

ZERO PROOF

SPRING/SUMMER 2019

NMDOT / VISIT US at WWW.ZEROPROOFNM.COM

STAY SAFE
STAY HEALTHY
THIS SUMMER

IT'S NOT COOL

TO JOIN

PARENT
POINTERS

HOW TO TALK TO YOUR YOUNG
CHILDREN ABOUT DRUGS

Be Social
Media Savvy



NEW MEXICO DEPARTMENT OF
TRANSPORTATION
MOBILITY FOR EVERYONE

The Zero Proof newsletter is a federally-funded project from the NMDOT Traffic Safety Division. Contents may be republished with attribution. Photos and images require permission to use. The contents of this newsletter are provided for informational purposes only and are not intended as an endorsement of any program. If you would like to submit articles or other items for consideration, please email: info@safernm.org, or call: (505) 856-6143. Design and Content by Michelle Cisewski and Tura Linderholm.

facebook

Email or Phone



ZeroProof

@zeroproofnm

Home

Posts

Photos

About

Videos

Community

Create a Page



Like

Share

Suggest Edits

...

Learn More



ZeroProof

June 19, 2019

Be Social Media Savvy

Source: <https://kidshealth.org/en/parents/social-media-smarts.html>

Social media is a great way to stay connected with friends and family, enhance your creativity by sharing ideas, music and art, get involved in your community, and communicate with classmates and even teachers. But Social media can also lead to cyberbullying, and can sometimes put you in a dangerous situation. It's important to be aware of what you're doing online and to stay safe. Follow these tips to stay social media savvy.

Be your own person. Don't let friends or strangers push you into doing something you don't feel comfortable doing.

Be nice (in person and online). Mean behavior is not OK. Always treat people the way you want to be treated. If someone is mean to you online, try not to react, don't respond and talk to a trusted adult or a friend who can help you get through the situation.

Think before you post. Once you put something out on the internet it can be there permanently (or for a really long time), even if you delete it. So think before you share anything too personal or provocative.

Use privacy settings. Privacy settings are important and should be used to make your online profiles safer. Don't share your password with anyone – even your friends.

Read between the lines. It may be fun to check out new people for friendship or romance, but be aware that some people may be acting nice to try to get you to do something for them. If it doesn't feel comfortable, don't continue the conversation.

Don't friend strangers. If you don't know them in real life, don't friend them. It's that easy.

Avoid in-person meetings. The only way someone can harm you is if you're in the same location. So be safe – don't meet anyone you meet online in person.

Don't measure your value based on what others post. Most people typically show only the good and happy side of their lives. You don't usually get to see boring or sad moments, or unflattering photos. Don't assume that others have better lives than you do based on what they post.

If you find yourself in a tough situation, be sure to always talk to a trusted adult about the issue.

Related Pages



Girls' Clothir



Lash Beauty



RK Ve Advert



Zero Proof Brand



Geeky Arcade

See More

Pages Liked by T



Santa



Santa



NM N



Inside

1 **ONE POD CONTAINS AS MUCH NICOTENE** as a pack of cigarettes.

These devices are so new that many of the long-term health consequences of their use are still unknown.

BUT THEY ARE NOT HARMLESS.

2 **NICOTENE IS HIGHLY ADDICTIVE** and can cause changes in your brain that make life-long addiction more likely.

3 **EAR, EYE, AND THROAT IRRITATION IS COMMON** among e-cigarette users and this can affect your health and how you perform at sporting events.

4 **STUDIES SHOW THAT E-CIGARETTES** use can lead to long-term cardiovascular diseases.

Many people think these devices produce a water vapor, but in fact they **CREATE AEROSOLS THAT CONTAIN HARMFUL CHEMICALS** that are inhaled into the lungs and into the environment, making them harmful to not only the user, but others nearby.

6 **It's Not Cool to Juul**

You've probably seen or maybe have even tried the JUUL – an e-cigarette that resembles a USB flash drive that use "JUUL pods" that come in a variety of flavors. You may have heard that it's a "safe alternative to smoking" and maybe your friends are using it because it looks "cool." But it's not safe and it's not cool to JUUL. Here are the facts about Juuling.

5 According to a recent study by the American Academy of Pediatrics, an **ESTIMATED THREE MILLION U.S. ADOLESCENTS CURRENTLY USE SOME FORM OF E-CIGARETTES**, including those who have never smoked cigarettes.

*So if you're tempted to try it,
think of it just like smoking
AND JUST SAY NO*

PARENT POINTERS

Stay Safe and Stay Healthy This Summer

Source: https://www.scanva.org/wp-content/uploads/2013/06/SummerSafety_FactSheet1.pdf

Keep your kids safe this summer with these tips:

- 1. Teach your kids to wear hats and sunglasses and to apply sunscreen with an SPF of 15 or higher – don't forget to reapply every 2 hours.
- 2. Supervise children around all water. Make sure kids stay in the shallow water until they are experienced swimmers.
- 3. If you need to find alternate care for your children while school is out, make sure you know and trust your child's caregiver and be sure your child knows how to contact you in case of an emergency.
- 4. Never leave your child alone in a car.
- 5. Wear helmets with riding bikes, roller skating, or riding scooters. Teach your children traffic laws and are safe on sidewalks and streets.
- 6. Keep children away from grills and fire pits and make sure they know your families fire safety plan.

For more information, CLICK HERE

BE HONEST

PARENT POINTERS

How to Talk to Your Young Children about Drugs

Source: [Growing Up Drug Free A Parent's Guide to Prevention](#)

Some parents find it difficult to talk to their children about drug and alcohol use, but it's important to teach them about these substances and about your expectations if they are offered drugs. One of the best things you can do as a parent is talk early and talk often about this in an open and honest way.

Here are four suggestions for talking to preschoolers

SHARE YOUR FEELINGS ABOUT SUBSTANCE ABUSE

Young children mimic adults, so use every opportunity you can to share your feelings about substance use. When you see someone smoking, for example, tell your child that tobacco is bad and that it can cause people to get very sick and die.

TEACH ON THEIR LEVEL

Children this age will listen as you explain that things like cleaning products or paint have unsafe ingredients in them. Caution them never to take a drug unless you, a grandparent, or a caregiver gives it to them.

GIVE SHORT, HONEST ANSWERS

Preschoolers have short attention spans, so give short, honest answers. If you occasionally enjoy a beer on the weekend and four-year-old Jimmy wants to taste it, try to interest him in something else by saying, "No, this is only for adults. It can make children very sick. Let me pour you some juice instead."

TEACH THEM TO MAKE THEIR OWN GOOD CHOICES

If they love a fictional character or famous athlete, encourage them to eat healthy foods so they will grow up to be strong like their idol. Also, let them make decisions (for example, what to wear to preschool) that build confidence in their ability to do so.