



WELCOME

AGENDA

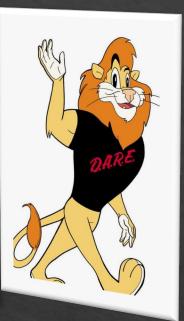
- DARE
- What to Look For
- Drug Trends
- Online Safety
- Safe Harbor
- Family Impact Speaker
- Panel/Q&A

ONLINE RESOURCES









D.A.R.E. KEEPIN'IT REAL

Deputy Courtney Willey



WHAT IS KEEPIN' IT REAL?



- Curriculum designed based on the Socio-Emotional Learning Theory (SEL).
- SEL identifies fundamental, basic skills, and developmental processes needed for healthy development including:
 - Self-awareness and management
 - Responsible decision making
 - Understanding others
 - Relationship and communication skills
 - Handling responsibilities and challenges
- SEL theory teaches youth to control their impulses and think about risks and consequences resulting in more responsible choices.
- REAL life situations that students will encounter-"from kids through kids to kids" narrative approach.



WHAT IS KEEPIN' IT REAL?



- 10 core lessons arranged in a scaffolding process, starting with the basics about responsibility, and decision making. Then building on each other allowing students to develop their own responses to REAL life situations.
- New theme of making "Safe and Responsible Choices".
- Using D.A.R.E Decision Making Model and applying to REAL life situations.
- Help students learn to communicate more effectively, and develop stronger relationships with peers, family, and authority figures.



WHAT IS THE DARE DECISION MAKING MODEL?

DEFINE **ASSESS RESPOND EVALUATE**





Describe the problem, challenge or opportunity,



What are your choices?



Make a choice.

Use the facts and information you have gathered,



Review your decision, Did you make a good choice?

B 9 9 8 4 4 4 5 7 6 9 8 9 4 4 4 4 9 9 9 9 8 2 4 4 4 9 9 9 9 9 8 4 5

NATIONAL COMMON CORE STANDARDS FOR D.A.R.E.'S NEW KEEPIN' IT REAL CURRICULUM



- Aligned with National Common Core Standards to provide a framework for core instruction in today's classrooms.
- The 10 lessons are aligned with National Common Core 5th grade standards since 5th grade students are the usual grade level for the introduction of the D.A.R.E. curricula. Standards are noted on www.corestandards.org.
- Curriculum meets multiple National Core Standards in the areas of Reading (Literature, Informational Text, and Foundational Skills), Writing, Speaking, and Listening.



CONCLUSION

D.A.R.E.

- It is important to remember D.A.R.E. is not the automatic "fix all" to any children/young adult issues (i.e. similar to driver's education).
- Involves a partnership with parents, teachers, and law enforcement to help students progress into safe, and responsible citizens.







WHAT TO LOOK FOR

Deputy Justin Kassel

YOUTH AND DRUGS IN SE MINNESOTA

- High Schools
- Middle Schools
- Alternative Learning Centers
- Youth (13-18yrs)



SUBSTANCES ENCOUNTERED IN SCHOOLS

- COMMON
 - Marijuana
 - Prescription pills
 - E-Cigs (Vaping) and tobacco
- RARE
 - Alcohol (higher frequency outside of school)
 - Meth
 - LSD (Acid)
 - Over the counter meds (cough syrup)

DRUG FREE SCHOOL ZONE



WHY DO OUR YOUTH USE DRUGS?

- Social Pressure
 - Peers
 - Stress Management
- Public Perception
 - Social Media
 - Celebrities/Athletes/Actors/Actresses
 - Music Artists
- Easy of Access
 - Profitable
- Legality in Minnesota
 - "Not as harmful as other drugs"







VAPING / E-CIGARETTES







WHAT IS VAPING?

- Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.
- The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles.
- Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.



WHAT WE KNOW ABOUT VAPING?

Vaping Is Still Bad for Your Health

Made up of nicotine, glycerol and **propylene glycol**, **benzoic acid**, and flavorants — and is inserted into the end of the e-cigarette device.

Electronic Cigarettes Are Just as Addictive as Traditional Ones.

Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive.

A New Generation Is Getting Hooked on Nicotine.

In 2015, the U.S. surgeon general reported that e-cigarette use among high school students had increased by 900 percent, and 40 percent of young e-cigarette users had never smoked regular tobacco.

In Minnesota, Vaping/E-Cigarette use/possession is <u>ILLEGAL</u> for persons under 21 years old.



MORE ON VAPING

- Since they leave little odor, e-cigarettes are particularly easy to hide and even use discreetly in public places, including school.
- Utilize rechargeable batteries or plug in.
- Many products are imported which are unregulated or screened by the FDA.
- Refillable reservoirs with flavored products.
 - Strawberry, apple, cotton candy, etc.







JUUL PRODUCTS

- JUUL, which is a small, sleek device that resembles a computer USB flash drive. Its subtle design makes it easy to hide, which helps explain why it has become so popular among middle and high school students.
- Accounts for about 72 percent of the market share of vaping products in the United States.









JUUL VS. FLASH DRIVE





MARIJUANA









MARIJUANA SIGNS AND SYMPTOMS

Marijuana is the most commonly used drug. It has restricted legal use in some states and countries, and it can be used for recreational or medical treatment. Most of its effects include:

- Altered senses and perceptions, especially to time.
- Mood changes.
- Changes in coordination and movement, which are often slowed.
- Altered thought processes, problem-solving abilities, and marked short term memory impairment.
- Dizziness, lightheadedness, or a loss of coordination.
- Lack of inhibition, which may make the student suddenly more social with others, impulsive behaviors, or possible inappropriate behaviors.
- An obvious sense of relaxation and calmness that may not be typical.
- Coughing from throat and lung irritation.
- Changes in appetite, which can be a decrease, but most often is a marked increase referred to as the "munchies"



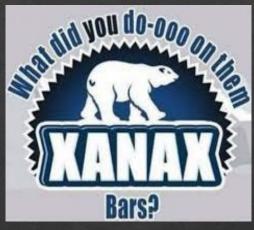
XANAX

SLANG: Bars, Bicycle Handle Bars, Black Out Boys, Benzos, Footballs, Hulk, Ladders, Planks, School Bus, Sticks, Xanies, Zanbars, Zannies, Z-Bars.













INFORMATION ON XANAX

The effects of depressants such as Xanax are largely the same regardless of the drug taken:

- Sleepiness or lethargy that may be mistaken as laziness or tiredness.
- Slurred or nonsensical speech.
- Slowed or labored breathing and a slowed pulse rate.
- Lack of coordination or muscle control, which can lead to a difficulty walking or moving normally and muscle weakness.
- Dizziness, lightheadedness, confusion, dulled senses, and a reduced reaction time.

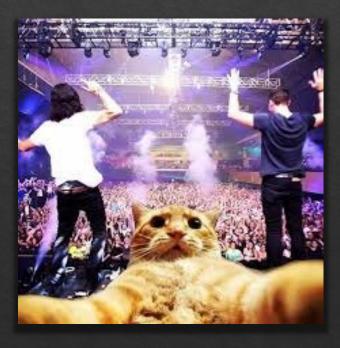


ELECTRONIC DANCE MUSIC (EDM)

CLUB DRUGS: DLSD (Acid), Cocaine, Psilocybin Mushrooms, MDMA (Molly/Ecstasy)









CLOTHING

















CONCEALMENT AND PRODUCTS

Products/clothing may have false bottoms, sewn in pockets, etc.













SECRET COMPARTMENTS





PERSONAL HYGIENE

Designed to imitate real products in order to conceal/hide controlled substances or other items.













PERSONAL HYGIENE

















Universal Symptoms of Drug Abuse

Eyes/Nose/Mouth

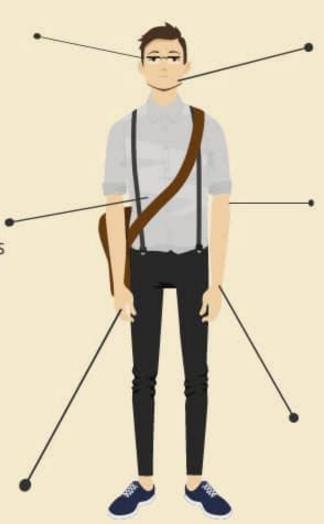
Bloodshot eyes or noticeable changes in pupil size (e.g., small like a pinpoint or overly large). Nosebleeds or nasal irritation from snorting, coughing, or an increased thirst due to dry mouth/throat. An irritation of the mouth or throat from smoking,

Sudden Weight Changes

Including both loss and gain due to a byproduct of drug induced appetite changes.

Withdrawal Symptoms

Complaints of a headache, runny nose, profuse sweating, nausea, vomiting, or excessive fatigue and sleeplessness may be the result of substance use or withdrawal.[46]



Uncharacteristic Poor Hygiene

Such as wearing dirty clothes, a strong body odor from not bathing, noticeable poor oral hygiene or health, and a general unkempt appearance [45]

Skin

Unexplained bruising or marks on skin, or wearing inappropriate clothing like long sleeves in warm weather to cover injection marks. Flushed skin or heavy breathing which may be a result of increasd heart rate and blood pressue [44]

Other Behaviors

The student may exhibit body shaking, trembling, tic-like movements not previously noticed, or noticeable evidence of picking at the skin on the face or arms.

TIPS FOR PARENTS

- Use Your Nose. Have a real, face-to-face conversation when your son or daughter comes home after socializing with friends.
- Look Them in the Eyes. When your child gets home after going out with her friends, take a close look. Pay attention to his or her eyes. Eyes will be red and heavy-lidded, with constricted pupils if they've used marijuana. Eye lids maybe droopy with alcohol use.
- Watch for Mood Changes. How your child socially interacts with you is very telling. Has behavior changed?
- Change in Interests. Lifestyle changes (music, sports, friends, academics, etc)
- Monitor their driving and the car. Does the vehicle show signs of drug use? Has their driving behavior changed?

Have the conversation. Ask questions. Stay involved.



WHAT HAPPENS WHEN YOUR KID GETS CAUGHT?

- Law Enforcement notified
- Parents notified
- Student is ticketed and/or arrested (ADC or JDC)
- Court
 - Probation
 - Diversion Program
 - Community Service
 - Monetary Fine
 - Conviction Record





DRUG TRIDS

Detective Joel Johnson

COMMUNITY ISSUES

Teenage Alcohol and Chemical Use: Numbers have been staying consistent over the years for underage drinking/driving, however we are seeing an increase in cases involving marijuana and prescription medications.



TYPES OF DRUGS SOLD/USED

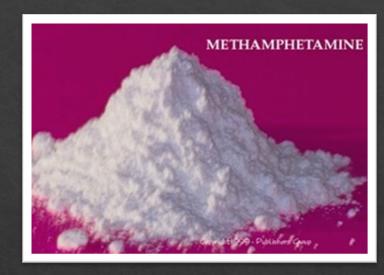
- Methamphetamine
- Marijuana
- Marijuana Wax, Oils, and Edibles
- Heroin
- Fentanyl
- Prescription Drugs
- Cocaine / Crack cocaine
- Ecstasy (Club Drugs)
- · LSD, Acid
- Psilocybin Mushrooms



METHAMPHETAMINE













SEIZED IN OLMSTED COUNTY





In 2022 Olmsted County Seized approximately 201 pounds of Methamphetamine.







HEROIN







RIZZY - HEROIN CUTTING AGENT







FENTANYL

- Fentanyl is a synthetic opioid that is up to 100 times stronger than Morphine and up to 50 times stronger than Heroin.
- In 2022 Olmsted County seized approximately 75 pounds of Fentanyl





COUNTERFEIT OXYCODONE:





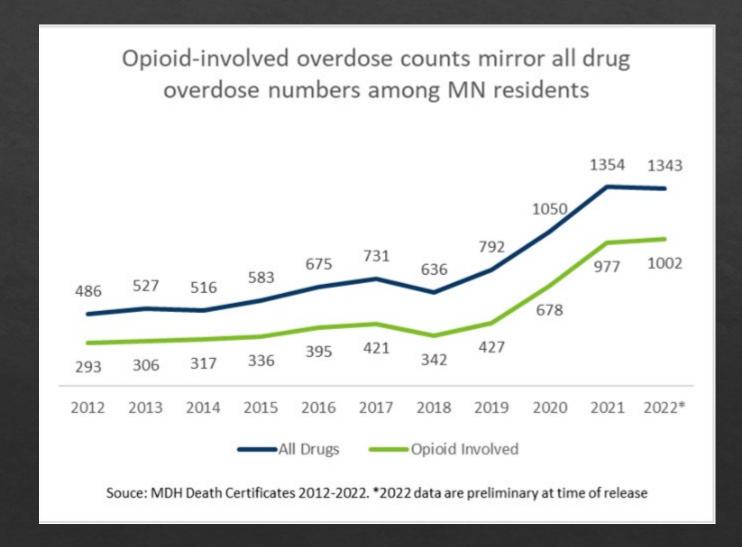
Olmsted County Seized approximately 40,000 pills in 2022.

Lab results show 6 out of 10 pills contain a lethal dose of Fentanyl.



MINNESOTA OPIOID EPIDEMIC

Fentanyl is now involved in 92% of all opioid-involved deaths and 62% of all overdose deaths in Minnesota, according to preliminary 2022 data. Opioid-involved deaths increased 3% (977 to 1002 deaths) from 2021 to 2022, according to preliminary data.





For use in the nose only

Rx Only



NARCAN (naloxone HCI) NASAL SPRAY 4 mg

DO NOT TEST DEVICES OR OPEN BOX BEFORE USE.

Use for known or suspected opioid overdose in adults and children.

This hox contains two (2) 4-mg doses of nalox

OVERDOSE SAVIOR

- Carried and used by OCSO Deputies/
 Ambulance/EMT
- Opiate blocker



COCAINE

- In the last three years we have seen a large increase in Cocaine locally
- In 2022 Olmsted
 County Seized
 approximately 95
 pounds of powder
 cocaine.





MARIJUANA (FLOWER), OIL, EDIBLES, VAPES











130 GRAMS WAX

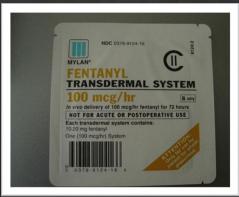
- \$50 to \$60 a Gram
- Value of \$5000 to \$5800
- THC Content as high as 90% or greater
- Effects include problems w memory, learning, difficulty in thinking, loss of coordination
- It only takes a "DAB"





PRESCRIPTION DRUGS



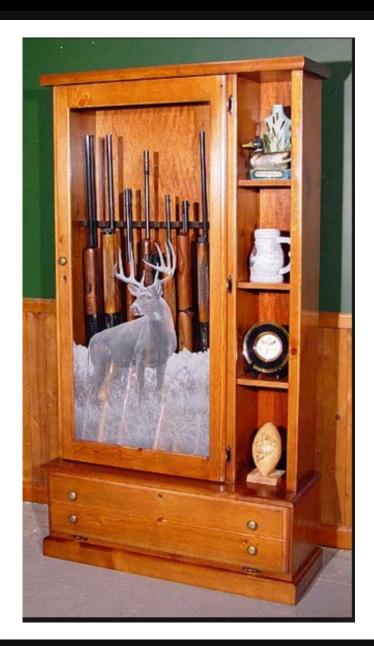


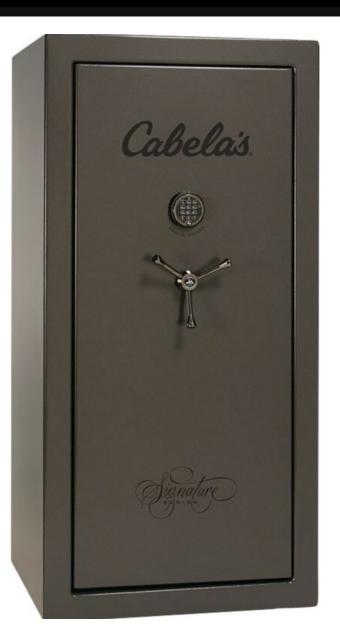




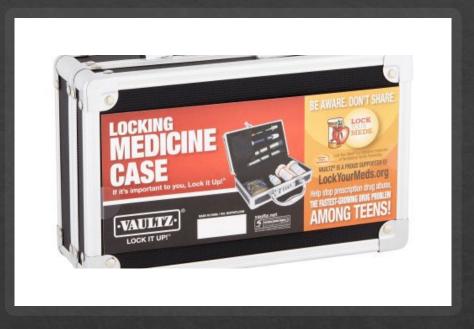










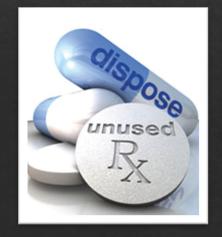


SAFEGUARD MEDICINE IN YOUR HOME



DISPOSE OF EXPIRED/UNUSED PRESCRIPTIONS

- The Olmsted County Sheriff's
 Office has a permanent
 Prescription Drug Collection Box
 in the vestibule of the Adult
 Detention Center at the
 Government Center.
- The drop box is accessible 24 hours a day, 365 days a year.







TYPICAL DRUG PARAPHERNALIA













WITH THE DRUGS COMES THE MONEY





PRICING FOR DRUGS IN THIS AREA

Marijuana	Ounce/ 28 grams	\$ 200.00 to 250.00
Wax	1 gram	\$50.00 to \$60.00
Vape Cartridges	1 Cartridge	\$40.00 to \$70.00
Cocaine	1 gram powder	\$100.00 to \$115.00
Crack-Cocaine	1 gram rock	\$150.00 to \$175.00
Methamphetamine	1 gram – crystal	\$60.00 to \$75.00
Fentanyl	1 gram	\$80.00 to \$150.00
Heroin	1 gram	\$120.00 to \$150.00
Fentanyl Pills (Counterfeit)	30 mg pill	\$5-\$80 per pill



Laxed Controlled Substance Laws











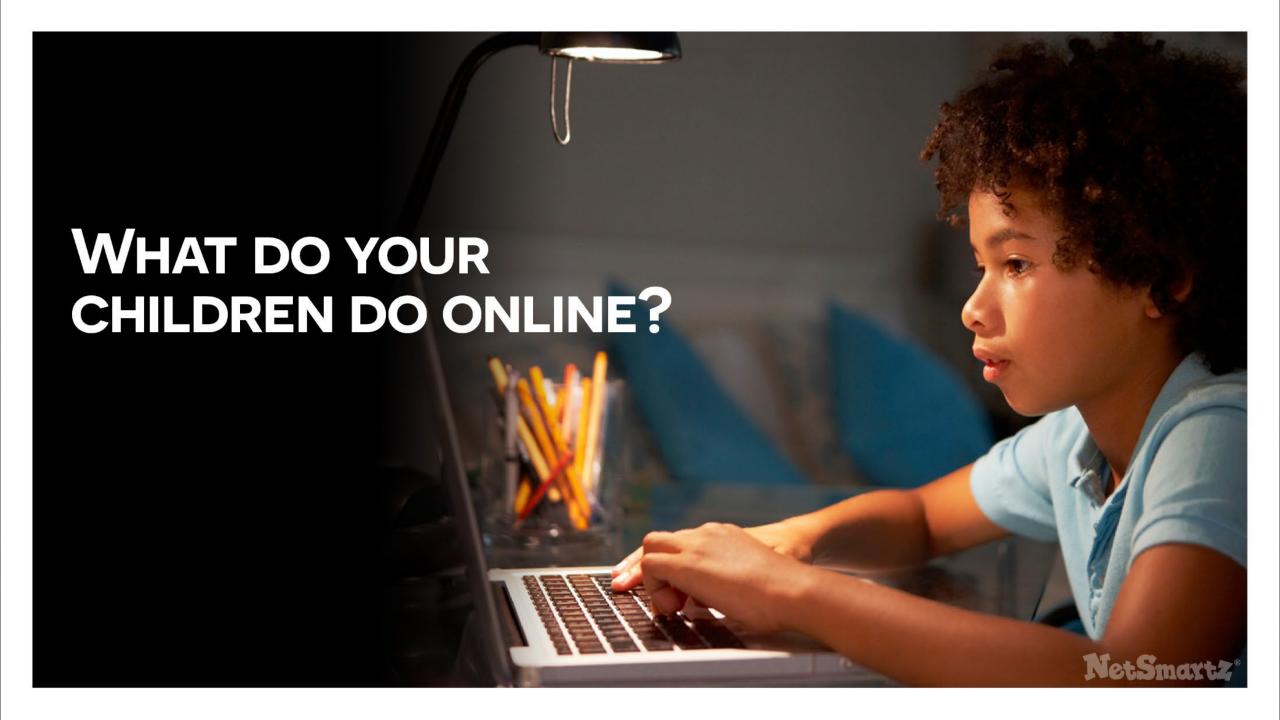
INTERNET SAFETY

Detective Dan Johnson

If you're a parent there are only two things to worry about.

What your son downloads from the Internet and what your daughter uploads there.





SAFETY AND SECURITY ISSUES

Inappropriate content

Online privacy

Sexting

Online sexual solicitation

Cyberbullying



HOW DO KIDS GO ONLINE

Kids go online from:

- School computers
- Friends' computers
- Laptops and tablets
- Cell phones
- MP3 players like the iPod Touch
- E-readers like the Nook and Kindle
- Game consoles like the Nintendo Wii U, PlayStation 5 or Xbox One
- Handheld gaming devices like the Nintendo 3DS or the PlayStation Vita

Technology changes all the time, and kids are constantly finding the newest websites, apps and gadgets. It's up to you to teach them the basic rules of Internet safety so they can use all of these responsibly.





TECHNOLOGY CAN'T CATCH EVERYTHING SO, COMMUNICATE!

TALK ABOUT THE RISKS AT EVERY AGE

YOUNGER CHILDREN

Netiquette

Looking at inappropriate content

Pop-ups/passwords

Not trusting everyone you meet online

TWEENS & TEENS

Cyberbullying

Sexting

Posting personal/inappropriate information

Meeting offline

WHAT CAN I DO

Cellphones have changed the way we communicate. Help children and teens be safer and smarter while using their phones.

- Talk to your kids!
- Establish rules for when they are allowed to use their cellphones, what websites they can visit and what apps they can download.
- Understand an app's purpose before your child downloads it. Who are the users? What type of privacy settings are available?
- Remind your children that anything they send from their phones can be easily forwarded and shared.
- Talk to your child about the possible consequences of sending sexually explicit or provocative images or text messages.
- When shopping for a cellphone for your child, research the security settings that are available.



SOCIAL MEDIA APPS / WEBSITES

Common Social Media Apps:

- Facebook
- Instagram
- Twitter
- Discord







PHOTO SHARING AND MESSAGING





Photo Sharing / Messaging Apps:

- Snapchat
- Facebook Messenger
- Kik
- What's App
- Google Hangouts
- Skype

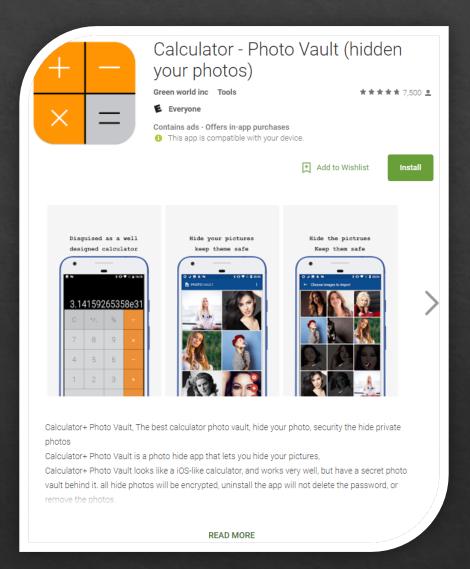




APPS / SITES OF CONCERN

Apps That Hide:

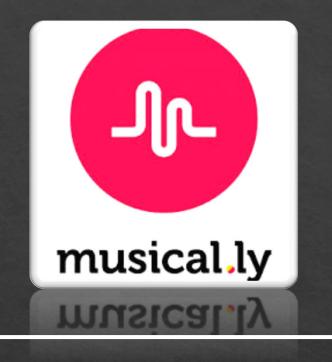
- Calculator%
- Calculator+
- Audio Manager
- Vaulty





OTHER NOTABLE APPS / WEBSITES











RISKS OF SHARING PERSONAL INFORMATION



- Identity theft
- Online scams
- Hacking
- Online enticement
- Sextortion

WHAT YOU CAN DO

- Establish rules about what they can share
- Learn about reporting options
- Help them set privacy settings
- Help them create strong passwords
- Talk about friends lists



Research suggests that:

- 15% of teens have sexted
- 27% of say they have recieved a sext







WHY ARE THEY SEXTING?

- To be funny
- To impress a crush
- Peer pressure or threats
- Experimenting with relationships, sexual behavior, and boundaries







- Humiliation
- Bullying
- Blackmail
- School discipline
- Police involvement

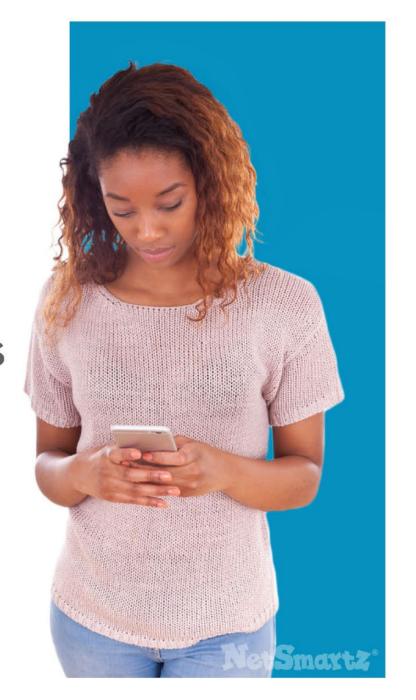


ADDRESSING SEXTING

- Talk about the consequences
- Tell them never to forward a sexting image
- Discuss healthy relationships
- Talk about ways an image can spread online
- Report it to Cybertipline.org

How do solicitations occur?

- Most occur on social networking sites
- Most occur among older teens
- Most teens are solicited by peers
- Most are not bothered by it



OFFENDERS GROOM CHILDREN BY:

- Exploiting their natural curiosity
- Gradually introducing explicit images
- Using adult status to control a child's behavior
- Offering gifts like cell phones and gift cards





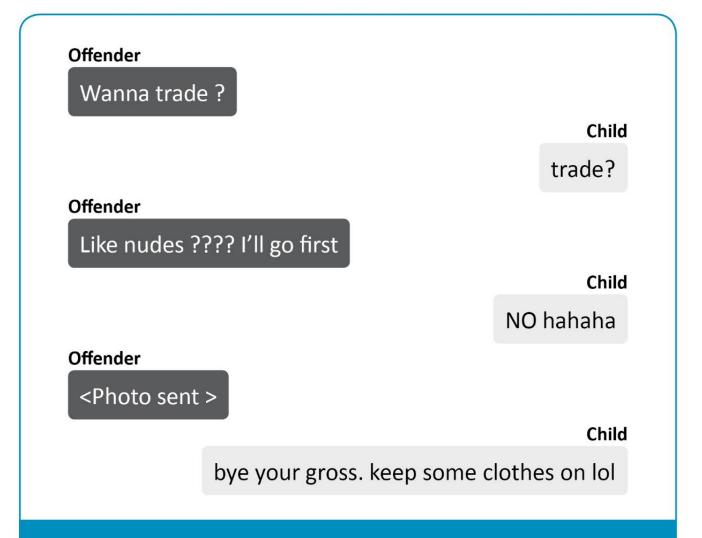
SIGNS OF GROOMING

Check if your child is:

- Receiving gifts
- Calling unknown numbers
- Rejecting family and friends
- Getting upset when not online
- Minimizing the screen

KIDS ARE CAPABLE

Chat log as reported to NCMEC's CyberTipline:



Child stopped communicating and made a report to the social networking site, which in turn reported to the CyberTipline.

LEARN THE LINGO

IRL = In Real Live

A/S/L = Age / Sex / Location

A/S/L/P = Age / Sex / Location / Picture

4Q = FU

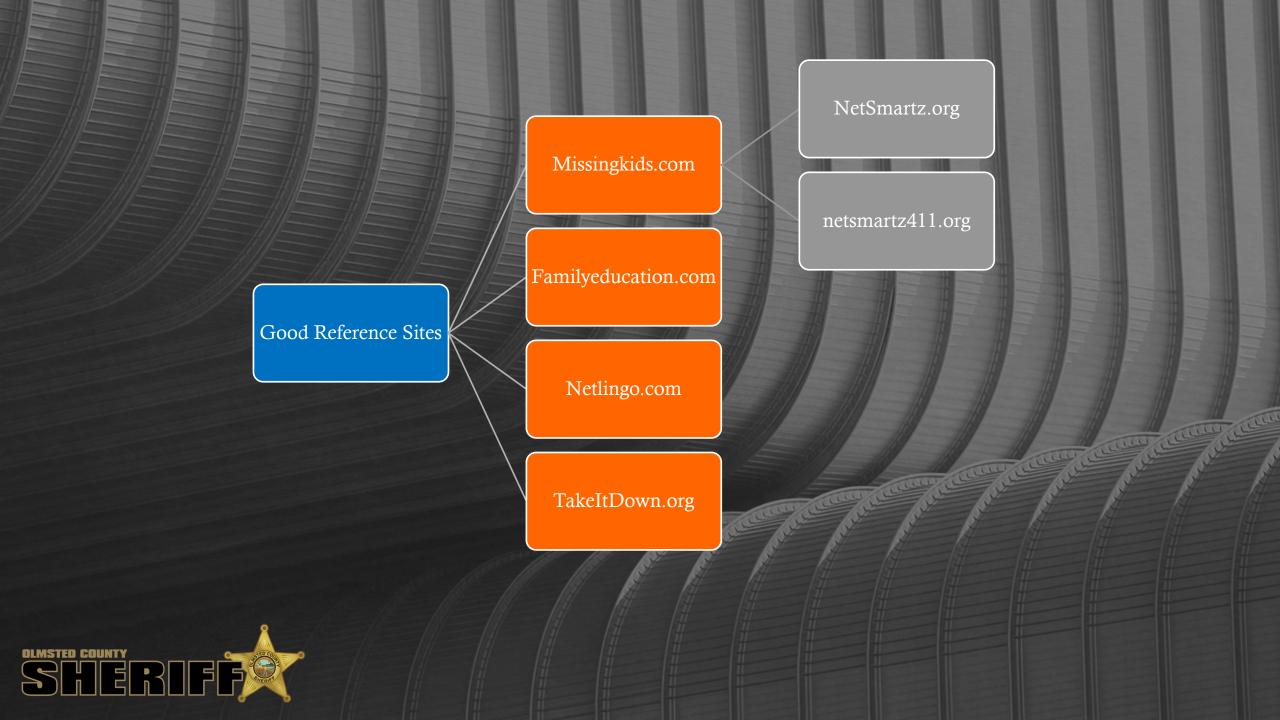
53X = Sex

?^ = Hook up?

NSFW = Not Safe For Work

PAW = Parents are Watching





OLMSTED COUNTY MINNESOTA

Olmsted County Victim Services



Andrea White Southeastern MN Regional Navigator

Sarah Palmer
Violence Prevention & Volunteer Coordinator

The Reality of Exploitation



Commercial Exploitation of Youth

Sexual Exploitation

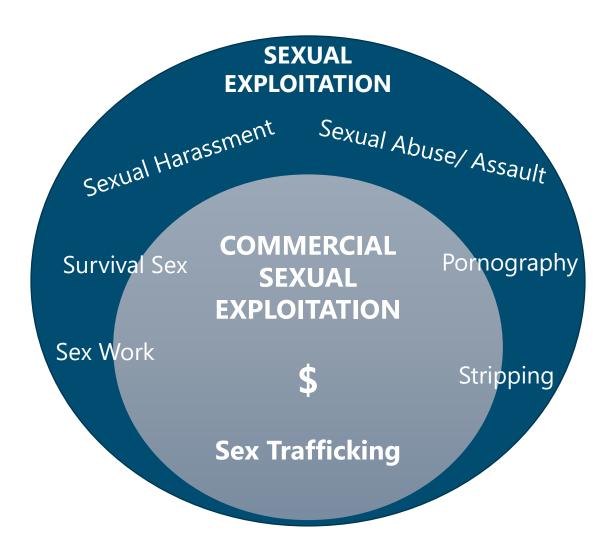
Occurs when anything of value (e.g., food, shelter, rent, drugs, cell phones) is given to a person in exchange for any type of sexual activity. A third party may or may not be involved



Sex Trafficking

Occurs when sex is exchanged for something of value and a third party (trafficker) benefits from the exchange.

Forms of Sexual Exploitation



National Center for Missing & Exploited Children

 The CyberTipline receives reports about multiple forms of online child sexual exploitation. Reports regarding CSAM, legally referred to as child pornography, make up the largest reporting category. Over 99.5% of the reports received by the CyberTipline in 2022 regarded incidents of suspected CSAM.



urgent reports to law enforcement that involved a child in imminent danger.

In 2022, NCMEC's CyberTipline received more than 32 million reports of suspected child sexual exploitation.



Data from the 2022 Minnesota Student Survey on Trading Sex and Exploitation among High School Students in the

Southeast Safe Harbor Region



Prevalence of Trading Sex among High School Students in Southeast Minnesota

Out of 107 participating schools in Southeast MN:
5,654 9th & 11th graders in
37 high schools filled out the
2022 survey*



Have you ever traded sex or sexual activity to receive money, food, drugs, alcohol, a place to stay, or anything else?





1.3% answered "yes" in the Southeast area

*Notes: County-level datasets do not contain race and ethnicity of students. If the number of students was less than 5 for a particular response, response options were combined or not reported to safeguard student privacy.

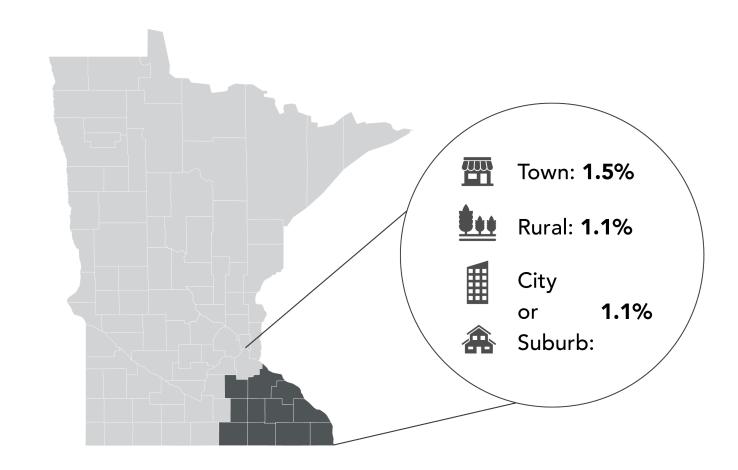


Prevalence by Location

1.3 % of youth who live in Southeast MN said yes to trading sex.

The prevalence of sex trading is slightly higher among students attending high schools in towns (1.5%), than those in other locations.

To receive specific county level information, follow this link:
https://public.education.mn.gov/MDEAn
alytics/DataTopic.jsp?TOPICID=11



Notes: These are National Center for Education Statistics school locale codes for the address of the school. City is a principal city inside an urbanized area. Suburb is outside a principal city and inside an urbanized town. Town is inside an urban cluster that is separate from an urbanized area. Rural location is census-defined rural territory that is separate from an urbanized area and/or urban cluster.



Prevalence by Gender

Minnesota Student Survey data from Southeast MN indicate that cisgender boys have slightly higher rates of trading sex than cisgender girls.

Among students who identify as questioning or are unsure of their gender identity, 4.2% reported trading sex.

d

Cisgender boy

1.3%

Q

Cisgender girl

1.0%



Transgender, gender diverse

2.2%



Questioning/unsure about gender identity

4.2%

Notes: "Cisgender" is a term for those whose gender identity aligns with their birth-assigned sex. "Transgender, gender diverse" describes individuals whose gender identity differs from social or cultural expectations of their birth-assigned sex.



How to Talk with a Loved One About Sexual Violence

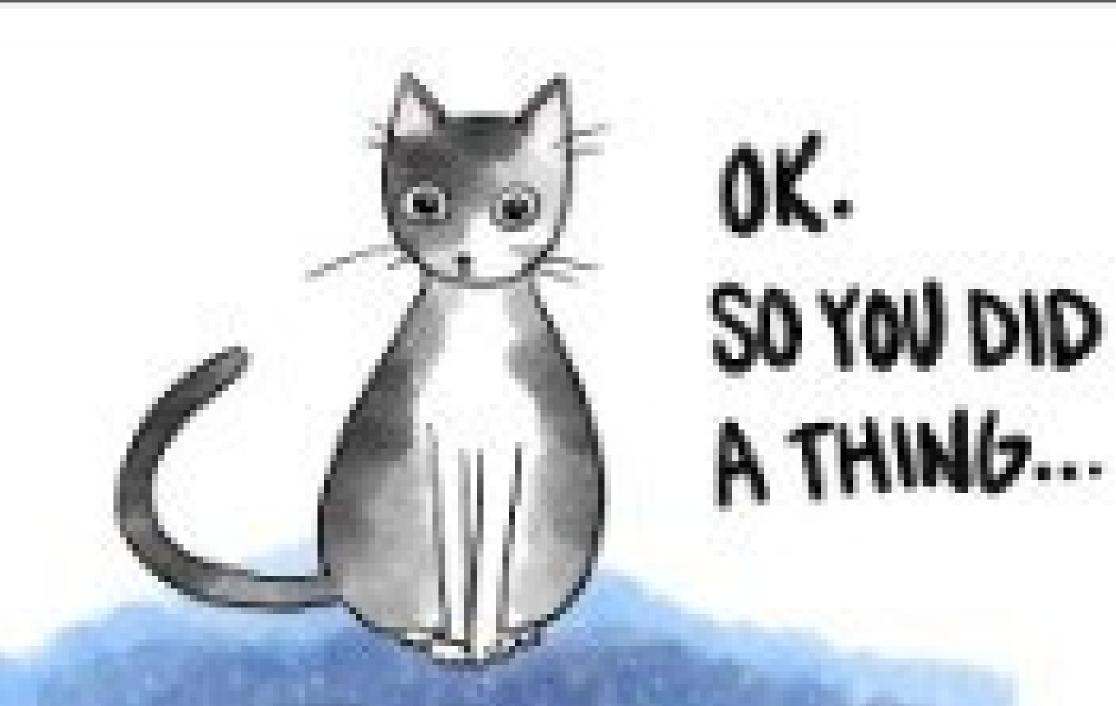
Thank them for telling you

Ask how you can help

T. Listen without judgement

Keep Supporting





Safe Harbor

Training:

Our staff are available to offer training specialized for professionals by discipline or to community groups.

Consultation:

Professionals working with sexually exploited youth or trafficking victims can contact our office for advice, referrals, and other assistance.

Case Management:

Our regional navigator is available to work directly with domestic minor sex trafficking victims in our 11-county area.

Outreach:

Our staff and volunteers are available to help with spreading word about sex trafficking, safe harbor, and services here in Southeastern Minnesota.

Community Groups:

To address sex trafficking, everyone needs to work together. Our staff are able to assist community members with organizing groups to locally raise awareness, advocate for resources, and provide education and prevention.

Prevention:

Sex trafficking is preventable! Please visit our prevention page to learn more about the many effective prevention programs we offer.



LOVE146 CAREGIVER TRAINING



- NOT A NUMBER CURRICULUM: is an interactive, prevention curriculum developed by Love146. It is designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking, and skill development. The curriculum was developed for youth ages 12-18. Not a number is applicable backgrounds.
- CAREGIVER TRAINING: Participants will learn about safety planning with youth and resources available to support youth. Participants will develop a basic understanding of Human Trafficking, Sexual Exploitation, and vulnerabilities.

Contact Victim Services to learn more about these opportunities!

Contact Information

Our crisis line is available 24/7

24/7 Crisis Line: 507-289-0636

Email:

victimservices@olmstedcounty.gov

Main Office: 507-328-7270

Andrea White

Safe Harbor Regional Navigator Andrea.White@olmstedcounty.gov

Sarah Palmer

Violence Prevention & Volunteer Coordinator sarah.palmer@olmstedcounty.gov

507-328-7072 Office mainline

OLMSTED COUNTY MINNESOTA



OLMSTED COMMUNITY OUTREACH

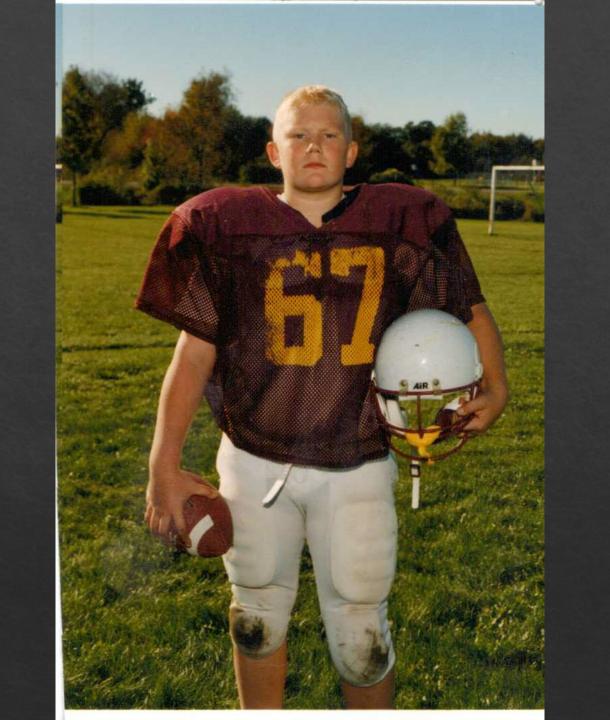
Lead Community Outreach Specialist Teri Dose



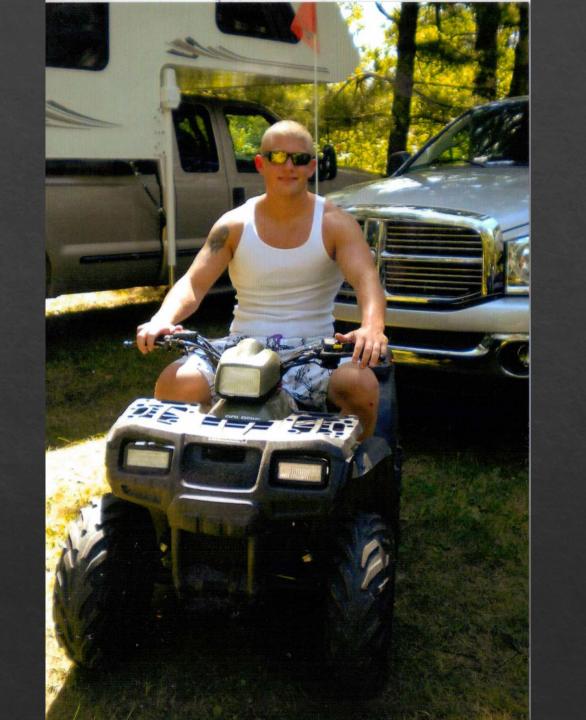
FAMILY IMPACT SPEAKER

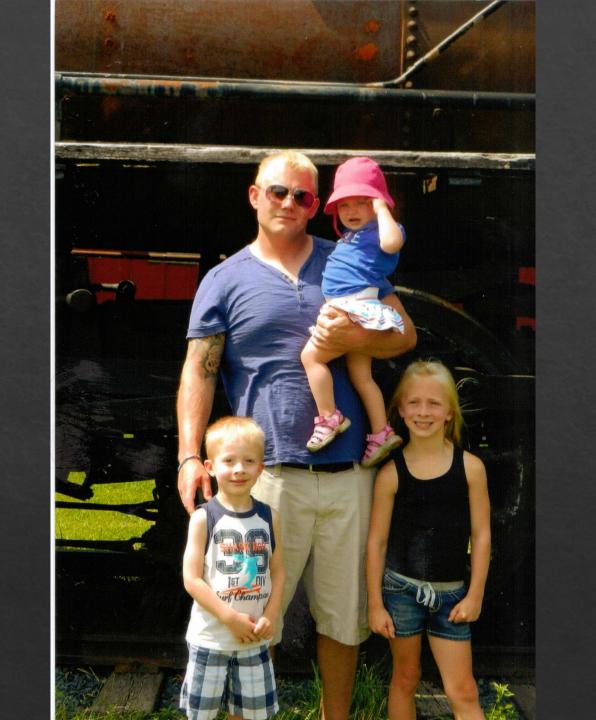
Ward Brossoit

















PANEL DISCUSSION

Questions and Answers