

Latest Trends Among the Young



Created by the San Bernardino County Sheriff's Department

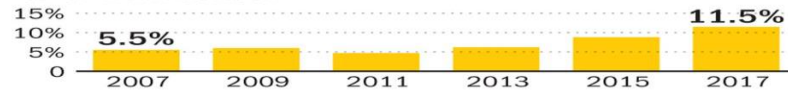
First, the Good News

- In **1991**, 11% of high school seniors smoked $\frac{1}{2}$ a pack a day or more every day
 - In **2016**: only 1.8% did so
- Marijuana use is down among 8th and 10th graders, but flat among seniors
- Alcohol use in **2001**: 53.2% among seniors
- In **2016**: 37.3%
- ***BUT! More kids are making suicide plans!***

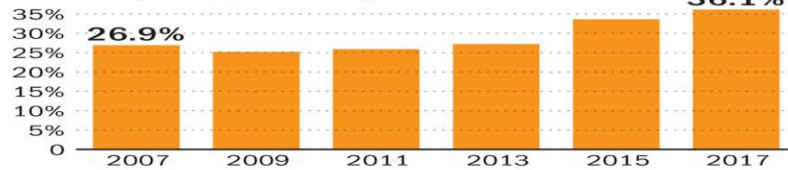
Results from the 2017 Alaska Youth Risk Behavior Survey

Every other year, a selected group of Alaska high school students take the survey that asks them an array of questions from their alcohol use to their drug use to whether they feel safe at school to their exercise habits. Here are just some of the survey's findings that have changed the most over time.

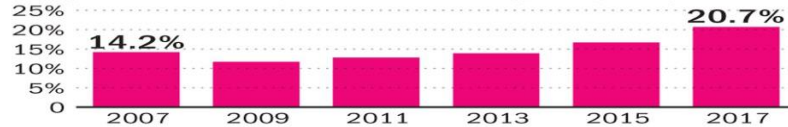
Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school



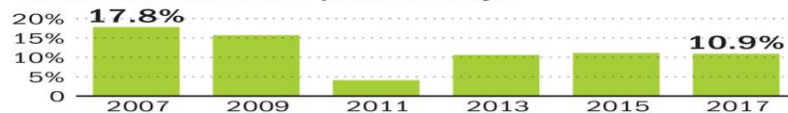
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities



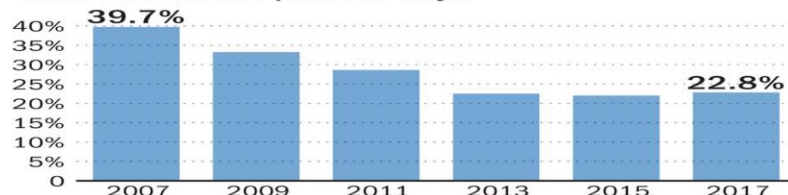
Percentage of students who made a plan about how they would attempt suicide during the past year



Percentage of students who smoked a cigarette at least once in the past 30 days



Percentage of students who had at least one drink of alcohol in the past 30 days

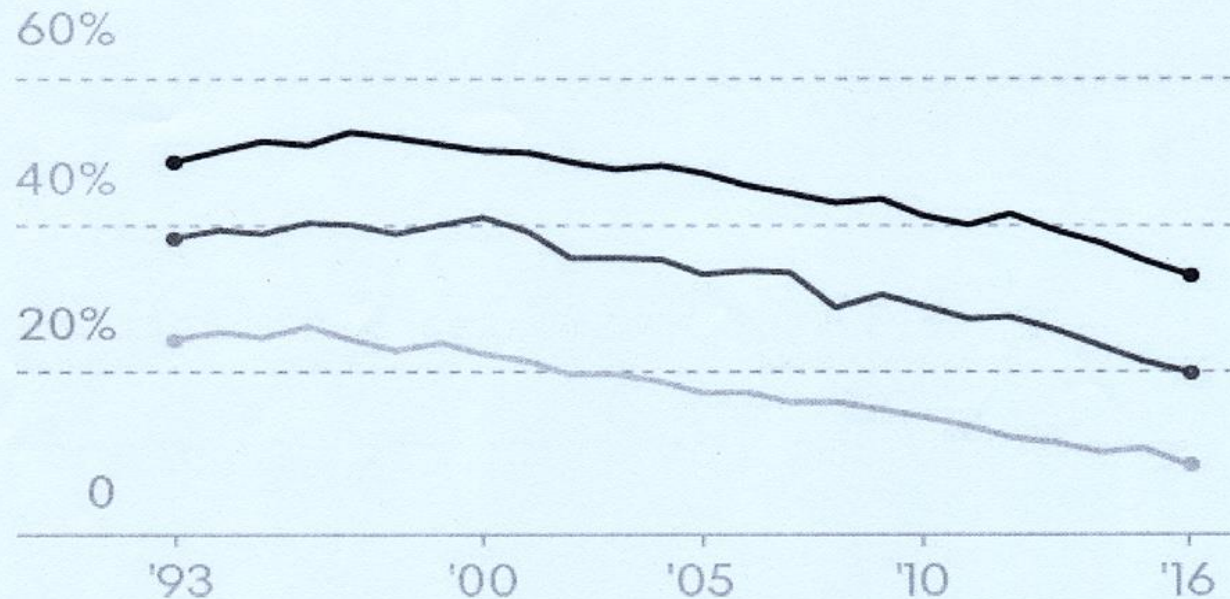


Source: Alaska Youth Risk Behavior Survey
KEVIN POWELL / Alaska Dispatch News

TRENDS IN TEEN DRINKING

The percentage of teenagers who say they drank alcohol in the past 30 days:

● 8th grade ● 10th grade ● 12th grade



SOURCE The University of Michigan Institute for Social Research

Janet Loehrke, USA TODAY



No Sex, Thank You, We're More Comfortable Interacting Online

- *% of high schoolers who have had sex fell from 31.2 % in 2013 to 27.2 % in 2015*
- Only 56% of high school seniors go out on dates now, compared to 85% for Baby Boomers and Gen "X"ers
- High school seniors now leave the house less often than 8th graders did as recently as 2009

-- Jean Twenge, *"iGen: Why Today's Super-Connected Kids Are Growing Up Less Happy And Unprepared for Adulthood"*

BUT! Vaping is on the Rise!

- THE NEW YORK STATE DEPARTMENT OF HEALTH FOUND THAT E-CIGARETTE USE BY HIGH SCHOOL STUDENTS NEARLY **DOUBLED** IN THE LAST TWO YEARS FROM **10.5** PERCENT IN 2014 TO **20.6** IN 2016



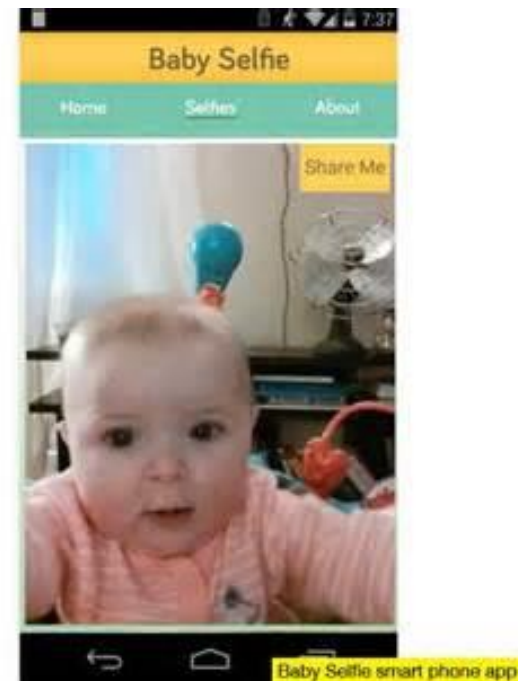
Online Everywhere!



Posting is *Everything*

- Electronic communication is becoming the most important thing in the lives of juveniles

“FOMO” means
no **“AFK”** and
“*streak*” *competitions*



Phones Before Anything Else!

- **73%** of young people 18-34 would rather text than talk in person
- **62%** would rather forget their wallet at home than their phone when going out
- **66%** take their phones into the bathroom
- **70%** sleep with phones at arm's reach

“Digital Heroin”

- **Recent brain-imaging research confirms that glowing screens affect the brain’s frontal cortex in exactly the same way drugs like cocaine and heroin do**
- Screens and video games literally affect the brain *like morphine*
- In a series of experiments, a video game called “**Snow World**” served as an effective pain killer for burned military combat victims, normally given large doses of morphine. While the burn patient played “**Snow World**” — where the player throws snowballs at cartoon penguins — they felt no pain

Hooked From Infancy

- About 50% of babies aged 6 to 11 months use a touchscreen *daily*, with the rate increasing to 92 per cent among 3 yr olds
- The more time toddlers spend using touchscreen devices, the more likely they are to have sleep problems

Birkbeck, University of London and King's College London

- The reSTART Life Centre near Seattle treats kids as young as 13 for addiction to mobile devices

- *2 girls, 10 & 11, lost in a storm drain, posted on Facebook rather than call 911*



Lockdowns

- #selfielockdown posted during actual lockdowns
- Expect students to tweet and retweet when encountering a gunman or emergency – not to notify the authorities
- Kids *post* first, talk to humans second



The Dark Side of Social Media

Teens posted photos, on Snapchat, of a murder being committed

13, 14 yoa girls in GB; victim: 39 yoa woman

Girls stopped battering her only to post photos on Snapchat

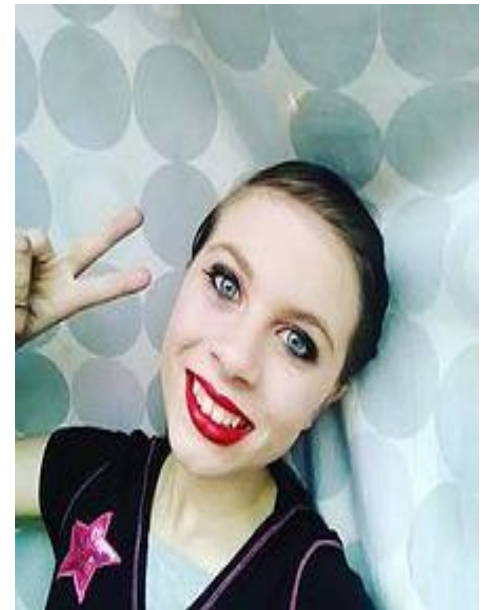
Created by the San Bernardino County Sheriff's Department



Periscope, Meerkat, Ustream, Instagram Live

*Increasingly used to live-stream
violent and suicidal acts*

- 2 teens assaulted a drunken man in France. One of the 2 assailants recorded the attack on Periscope
- 12-year-old Katelyn Davis hung herself for 12 minutes on **Live.me** and **Facebook.Live**, replayed on Facebook
- Victim of “catfishing” – also known as “kittenfishing” or “sockpuppeting”



Some Points to Ponder

- Americans touch their cellphones on average about every 6 minutes
 - *New apps are being created every day to facilitate sexual encounters between strangers*
- 1 out of 4 Google searches is for pornography
 - *The average young person will see porn for the first time by age 6*
- Childlike Sex Robots are being sold online

We Have No Idea....

Experts say:

- **60%** of parents underestimate how depressed, worried and lonely their children are on SM
- **94%** of parents underestimate how much fighting & vicious bullying goes on in SM world

Heavy Hitters

- Teenagers today get as **little exercise** as 60-year-olds (Johns Hopkins study)
- Those born between the early 80s and late 90s are much more likely to be overweight or obese than their parents were
- Despite “clean eating”, more than **70%** will be overweight or obese between ages of 35 and 44. This would make them the heaviest generation on record. About **50%** of baby boomers were overweight or obese at the same age

“A Cycle of Endless Depression”

- The more time young adults spend on social media, the more likely they are to become depressed & suicidal
- Of the 19 to 32-year-olds who took part in the research, **those who checked social media most frequently throughout the week were 2.7 times more likely to develop depression than those who checked least often**

---Univ of Pittsburgh School of Medicine study

Suicide rate hit 40-year peak among older teen girls in 2015

By Susan Scutti, CNN
Updated 2:11:19 GMT [05:19 HKT] August 3, 2017



Miami Herald

'I tried to kill myself 3 times': Suicide rate for teenage girls hits 40-year high

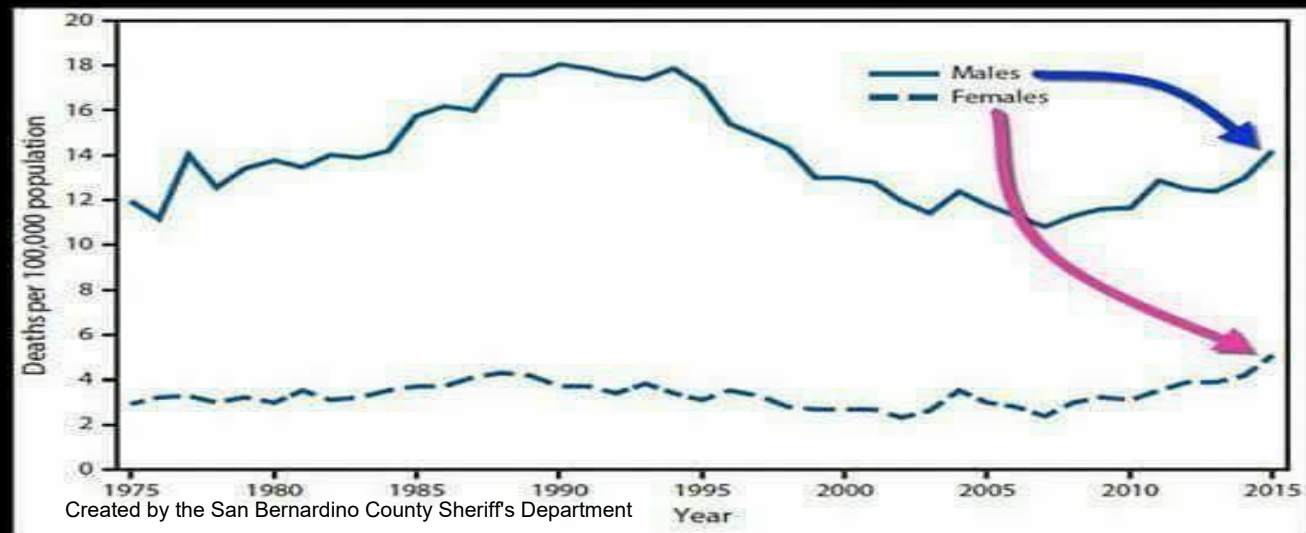
NBC NEWS

Suicides in Teen Girls Hit 40-Year High

by MAGGIE FOX

TIME

Suicide Rate for Teen Girls Hits 40-Year High



“Social” Media?

- YA’s who spent more than **2** hours a day on social media were **twice** as likely to show signs of **social isolation** than those who spent less than **30** minutes
- YA’s on SM at least **58** times in a week were **3x** more likely to feel **socially isolated** than those who logged on **9** times in a week

-- Pittsburgh's Center for Research on Media, Technology and Health

See Your Friends Less Often!

- The # of teens who get together with their friends nearly every day dropped by more than **40%** from **2000 to 2015**; the decline has been especially steep recently
- It's not only a matter of fewer kids partying; fewer kids are spending time simply hanging out

-- *"iGen: Why Today's Super-Connected Kids Are Growing Up Less Happy And Unprepared for Adulthood"* by Jean Twenge

“Social” Media = Social Comparisons & Competition

- *When young people see a celebration they weren't invited to, or view photos of someone else's family vacation or trip, it can cause them to believe their friends enjoy a happier, more fulfilled life than they themselves do*

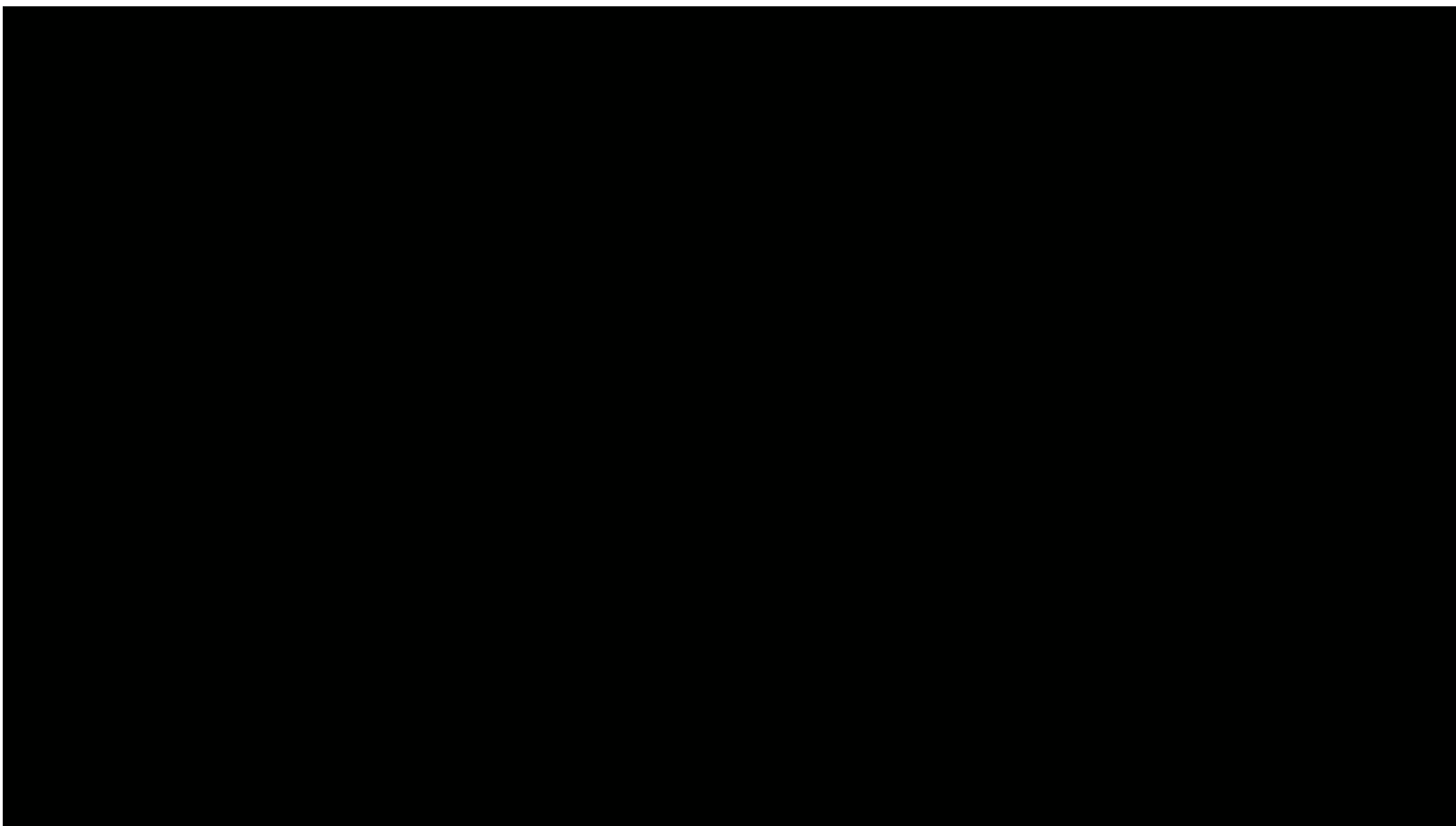
More Time Online, Less Satisfied with Real Life

- A sample of children between the ages of **10 and 15** collected from 2010 to 2014: researchers found that **spending 1 hour a day** chatting on social networks reduced the probability of a kid being satisfied with life overall by about **14 % points**
- Happiness adulterated by cyberbullying, constant comparisons, and missing out on non-electronic experiences

By the Numbers

- 91% of school age children post photos of themselves on twitter
- 25% of photos of naked children online *were taken by the kids themselves* - NCMEC
- 92% use their real names
- 82% reveal their actual birthdates

Ask.fm



“ROASTING”

- Teens (usually girls) gang up on social media to humiliate a particular boy
- Aim: to make him break down or beg for mercy
- Take a graphic newsphoto and meme it with the target in mind
- Supposedly done with “humor” – “one step above banter”
- Twice as many girls as boys practice roasting

More Bullying Apps

- ***The After School App***

Loaded with pornography, drug references, removed twice from AppStore because of objectionable material, used heavily for bullying

Burnbook

Compiles messages by school, encourages kids to screenshot rumors, save them and spread them around, used heavily for bullying

Calculator % App

Hides obscene photos & videos behind innocent-looking icons

The Saharah App

- “A breeding-ground for cyberbullying and hate speech”
- Lets users send anonymous messages
- From Saudi Arabia, it’s now in the top 10
- No filter for explicit content
- By default, anyone can leave a message on a profile even if they don’t have an account

The Tango App

- Users can send and receive texts and videos, make calls
- Communicate w/anyone in a 4 mile radius
- The more you livestream the more you earn gifts from fans, redeemable for cash
- Masks & avatars can be used, but many kids register with all their Facebook info

SayAt.Me

- *SayAt.Me* is an anonymous website and app; allows users to gather feedback from others
- Feedback is sent privately to the user
- Users decide which feedback messages goes public. Once public, people can leave comments on that feedback
- Leaving feedback enables private anon messaging
- *SayAt.Me* suspended their website but it's back online

SayAt.Me

- Encourages very young users to compare their self-image to other people's opinions
- Apps that encourage users to privately message each other anonymously bring out the worst in kids
- Uses pop-ups to tell users to be nice to others and to select "Yes, I'll be nice" or "NO, I'm a heckin' bully". If you select the bully option you're not restricted from leaving feedback or commenting on feedback

More Bullying Apps

- ***The Slingshot App***

directed at boys, create polls, bad ads, comment section bullying

- ***StreetChat***

live photosharing, mean posts, no confirming ID

- ***WhatsGoodly***

rate & berate, bad polls, location-based, anonymous

- ***Wishbone***

girls, rate & berate polls, have to watch R&X rated ads first, comment sec bullying

- ***YouNow***

stream&watch realtime videos, rate videos, get bullied on your videos

Yet More Bullying Apps

- CyberDust and VaporChat sends disappearing messages on sending & receiving phones
- Down once called “Bang with Friends”, gets teens to hook up
- Fess lets you send anonymous messages to your school – lots of threats
- Hot or Not connects users who think each is hot; rate and berate site
- uMentioned send rumors and gossip about you to your school

Is A Youth Being Cyberbullied?

- Nervous, shows anxiety when receiving a text, email, or instant message
- Withdrawn from family and others
- Lashes out in anger towards others
- Show signs of depression
- Tries to find excuses not to go to school
- Spends less time/no longer on online devices
- Suicidal thoughts or actions
- Difficulty sleeping
- Significant weight gain or loss

Kids Don't Realize **They Can't Hide**

- No one on social media is invisible or anonymous: sites like geosocialfootprint.com allow anyone to track your usage and location (if GPS-equipped)
 - *Twitter data can be harvested and analyzed to uncover your location*
- **Swipebuster**: lets you know who is on Tinder, and can narrow down results by first name, age, gender and location
- \$170 device can hack into any phone in the world

More Dark Side

- It's increasingly easy for malicious users to post pornographic images on anyone's phone – not easy to clear your name
- *4chan* – a site where trolls gather and plot how to attack individual victims
- 13 year olds are now making apps

Websites You Should Know

- **YikYak** (*bulletinboard for nearby posts*), **Secret**, **Whisper** (*reveals yr location, pop w/preds*), **Confide**: all anonymous, used to post threats
- **Topix.com**, **Bluelight.org**, **Erowid.org**: “harm reduction” drug sites and forums
- **SnapBird**, **Topsy**: for seeing others’ tweets & twitter photos
- **Weedmaps.com**: sales in your area (supposedly for legal dispensaries & med marj sales)

More Sites

- **Bluejay**: others' tweets and where from (\$150 a month)
- **Twicsy**: find others' twitter photos
- **Webstagram**: find others' instagram pix

- **Tumblr**: for short visual posts; 61% of teens use on reg basis; unmonitored; all posts are public; revengeporn site

Wattpad

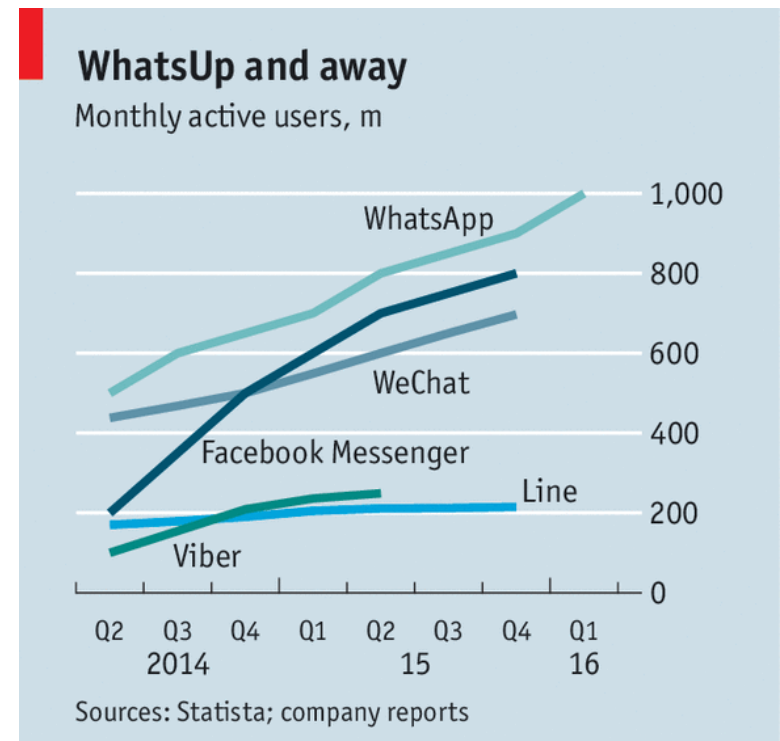
- “Journaling” app that allows teens to write personal stories and share with others
- Much R- and X-rated material online
- Connects with user’s Facebook page, profile picture & info
- Allows for private messaging – popular w/ predators

The “Gather” App

- App that allows kids to schedule and plan upcoming social events
- Sends invites to all friends and FOFs by spamming your entire contact list
- You think the invite’s coming from a friend, but event could be dangerous
- Encourages kids to share event on SM; never good for kids to say where they’ll be

WhatsApp

- Photo, video, textsharing
- Used for group chats and location sharing
- *50 billion messages are sent on this app every day!*



Economist.com

Sexting

- Most often between boyfriend and girlfriend, but sometimes it's about letting someone know you're interested in hooking up



Predators prey on kids on Kik

Anybody can get on Kik (9 year olds on it)

“Show me your breasts or I will burn a cat”

50 replies on Kik?

You don't feel like a stranger or a loner any more – that's powerful!

- A July 2012 survey reported **25%** of teens have sexted
- **76.2%** of teens asked to sext (whether they sexted or not) have engaged in intercourse, compared to **38.2%** not asked to sext
- Of those asked, **68.4%** were girls, **42.1%** boys
- 16 and 17 year olds most likely to be propositioned for a photo



Sexting & Sex: the Connection

“Sextortion” the New Epidemic

- Members of the “sextortion” group create fake Facebook accounts of fictitious young attractive women; entice and lure victims with pornographic material after striking up online chats with them; trick them into exposing themselves on webcams, or into simulating sexual acts
- Threaten to send the video to their relatives and friends unless they pay up, usually from \$500 to \$2,000 or more
- Often dating apps are used

“Sextortion” the New Epidemic

- More than 900 cases reported in 2016 -- more than double the total for all of 2015
- 4 young men desperate at the thought of being publicly humiliated have committed suicide
- Some victims as young as 14; most are 18 to 24; also some in their 50s to 80s. More than 90 per cent of victims are male

Related to Sextortion is This:

Young users of pornographic sites get their web-visits hacked, and then get extorted by the hackers

380,000 users of just one porn site were hacked in 2016, making them vulnerable to sextortion



“Hook-Up Culture” Apps

- *Tinder*
- *Yubo (used to be “yellow” -- “Tinder for Teens”)*
- *Happn*
- *Bumble*

“Swipe Culture”:

Swiping through lots of online people for a succession of hookups

On-line dating = STD epidemic

- 15 to 24 year olds account for nearly half of the 20 million new cases of STDs each year
- STDs on the rise for the first time in roughly a decade
- Linked to sites like **Tinder**, **Grindr** and other “date & rate” sites
- Rate of syphilis up 15% since 2013
- Anonymous hookups make tracking partners very difficult
- A 20-year-old U of Kansas student was kidnapped after a Tinder date turned violent

Teen Dating Sites Targeting 13-18s

- *Crush Zone*
- *Our Teen Network*
- *MyLOL* (#1 in USA, Australia, UK, Canada)
- *Fun Date City*
- *SexMessenger* (“Find Attractive **teens** Near You, Start **Dating** Today for free”)

Instagram

- Photo & text sharing site
 - **“Likes” = Life** for many girls
 - **Instashaming**
- Some estimates: 75% of all bullying on the site is committed by girls

The Trouble with Snapchat

- *“SnapMap”*

SnapMap uses data (your location, speed of travel & phone usage) to work out where you are and what you’re doing, and shares this information with your friends on an interactive map

Stalking & Predator risks

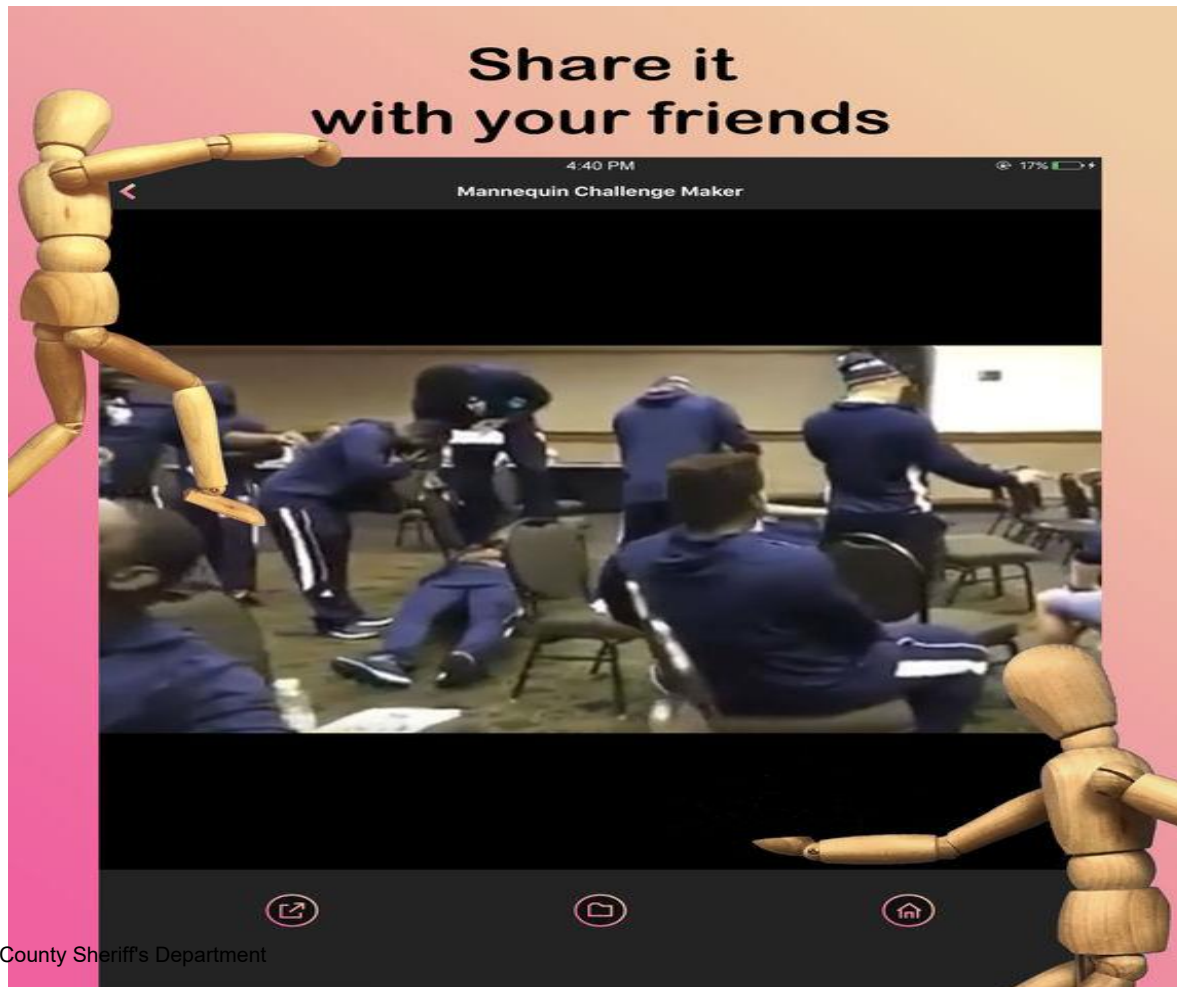
You can zoom in on “hot spots” and see what others are livestreaming – can be very inappropriate

Choose “Ghost Mode” on your child’s app

Cyberbullying & Photoediting

- Apps that are popular for photoshopping pix of intended victims:
- *Adobe Photoshop* – edit photos then “share via Instagram”
- *InstaCollage Pro* – for collaging pix, but also for altering them
- *Cut Me In* – cut and paste photos with ease, post online

A World of Online Challenges



For Example:

- Walking with legos in your shoes
- Boil Red Bull into a thick syrup and drink it
- “Watermelon Roulette”
- Play hot potato with dry ice
- Shave with Nutella

“Condom-Snorting”



The Hot Water Challenge

- Pour scalding hot water on an unsuspecting person, whether sleeping or awake
- In other variations, people willingly try to drink boiling water
- An 11-year-old NY girl was severely burned when her friends poured hot water on her during a sleepover

The “48 Hour” Challenge

- Kids are challenged to disappear completely for as long as possible
- Earn points for how many times your name is mentioned on SM (from frantic parents)
- Kids as young as 14 are disappearing for days
- New variation on the “Game of 72” from 2015
- No remorse – kids post selfies in the police car when brought home

A Word on Video Games

- “Game of War”, “World of Warcraft”: blend hyperviolence with pornography in a setting of the occult
- Many video games have chat rooms in them; these are used by ISIS and gangs like Gangsters Disciples & Sons of Samoa to recruit kids
- “Show me your avatar”; play *with* them; interact

Minecraft

- Players break and place blocks. The game world is composed of rough 3D objects—mainly cubes—arranged in a fixed grid pattern and representing different materials, such as dirt, stone, water, lava,
- No specific goals: players have great freedom in choosing how to play the game
- **“Your kid’s brain on Minecraft looks like a brain on drugs.”** –[NBC](#)
- “Parents are worried about the varying levels of enthusiasm/**obsession/addiction** their children display when playing Minecraft” –[BBC](#)

Another Gaming Danger

- Growing trend of gamers live-streaming their gameplay on *Twitch*
- Gamers go hours on end – sometimes more than 24 hours – playing & streaming, without rest or proper nutrition
- One 35-year-old in VA died from a 24-hr marathon playing “World of Tanks”; other deaths in South Korea and Taiwan
- Nonstop VR-viewing record: 50 hours

“Ice Cream” Trucks

Shock Pens
Drugs
Weapons



Botox for Teenagers

- More teens are getting botox injections: “Selfie Culture”
 - *“You see nothing but beautiful, flawless people everywhere”*
 - *“My generation doesn’t see anything wrong with getting work done”*
 - *“It’s addicting when you see the results right away”*
- Parental consent required for those under 18
- ***Botox for 19-34 year olds rose 41% 2011-2015*** (American Society for Aesthetic Plastic Surgery)
- Botox = brand name of botulinum toxin, world’s most lethal neurotoxic agent
- 10% are young men – **“Brotox”**

Male Eating Disorders on the Rise

- In the last six years, there has been a 70 percent increase in young men seeking help

Pressure to have a “*selfie-ready*” male physique has led to the rise in disorders such as bulimia, anorexia and body dysmorphia

- “***Muscle Dysmorphia***:
When someone thinks they need to be a certain physique and muscular appearance in order to be satisfied with their appearance
- (This is the **opposite of anorexia** where someone feels the need to be as thin as possible)

Vaginal Glitter Bombs

- Capsules containing candy-scented plastic or edible (sugar) glitter inserted into vagina
- “Passion Dust” Intimacy Capsules

Dangers include:

- *Infections*
- *Vaginal “sunburn” (dermatitis)*
- *STI’s (sugar feeds bad bacteria)*
- *Granulomas*



NATIONAL TRENDS

- National arrest rate for *girls* has steadily increased each year since the early 2000's
- Juvenile female offenders represent the fastest growing segment of the juvenile justice system
- In the 1980s, girls represented **1 in 10** of every juvenile arrest
- Now girls represent **1 in 4** of every juvenile arrest

VIOLENT BEHAVIOR

- Juvenile females are becoming increasingly more violent towards each other and authority -- including law enforcement
- More likely to be armed with a knife or gun
- Now more likely to roam in small packs & attack individuals and the elderly



New Trends: Pimps & HT on Campus



“The young, female students without an adequate home, no close family, far friends and a long distance support system makes them an easy target for sex slavery.”

In Plain Sight

Schools provide an ideal setting for traffickers:

1. populated with hormonal youth
2. who are immature and
3. have the technology for instant silent communication
4. and a variety of sites for quick assignments

Trafficking operations occur under the noses of teachers and admins

It Happens at Every High School

- Middle-aged men pretend to be women on Facebook
- "Would you be interested in making money? I make tons of money. I have a really easy way for you to make money. You're really pretty, it would be really easy"
- "Want to be a model?" They take her to a strip club and tell her "Our regular dancer is sick, will you fill in? Just temporary... you won't have to take your clothes off"
- ***That's the introduction to The Life***


One HT Seduction Technique

- Take a photo of a stylish girl, post on SM
 - She brags about all the \$\$ she's making
- “You, too, can make \$\$ as a ‘call girl’ -- show up at XYZ location, have sex, [*get videotaped*], make lots of \$\$”
- Once videotaped, blackmailed into staying in “The Life”

The Trend on “the Track”

- More and more traffickers are making random calls to girls’ phone numbers, soliciting
- More transgendered youth being swept up
- *American Pimp*
- Craig’s List – Backpage
- **Tagged:** pimps blast solicitation messages to all girls within a 15-20 mile radius
- Are there posters around school advertising suspicious “jobs for teenagers”?

Boys & Girls!
 13 to 16
 Looking For That
 Extra MONEY
 To Fill Your
Pocket?
 WORK Part-Time after
 School and Saturdays
 You can average: **\$100**
 Per Week or more
 Call:
 (909) 449-0531
 ALL TRANSPORTATION PROVIDED BY AN
 ADULT SUPERVISOR




Vassar Police Department
 287 E. Huron Ave.
 Vassar, MI 48768
 Phone (989) 823-8531
 Fax (989) 823-1350

SUMMER WORK
 (Even with no experience)
\$17.25 base-appt.
TEXT FOR INFO
 (989) 259-

WARNING

On Friday, June 2nd, 2017, the Vassar Police Department was notified that several signs had been placed along the road side near Vassar High School, as well as in the business district. These signs are advertising for "Summer Work", and request a text message for more information.

Although no criminal activity has been reported to the Vassar Police Department, we strongly discourage anyone from contacting businesses or persons who advertise for "help wanted" in this fashion.

Signs similar to these have been linked to criminal organizations involved in human trafficking.

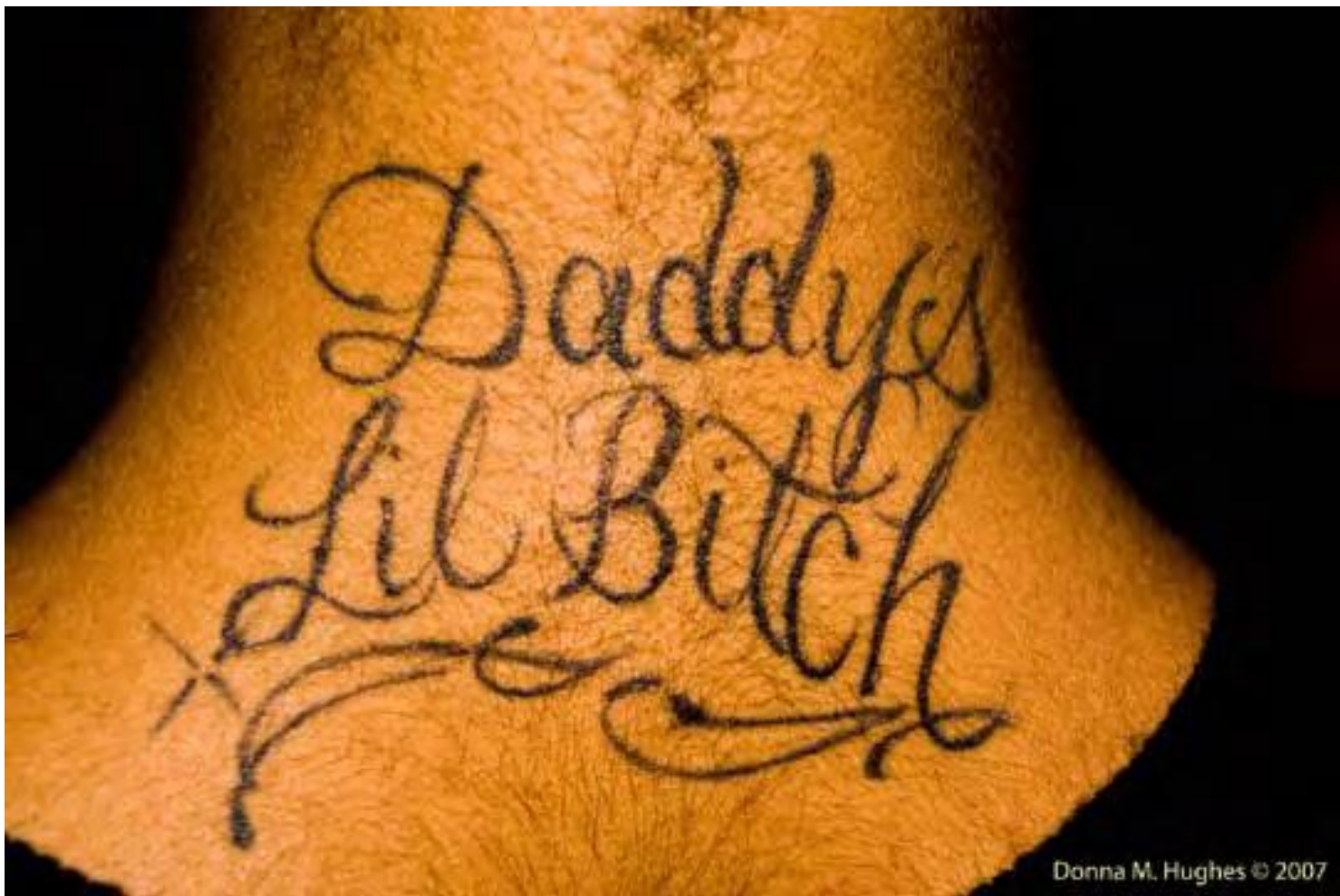
Should you see any more of these signs inside the City of Vassar, please contact the Police Department to have them removed.

Is She Being Trafficked?

- 15 year old girl with a 23 year old “boyfriend”
- New tattoo: “Daddy” or a bar code
- Unexplained absence from school for a week
- New clothes or accessories
- Large amounts of money
- Sexually transmitted diseases
- Girl picked up in areas known for prostitution
- From a CPS background? (70% are)

Is She Being Trafficked?

- She exhibits behavior that is suddenly hostile or obnoxious – a sudden shift in attitude toward the belligerent
- She has multiple cellphones at school
- Often refers to a mysterious male as “King”, “Mac”, or “Daddy”





Created by the San Bernardino County Sheriff's Department

Websites Associated with Sex Trafficking

- **“Plenty of Fish”** – supposedly a dating site
- **“Humaniplex”** – prostitution “escort” service site where you pay to take part, rate both buyers and sellers
- **“Slave Register”** – users register either as slaves or as Dominants, track each other (sometimes with barcodes), “buy” slaves for sex

It's Not 420 Anymore

- Kids today talk openly about weed use; for many it's an accepted part of life
- 710 = OIL (as in cannabis oil)



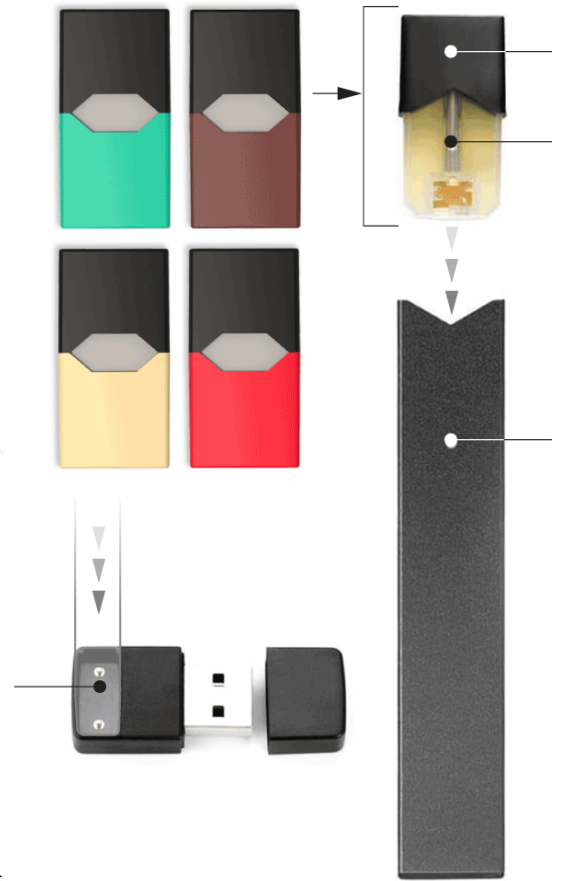
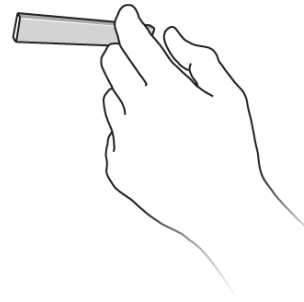
Kids Are Vaping Honey Butta



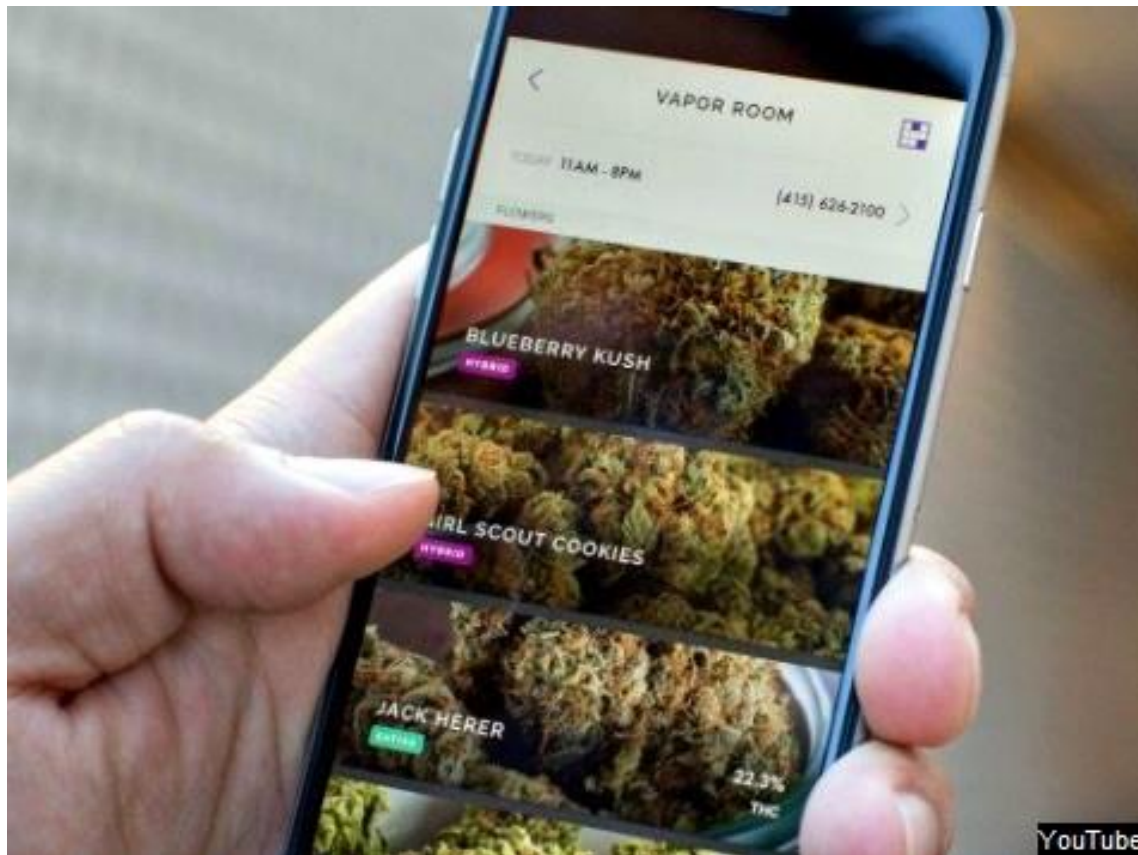


“Juuling”

Juice-flavored pods contain 50 milligrams of nicotine; recharged by dropping onto a magnetic USB adapter; kit is \$50 online

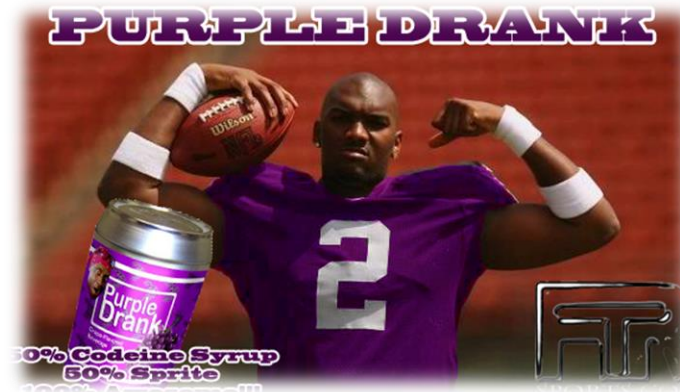


Weed Delivery App



Sizzurp

- A drink that contains promethazine and codeine syrup, mixed with sprite and sometimes jolly ranchers - Causes a slow trip
- Sizzurp is the actual cough syrup ingredient used to create what is known as "Lean". It can be sold illegally or be attained with a prescription. To create Lean, a popular drink created in Houston Texas, you require the following for the original formula:
 - Promethazine w/Codeine VC <- Sizzurp (active ingredient)
 - Original Sprite Soda <- Mixing ingredient (although different flavors of sprite are now used, such as sprite remix)
 - Jolly rancher candy <- Flavor additive



Heroin Makes a Comeback!

- Overwhelming reemergence of heroin and opioids on school campuses
- Cheap -- \$10 a hit!
- Oxycodone, oxycotin are in big demand
- Walgreens a major victim



Teen Drug Deaths on the Rise

- **Number of teens who died from a drug overdose rose by one-fifth in 2015, after 7 years of decline** *--Natl Center for Health Statistics*
- **The jump is attributed to an increase in the use of heroin and synthetic opioids**

Here's What Happened:

- **1996** -- Oxycontin introduced – it's easily crushed, snorted, mixed with edibles, etc
- **2010** – To combat the abuse, Oxycontin is reformulated to be almost impossible to grind up or crush
- **Today** – The result is that Oxy abusers have turned to heroin in huge numbers

“Tesla”

- Mashup of MDMA & Opiates
- Pills marked with Tesla logo contain between **130-200 mg** of MDMA
- A common dose for average user: **75-125 mg**
Large dose: **110-150 mg**
- Very large does: over **200 mg**
- With Tesla MDMA pills, the user is starting with a dose that is considered very strong

FENTANYL

- Heroin's synthetic (and much stronger) cousin
- Up to 100 times more potent than morphine
- A 3-milligram dose is enough to kill an average-sized adult male



AND, IF THAT ISN'T BAD ENOUGH, THERE'S
CARFENTANIL:

- Elephant tranquillizer
- Cut into heroin - supplied by China
- Used as a murder weapon
- Used by zookeepers in a hazmat suit
- even one drop in eye or mouth can kill
- Not even Narcan may prove effective as an antidote

Vodka Tampons aka “Slimming”

- ☠️ Teens (both girls and boys) are increasingly using liquor-soaked tampons
- ☠️ Instant drunkenness and no alcohol smell on the breath
- ☠️ Can lead to severe internal burning, damage to membrane, potential yeast infection and damage to the reproductive system and dangerous levels of alcohol absorption

“Molly” is still around, still popular

- **Supposedly a “pure” form of ecstasy**
- **Anything but pure – cut with whatever the manufacturer can get hands on**
- **Molly t-shirts**
- **MDMA is extremely dangerous, and found in staggering amounts at concerts and raves**

More Drug Trends

- Viagra/Rush parties = **Popper Parties**
- 10 **Viagra** pills for a 6 hour “marathon”
- 8 or 9 **Rush** pills: nosebleeds, dark circles around eyes, heart attacks

- *Viagra creates an “effect” that is very painful after 4 hours – the hospital “fix” is just as painful!*

Hand Sanitizer Cocktails

- Kids separate the ethanol from hand sanitizers by using salt
- The resulting dosage is equal to a shot of pure alcohol
- Best advice for parents: buy the *foam* version of hand sanitizer



UBER parties!

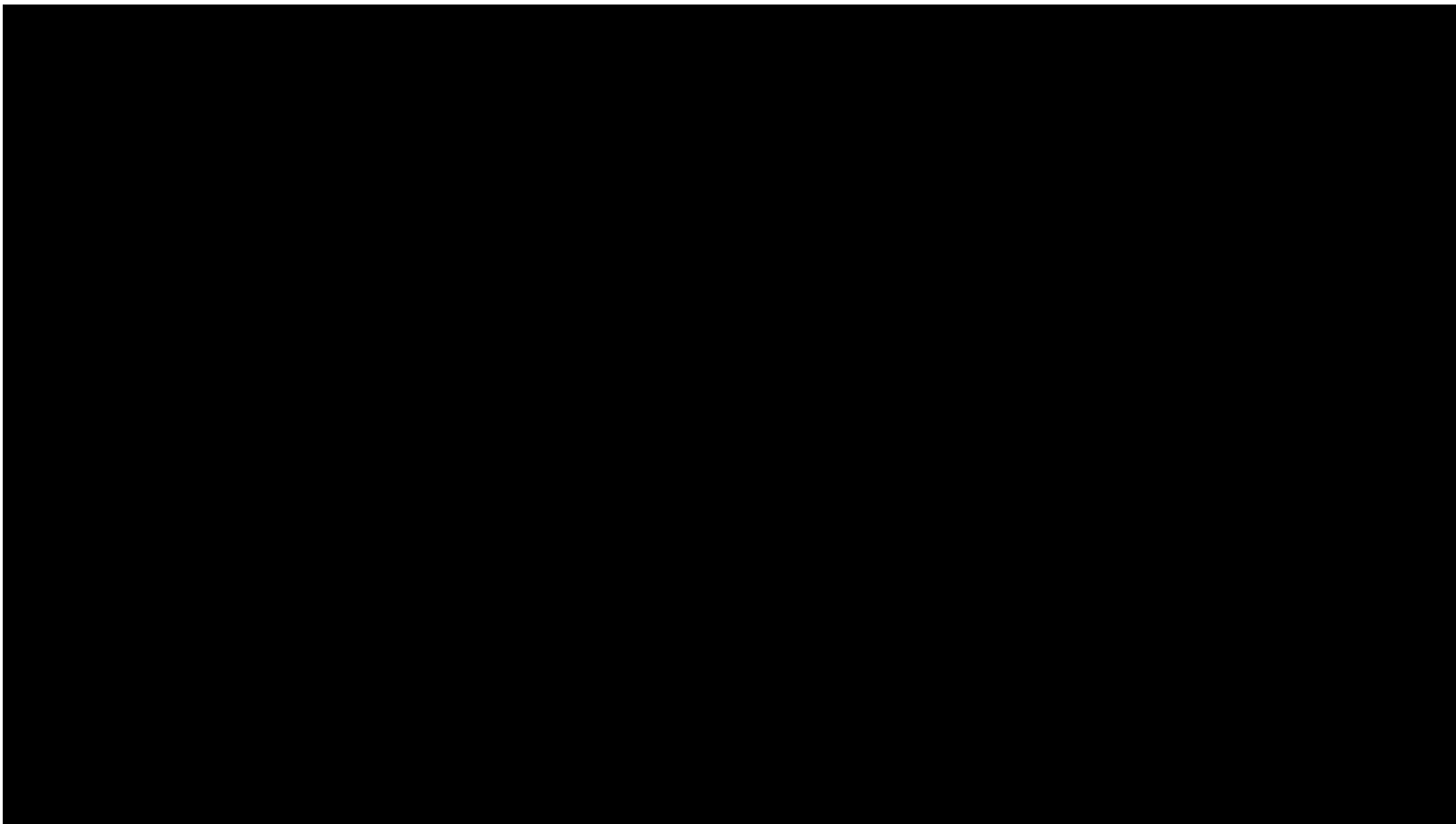
- Adolescent get-togethers
- Advertised on social media
- Lap dances
- Tables full of drugs and cash
- Live music



The New Way of Self-Destruction

- Pong Pong Seeds (containing cerberin) from “the Suicide Tree”
- Grown and sold in Southern Asia and popular in India for murder & suicide
- Can be bought on eBay and amazon.com (for “decoration”) for as little as \$5
- Kids don’t understand that seeds create nausea and pain for hours before death

“Suicide Seeds”



The Choking Game (or TCG)

- Self-strangulation activity to achieve a "high", using dog leashes, bungee cords, scarves, belts, etc
- Mostly boys, average age about 13
- The choking game the **pass-out game** **blackout**, knock c

Garett Pope Jr
of South Carolina,



Created by the San Bernardino County Sheriff's Department

“I-Dosing”

- Put on headphones, drape a hood over the head and drift off into the world of 'digital highs'
- Certain repetitive music clips are said to mimic the effects of certain drugs
- So-called 'digital drugs' to change the brain
- Some songs are receiving nearly half a million hits on YouTube
- Danger: leading some to go on to real drugs

“I-Dosing”



Plant Seed Highs

- Kids are ingesting the seeds of flowering plants:

Sleepy Grass

Hawaiian Baby Woodrose

Blue Morning Glory

- Seeds have hallucinogenic effects because they contain LSA – similar to LSD
- Cause hallucinations, spatial & temporal distortion, and side effects such as nausea & vomiting

And Let's Not Forget Meth Is Still Around, Big Time



Created by the San Bernardino County Sheriff's Department

*Alright, let's get you
parents some help*

*Here are some
RESOURCES*



- MyMobileWatchdog

If You Use Only One App...

- Phone call monitoring
- Text monitoring
- Photo monitoring
- GPS location tracking
- Instant alerts when strangers call or text
- Block designated sites



BARB!



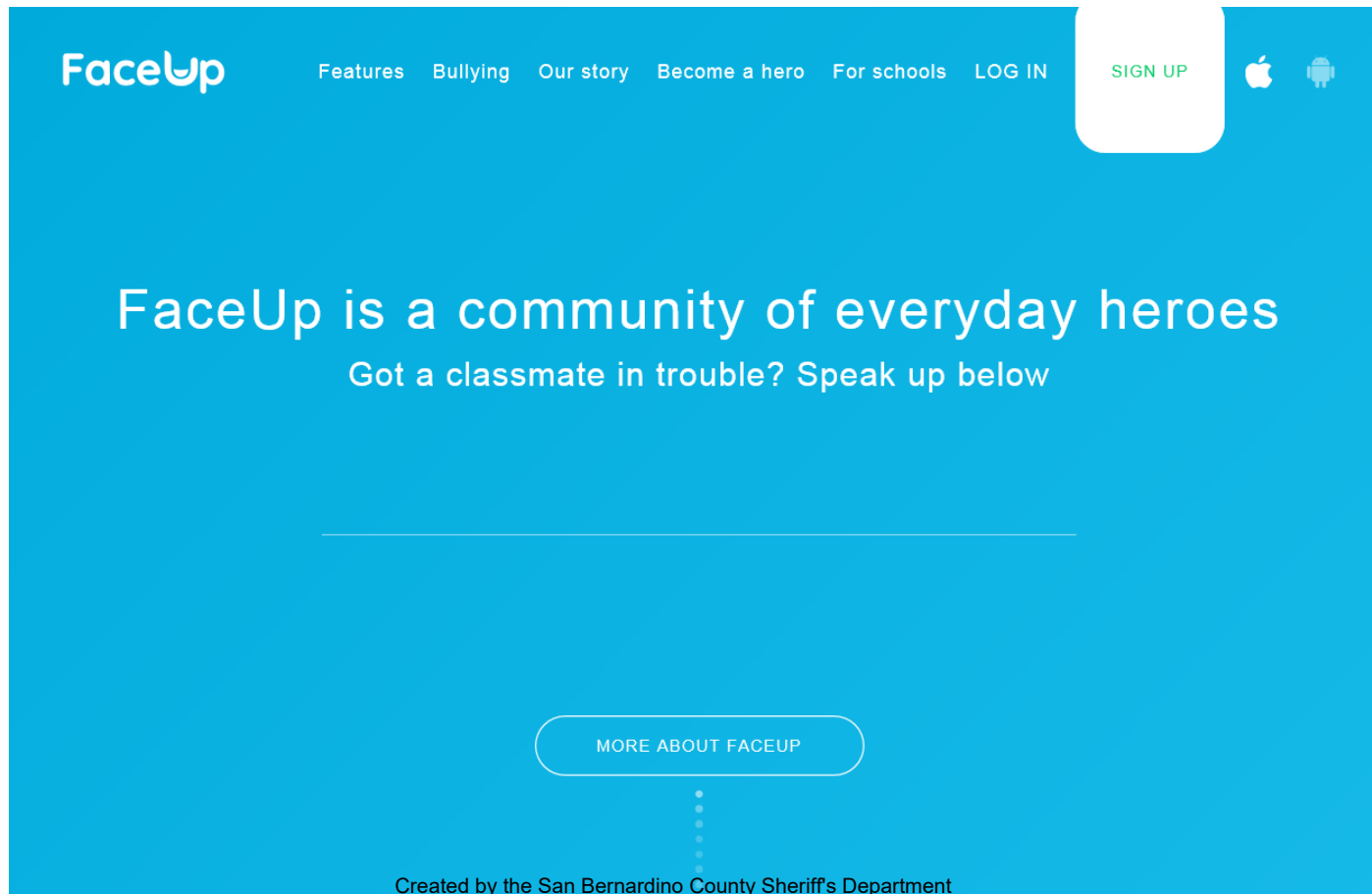
- You sign up and connect with all your child's apps
- You're alerted to cyberbullying, sexting, drug-related content, and signs of depression
- If a possible problem is detected, a text/email alert is sent to you to review the issue, along with recommended actions on how to handle the situation
- \$9 a month

“Kids will have a connected experience designed just for them”

- Pairs wirelessly with your home Wi-Fi and allows you to manage every device on your network. Using **the Circle app**, families can create unique profiles for each family member.



The “FaceUp” App



The screenshot shows the landing page of the FaceUp app. The page has a solid blue background. At the top left is the FaceUp logo. To its right is a navigation menu with links for Features, Bullying, Our story, Become a hero, For schools, and LOG IN. On the far right of the navigation bar is a white rounded rectangle containing a green SIGN UP button, an Apple logo, and an Android logo. The main content area features the headline "FaceUp is a community of everyday heroes" in large white text, followed by the sub-headline "Got a classmate in trouble? Speak up below" in smaller white text. A thin white horizontal line is positioned below the sub-headline. At the bottom center, there is a white rounded button with the text "MORE ABOUT FACEUP". Below this button is a vertical ellipsis of five small white dots. At the very bottom of the page, centered, is the text "Created by the San Bernardino County Sheriff's Department".

FaceUp

Features Bullying Our story Become a hero For schools LOG IN

SIGN UP

Apple Android

FaceUp is a community of everyday heroes

Got a classmate in trouble? Speak up below

MORE ABOUT FACEUP

Created by the San Bernardino County Sheriff's Department

“WHAT’S UP” SAFEHOUSE

- PUT THIS APP ON YOUR KID’S PHONE!
- 24/7 ANONYMOUS COUNSELING & SENSITIVE SUPPORT
- LICENSED MENTAL HEALTH PROFESSIONALS
- FREE & EASY TO USE
- DOWNLOAD THE APP OR TEXT *SHHelp Hi* to **274637**
- KIDS 11-24 STRUGGLING WITH DRUG OR ALCOHOL ABUSE, DEPRESSION, SUICIDAL THOUGHTS, BULLYING, ETC
- OR IF THEY KNOW SOMEONE WHO IS IN TROUBLE

Your Guide to Social Media:

Safesmartsocial.com

- *Everything you need to know about websites and apps*

• **FOOTPRINTFRIDAY.COM**

CrisisChat

- Crisis centers across the United States have joined together to form one national chat network
- Online emotional support, crisis intervention, and suicide prevention services
- Go to: www.crisischat.org

Parents! Be Careful with Zombie Phones!

- Old cellphones with no activated plan or phone number
- Many parents think its safer to give these to their kids because they're wifi-only
- *Students can still easily text, use social media, access the internet, and video chat with strangers*
- *But there's no phone number, so you can't call and contact your child*

Questions?



Juvenile Delinquents, circa 1964

Contact Info

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- San Bernardino County Sheriff's Dept
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