One in four teens has used or abused a prescription drug in their life, and many of them start at a young age. Many get these drugs from the medicine cabinets in their homes, grandparents’ home or from a friend.

What can you do?
- Look for signs indicating potential drug use, such as personality changes, withdrawal from usually enjoyed activities, change in appetite, mood swings, constant excuses for poor behavior or a decline in school grades.
- Monitor the levels and quantities of what is in your medicine cabinet, and keep stronger narcotic medications in a separate, secure place.
- Rid your medicine cabinet of all unused or expired prescriptions medications by participating in one of BSO’s Operation Medicine Cabinet prescription drug "take back" events. Dates, times and locations are updated regularly at sheriff.org.
- Resources to assist with prescription drug abuse can be obtained from the Broward County resource hotline by calling 2-1-1.

Non-emergency 954.764.HELP (4357)

In case of emergency, always call 9-1-1.

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IDentity theft: It does happen to kids!
- Kids are perfect targets for identity theft because they have clean credit histories, and the crime often goes undetected for many years.
- More than one million children were victims of identity theft or fraud in 2017.
- “Junk mail” with your child’s information on it is an indicator that someone could be using his or her identity.
- Check your child’s credit report for free every year at annualcreditreport.com.
- Remind kids to log out of email and other sites when using a public or shared computer and to change passwords at least once every three months.
- Attend a FREE BSO Shred-a-Thon to dispose of any personal documents or paperwork that contain sensitive information. Visit sheriff.org for a calendar of upcoming events.
Cyberbullying and online safety
What parents should know:
- Nearly all teens have observed cyberbullying.
- It has been linked to a variety of negative effects, including anxiety, depression and substance abuse.
- Posting or sending inappropriate photos, videos or messages about people can be considered a crime.

What parents can do:
- ALWAYS keep close tabs on who your child is interacting with online.
- Ensure your child’s social media accounts are set to ‘private’ and accessible only to pre-approved family and friends.
- Make sure your child never gives your home address or location to anyone they meet online.
- It is okay to block people from your child’s social media profile(s).
- If kids are being cyberbullied, encourage them to show you or a teacher right away. Do not delete messages, they may be needed to take further action.

Ending bullying starts with YOU:
- Don’t encourage it.
- Don’t ignore it.
- Be a friend.
- Talk to an adult if you or someone you know is being bullied.
- For more information, dial 2-1-1 or 954.567.TEEN (8336).

Kids and cell phones
- Talk to your child about appropriate cell phone use.
- Download a parental control app to monitor your child’s phone usage, and block sites and apps that can be dangerous to them.
- Check with your child’s school for cell phone usage rules.
- At night, have phones charge in the bedroom, not your child’s bedroom.
- Be a role model. Never text and drive. It’s the law!

Health Safety Tips:
- Wash your hands with soap and water frequently.
- Cover your mouth when you cough or sneeze.
- Eat healthy and drink lots of water.
- Avoid touching your nose, eyes, and mouth.

For more information about all of our safety programs, visit sheriffs.org

Say NO to BULLYING!

When walking or riding a bike to school:
- Map out the safest routes for children to take.
- Remind children to always stop, look and listen before crossing any street, and always use crosswalks.
- Children under the age of 16 must always wear a helmet when riding a bike.
- Stay 8-10 feet away from train tracks and do not walk across them when the crossing arms are down or going down.

When stopping or riding at a bus stop:
- Remind children to stay 6-9 feet from the street while waiting for the bus.
- Always remain seated while the bus is moving.
- Cross in front of the bus after exiting.

When driving through school zones:
- Do not talk on your cell phone.
- Observe the posted speed limits and drive cautiously.
- Yield to pedestrians in crosswalks.
- Use the school’s designated pick-up/drop-off location.

When making or riding a bike to school:
- Map out the safest route for children to take.
- Remind children to always stop, look and listen before crossing any street, and always use crosswalks.
- Children should avoid walking or riding alone whenever possible.
- Children under the age of 16 must always wear a helmet when riding a bike.
- Stay 8-10 feet away from train tracks and do not walk across them when the crossing arms are down or going down.

Kids and cell phones
- Talk to your child about appropriate cell phone use.
- Download a parental control app to monitor your child’s phone usage, and block sites and apps that can be dangerous to them.
- Check with your child’s school for cell phone usage rules.
- At night, have phones charge in the bedroom, not your child’s bedroom.
- Be a role model. Never text and drive. It’s the law!

What resources are available for parents to help them navigate these issues?
- 2-1-1 or 954.567.TEEN (8336)
- sheriffs.org

What are some tips for parents to help their children stay safe online?
- Keep an eye on who their child is communicating with online.
- Set social media accounts to ‘private’.
- Discourage the giving of home addresses or location details.
- Encourage kids to report bullying to a trusted adult.

What are some tips for kids to avoid cyberbullying?
- Be aware of the signs.
- Speak up.
- Ask for help from trusted adults.
- Use privacy settings.
- Report inappropriate behavior immediately.

What are some tips for parents to help their children avoid accidents while riding a bike?
- Wear a helmet.
- Stay away from train tracks.
- Use crosswalks.
- Check for traffic before crossing.
- Always remain seated while the bus is moving.

What are some tips for parents to help their children avoid accidents while driving through school zones?
- Observe speed limits.
- Yield to pedestrians.
- Use designated pick-up/drop-off locations.
- Avoid talking on the phone.

What are some tips for parents to help their children avoid accidents while walking or riding a bike to school?
- Map safe routes.
- Use crosswalks.
- Always look before crossing.
- Wear a helmet.
- Avoid distractions like cell phones.

What are some tips for parents to help their children stay healthy while driving through school zones?
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What are some tips for parents to help their children avoid accidents while making or riding a bike to school?
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