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 home, 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 prescription medications, by participating in one of BSO's Operation Medicine Cabinet prescription "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.

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, a centralized site where every consumer gets access to their free credit report.
- 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. They should not share user names or passwords with anyone but parents.
- 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.

**IMPORTANT PHONE NUMBERS**

- BROWARD SHERIFF'S OFFICE Non-Emergency 954.764.HELP (4357)
- BROWARD COUNTY PUBLIC SCHOOLS 754.321.0000

2-1-1 Broward is a 24-hour helpline and support service. In case of emergency, always call 9-1-1.
Cyberbullying & online safety What parents should know:

- Cyberbullying is when someone is threatening, harassing or threatening your child through digital devices such as computers, tablets and phones. Nearly all states have laws covering cyberbullying, including threats of violence or property damage, including electronic harassment, including threats or attempts to cause harm, including threats to property or personal harm.
- Posting or sharing private information, pictures, videos or messages about people can be considered a form of cyberbullying.
- Don't allow parental controls to be a total replacement for close supervision and open communication. If your child is hassled online, you'll want to know how to get around the restrictions that have been placed on your child's social media accounts. But don't be so quick to blame the digital device.
- Use parental controls to monitor who your child is interacting with online.

What parents can do:

- Talk to your child about appropriate cellphone 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 cellphone usage rules.
- At night, have phones charge in the kitchen, not your child's bedroom.
- Be a good role model. Never text and drive. It's the law.

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 about all of our safety programs, visit sheriff.org

Learn common cyber lingo:

- Molly = MDMA, a dangerous party drug
- Netflix and Chill = Used as a front for inviting someone over to engage in sexual behaviors
- Smash = Casual sex
- Turnt Up = To be high or drunk
- SMH = I hate you
- Age, Sex, Location

Kids and cellphones:

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- Be a good role model. Never text and drive, it's the law.