the difference between when they should keep a secret or when it is best to share it with an adult. Topics can range from a friend that's shared suicidal thoughts, overhearing a peer planning a Skittles party, cheating on a test, to a date rape victim sharing their story or a molestation confession to a friend arranging to meet an internet "friend" for the first time.

The graphic below can help guide your discussion.



Reporting vs Tattling	
• Purpose to keep someone safe	• To get someone in trouble
• Need help from an adult	• You can solve the problem
• Important	• Unimportant
• Harmful or Dangerous	• Harmless
• Behavior is on purpose	• Behavior is an accident



Internet

Tips

Learn the basics of Internet safety.

Children use a variety of online services, and each of these services can have different safety concerns. However, there are some basic tips which you can employ no matter how your children use the Internet.

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor cell phones, gaming devices and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming and using webcams.
- Continually dialogue with your children about online safety.

Start a discussion with your child.

- What are your favorite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?

A majority of parents check their teen's web history or social media profile, while fewer use tech-based parental controls

Among parents of teenagers ages 13 to 17 the % who have ever...



Hallucinations and delusions, confusion and disorientation, psychosis, suicidal thoughts or suicide, extreme agitation and anxiety, panic attacks, dilated pupils, tachycardia (fast, racing heartbeat), elevated blood pressure, depression, insomnia, violent behavior, tremors and seizures, unresponsiveness, loss of consciousness, headaches, nausea, vomiting, diarrhea, heavy sweating, high fever, kidney malfunction, heart attack, bleeding in the brain

Kidney damage and failure, liver damage, seizures, brain swelling and brain death, tremors, extreme tiredness, insomnia, forgetfulness and confusion, paralysis, persistent and severe anxiety and depression, breakdown of skeletal muscle tissue, death



Synthetic Drugs

Synthetic drugs are created using man-made chemicals to mimic the effects of illegal drugs but are slightly altered to avoid classification as illegal. A class of synthetic drugs known as "designer drugs" include synthetic cannabinoids and synthetic cathinones.

Synthetic cannabinoids, commonly known as "synthetic marijuana," are applied (often sprayed) onto plant material. Users claim that synthetic cannabinoids mimic Δ^9 -tetrahydrocannabinol (THC), the primary psychoactive active ingredient in marijuana. Synthetic cathinones are related to amphetamines and often consist of methylenedioxypyrovalerone (MDPV), mephedrone and methylene.

Synthetic drugs are often sold at small retail outlets and are readily available via the Internet. Synthetic cannabinoids are sold as "herbal incense" or "potpourri" in colorful foil packages or similar liquid incense products, like other e-cigarette fluids, are sold in plastic bottles. Hundreds of brand names now exist, such as Joker, Black Mamba, Kush and Kronik, in addition to the earliest common ones, K2 and Spice. Synthetic cathinones are sold as "bath salts" or "jewelry cleaner." They should not be confused with products such as Epsom salts that people use during bathing.



These legal drugs are labeled "not for human consumption" to mask their intended purpose and avoid Food and Drug Administration (FDA) regulatory oversight of the manufacturing process. When a designer drug becomes illegal, the chemist alters it again. This repeats over and over. Because the chemicals used constantly change, users have no way of knowing the content and effects.

Socializing Online

Kids share pictures, videos, thoughts, plans and their whereabouts with friends, family and sometimes, the world at large. Socializing online can help kids connect with others, but it's important to help your child learn how to navigate these spaces safely.

Meet "Lucy"

Your child met "13-year-old Lucy" online. Your child has made arrangements to meet "Lucy" at the park. Your child does not know that "Lucy" is a 45-year-old predatory pedophile.



Talk About Credibility

- Not everything they see on the internet is true.
- People online may not be who they appear to be or say they are. Don't be an impersonator.
- Information or images they share can be seen far and wide.

Talk About Manners

- Remind them that real people with real feelings are behind profiles, screen names and avatars. Politeness counts. Treat others the way you want to be treated. Don't stand for bullying - online or off.

Remind Your Kids that Online Actions Have Consequences

- Kids should post only what they're comfortable with others seeing.
- Remind kids that once they post it, they can't take it back.

Tell Kids to Limit What They Share

- Social Security number, street address, phone number and family financial information is private.
- Avoid sex talk online.
- Send group messages with care.

Limit Access to Your Kids' Profiles

- Use privacy settings.
- Review your child's friends list.

BEWARE

WHAT YOU SHARE

Bullying

Bullying means any aggressive and unwanted behavior that is intended to harm, intimidate or humiliate the victim; involves a real or perceived power balance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma.

Non-Criminal Behavior:

Intimidation
Name-Calling, insults
Offensive comments
Gossiping, spreading rumors
Taunting, mocking
Excluding, ignoring

Criminal Behavior:

Assault/Battery
Taking & damaging belongings
Theft/Larceny/Robbery
Kicking, hitting, pushing
Harrassment/Sexual Harrassment
False imprisonment
Hazing
Threats
Extortion



Tips

Help protect children from sexting.

- Before buying your child a cell phone, set rules for its use, including what sort of information and images are appropriate to share via text.
- Know what safeguards are available on your child's phone, such as turning off and/or blocking texting and picture features.
- Talk to your child about the possible social, academic and legal consequences of sexting. They could face humiliation, lose educational opportunities and get in trouble with the law.
- Encourage your child to not be a bystander or an instigator. If he or she receives a "sext," discuss why it is important that he or she not forward the image to anyone else.
- Remind your child that they can talk to you if they receive a nude picture on their cell phone.
- Talk to your child's school about its policies on cell phones, cyberbullying and sexting.
- Report any nude or semi-nude images that your child receives to law enforcement.

Discussion Starters

Start a discussion with your child. Have you ever received a sexual message or naked picture on your cell phone?

Has anyone ever asked or pressured you to send a nude or sexual picture?

Do you think it's OK to send "sexy" images? Why?

What could happen to you if you send or forward a naked picture?

How likely is it that images and messages intended for one person will be seen by others?



Please note that sexting does not include situations in which young people are coerced or blackmailed into sending sexually explicit images of themselves to adults. These adults are predators and the incident should be reported to law enforcement immediately.

Sexting

Sexting is the act of sending, receiving or forwarding sexually explicit messages, photos or images via cell phone, computer or other digital device. These messages, photos and images are then often being further disseminated through email and internet-based social networking websites well beyond their original intended recipients.

Sending or receiving a sexually suggestive image or text under the age of 18 is a crime and is considered child pornography and can result in criminal charges. Virginia punishes teen sexting under its laws against child pornography and covers creating, sending, possessing and resending sexually explicit images of juveniles (people under the age of 18) via text message. The law makes no distinction between adults and juveniles who make, send, receive or possess such images.

9 - PARENT WATCHING
GYPO - Get your pants off
53X - Sex
NIFOC - Nude in Front of the Computer
RUH - Are You Horny?
KPC - Keeping Parents Clueless
MISN - I want sex now

Commonly Used Terms

CD9 - Code 9 (parents are around)
GNOC - GET NAKED ON CAM
P91 - PARENT ALERT
pron - Porn
MOS - Mother over Shoulder
POS - Parent over shoulder
LMIRL - LET'S MEET IN REAL LIFE

Five ways parents can HELP their kids stand up to bullies:

1. Encourage them to **talk to adults** about bullying and what is happening to them. Make them understand it's OKAY to tell someone what they see.
2. Encourage them to **help the person being bullied** get away from the situation.
3. Tell them to **be a friend** to the person being bullied. Small actions and support can be a lifeline.
4. Help them **empathize** with the victims.
5. Encourage them to **be a leader** by setting a good example and protecting others.

Physical bullying involves hurting a person's body or possessions and includes hitting, punching, poking, shoving, pinching, jabbing, kicking, choking, unwanted touching, blocking, chasing and cornering, stalking, tripping, vandalizing, stealing, making faces or obscene gestures, and writing graffiti (on both public and private property and by use of computers or other technological devices).

Verbal bullying is saying or writing mean things and includes name-calling, taunting, malicious and incessant teasing, belittling, making offensive racial, religious or sexual comments, and threatening to cause harm.

Social bullying involves hurting someone's reputation or relationships and includes spreading rumors, mocking, public humiliation, ganging-up on others, persistently excluding others from a group or activity (shunning), ignoring and lying.

Bullying does not include ordinary teasing, horseplay, argument or peer conflict.

Cyberbullying is...

- deliberately hurting someone's feelings using information and communication technology, such as:



- communicated quickly to a wide audience
- invasive
- often anonymous
- difficult to escape from or stop
- sometimes a criminal act

It affects many adolescents and teens on a daily basis and as a form of teen violence, can do lasting harm to young people.

Cyberbullying can take many forms:

- Sending mean messages or threats to a person's email account or cell phone
- Spreading rumors online or through texts
- Posting hurtful or threatening messages on social networking sites or web pages
- Stealing a person's account information to break into their account and send damaging messages
- Pretending to be someone else online to hurt another person
- Taking unflattering pictures of a person and spreading them through cell phones or the Internet
- Sexting, or spreading sexually suggestive pictures or messages about a person

Cyberbullying can lead to anxiety, depression and even suicide. Also, once things are circulated on the Internet, they may never disappear, resurfacing at later times to renew the pain of cyberbullying.

Advice for Teens

STOP!

- Don't share any personal info online or in texts that could humiliate you.
- Never give out your account passwords, even to friends.
- Never open messages from people you don't know.
- Tell the cyberbully to STOP.
- Try blocking cyberbullies who send you hurtful messages. **BLOCK!**
- Don't delete the message! You can use them as proof later.
- Be the bigger person! Don't sink to the bully's level. **TELL!**
- Tell an adult if you are being cyberbullied.
- Think before you Tweet/Post! Pause for 10 seconds and review before sending.

Advice for Parents

- Wait until high school to allow teens to have private phones and emails.
- Encourage teens to take occasional breaks from technology.
- Keep home computers in a shared space.
- Forbid teens from sending mean messages (even if someone else did first).



GIRLS ARE MORE LIKELY TO BE VICTIMS OF CYBERBULLYING. GIRLS ARE ALSO AS LIKELY TO BECOME CYBERBULLIES!

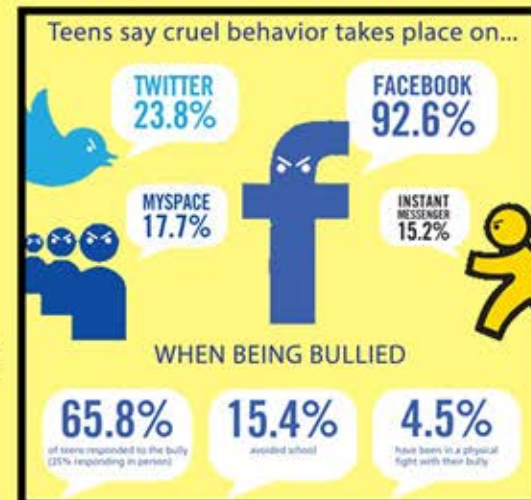
ONLY 1 IN 10 TEENS tells a parent if they have been a cyberbully victim.

1/4

TEENS & PRETEENS HAVE BEEN VICTIMS OF CYBERBULLYING



LESS THAN 1 IN 5 cyberbullying incidents are reported to law enforcement.



CELL PHONES ARE THE MOST COMMON CYBERBULLYING TECHNOLOGY

