COVID-19 Exposure Care Kit

Developed by Clark County Teens For Tomorrow Peer Educators

Originally launched in spring 2022

This toolkit includes examples of:

- a fact sheet on substances and mental health
- our tips for how to stay caught up with school while quarantining
- a booklet about music and mental health to go with our Happy Chaos playlist, a Spotify playlist that we made for youth
- AND SO MUCH MORE!

For more information about Teens for Tomorrow, check out:

teensfortomorrow.clark.wa.gov

@teensfortomorrowclarkcounty

What is Teens for Tomorrow?

We are Teens for Tomorrow, a nonjudgmental and inclusive group of Clark County, WA youth (ages 12-18) preventing youth drug and alcohol use, using our own words and in our own way. We work to learn about substance use prevention among ourselves and other youth by exchanging knowledge and resources, promoting mental health, creating an inclusive, resilient community, and building and elevating youth leadership.

Why we made care kits

These kits are meant to help those experiencing bad feelings while in quarantine. Using our project, we hoped to achieve a sense of community for those at a distance. This project was essential for us because of the increasing percentage of youth in our community feeling disconnected (2021 COVID-19 Student Survey). As teens, we know what it is like to feel these feelings and go through COVID with and without someone by our side. We have all been through quarantine and each one of us has gone through some troubles and issues with our life and many other things. So, we hope that our project will be able to help everyone and make everyone feel a bit better about themselves and be able to make them feel satisfied.

Specifically, we wanted to:

- ✓ Provide reassurance that there are ways to get help without feeling embarrassed, ashamed, or undeserving of help because everyone deserves help and a shoulder to lean on.
- ✓ Help others with the way they feel when they are stuck and don't know what to do if they don't have sports or aren't getting their regular human interaction because we've gone through it and know how it feels.
- ✓ Help youth feel less stuck/sad or hopeless.
- ✓ Help youth from feeling like they are falling behind on work.
- ✓ Decrease the percent of youth who vape.

When choosing this project, it was very important for us to do something that:

- ✓ Focuses on peer education in Clark County
- ✓ Addresses alcohol, marijuana, vape, other drugs, and/or mental health issues Clark County youth face
- ✓ Could be done virtually (since we were volunteering from home)

- ✓ Is something that works in prevention (Prevention Tools: What works, what doesn't; https://www.dshs.wa.gov/sites/default/files/publications/documents/22-1662.pdf)
- ✓ Everyone can be involved in
- ✓ Fit our timeline (something we could plan in 5-6 meetings) or invites partnerships to take on tasks

How to use this toolkit

This toolkit is a collection of all the materials we either developed or collected for our COVID-19 exposure care kits, including the handouts we made, the playlist we brainstormed, the things we included in the care kits, and more. Specifically, you'll find:

- A flier that we used to introduce ourselves and explain what was included in each care kit
- A fact sheet on substances and mental health
- Our tips for how to stay caught up with school when quarantining
- A booklet about music and mental health to go with a Spotify playlist we made
- Resources around mental health
- Better You BINGO, which is a healthy coping challenge
- An invite we made for a virtual game night

We teamed up with Clark County TeenTalk, another group of youth like us who care about youth mental health. They volunteer to provide non-judgmental and confidential peer-to-peer support to any youth, for any reason. If you are interested in getting an example of their care kits, you can order one for free at https://ccteentalk.clark.wa.gov/free-materials.html. Each of their care kits are unique, so they might not include all of these, but when we partnered with them, they gave us these things to include in our care kits:

- A journal made by TeenTalk volunteers
- A stress squishy that can also hold affirmations, inspirational messages, or your phone
- More mental health resources!
- Snacks!
- Peppy, a pen that smiles back at you
- Coloring pages
- A self-affirmation Post-it activity
- A coronavirus anxiety booklet

Since we created everything for our care kits to fit the needs of our community, please feel free to change the details to fit the needs of your own community. **Please remember to credit Teens for Tomorrow if you use our work.**

HI!

We're **Teens for Tomorrow peer educators**, a group of youth volunteers from all over Clark County who work to prevent youth substance use and improve youth mental health, using our own words and in our own way.

We've teamed up with **Clark County TeenTalk**, another group of youth like us who care about youth mental health. They volunteer to provide non-judgmental and confidential peer-to-peer support to any youth, for any reason.

THIS GIFT BAG IS A CARE KIT WE CREATED FOR YOU, BECAUSE WE KNOW HOW IMPORTANT IT IS TO FEEL SUPPORTED AND CARED ABOUT WHEN TIMES GET TOUGH.

"In a world that feels out of control, it's important to focus on the things we actually can control—like taking care of our mind and body."
-Teens for Tomorrow

IN THIS BAG, YOU'LL FIND...

- A handwritten card from one of us
- An invite to our upcoming virtual game night
- A fact sheet on substances and mental health
- Our tips for how to stay caught up with school when quarantining
- The Happy Chaos playlist, a Spotify playlist that we made for you
- A booklet about music and mental health to go with the playlist
- Better You BINGO, which is a healthy coping challenge
- Resources around mental health
- A journal made by TeenTalk volunteers
- A stress squishy that can also hold affirmations, inspirational messages, or your phone
- More mental health resources!
- Snacks!
- Peppy, a pen that smiles back at you
- Coloring pages
- A self-affirmation Post-it activity
- A coronavirus anxiety booklet

"...Take care of yourself. Caring for you is caring for others."
-Teens for Tomorrow

WE HOPE THIS CARE KIT IS ABLE TO BRING YOU SOME PEACE AND RELAXATION IN THESE STRESSFUL TIMES.

WITH CARE–
CLARK COUNTY TEENS FOR TOMORROW
CLARK COUNTY TEENTALK

Teens for Tomorrow Field Guide to Substance Use and Mental Health

MARIJUANA

WHAT WE'VE LEARNED ABOUT MARIJUANA:

"The use of marijuana affects your genetic code, it influences your bodies natural balance and may lead to anxiety and depression."

"Young adults that use marijuana in adolescence/teenage years have an increased risk of **psychosis**." (2)

"Psychosis" is a term to describe a loss of contact with reality. Someone experiencing psychosis might have a hard time understanding what's real and what's not. (3)

ACCORDING TO RESEARCH...

If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression. (1)

Amazing!

93%

OF CLARK COUNTY 8TH GRADERS DO NOT USE MARIJUANA! (1)

VAPING

WHAT WE'VE LEARNED ABOUT VAPING:

Vaping is specifically marketed towards younger people, which increases the number of kids vaping. (4)

SWEET!

90%

OF CLARK COUNTY 8TH GRADERS DO NOT VAPE! (1)

ACCORDING TO RESEARCH...

The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs. (1)

The common misconception that nicotine relieves stress, anxiety, and depression may be rooted in the cycle of nicotine withdrawal. Irritability, anxiety, and depression are some of the symptoms of nicotine withdrawal, and using nicotine relieves these symptoms temporarily. It's critical to recognize that the cycle of nicotine withdrawal, subsequent nicotine use, and alleviation of symptoms all starts with nicotine addiction in the first place. (4)

ALCOHOL

ACCORDING TO RESEARCH...

People who start drinking in their adolescence are much more likely to develop an addiction to alcohol in adulthood. (5)

WHAT WE'VE LEARNED ABOUT ALCOHOL:

"Using drugs and alcohol is often caused by angry or upset feelings, and youth use the substance to try to take the feeling away."

"Alcohol is not a safe coping mechanism." (6)

90%

OF CLARK COUNTY 8TH GRADERS HAVE NOT HAD ALCOHOL IN THE PAST 30 DAYS. KEEP IT UP! (1)

86%

OF CLARK COUNTY 8TH GRADERS SAY, "DRINKING IS WRONG FOR KIDS."
WE CARE ABOUT EACH OTHER. (1)

TEENS FOR TOMORROW

WHO ARE TEENS FOR TOMORROW PEER EDUCATORS?

We are a nonjudgmental and inclusive group of Clark County youth (ages 12-18) preventing youth drug & alcohol use, using our words and in our own way.

ONLY **75%**

OF CLARK COUNTY 8TH GRADERS SAID THEY RECEIVE ANTI-ALCOHOL/DRUG MESSAGES IN CLASS.

WE WANT TO CHANGE THAT.[1]

TAKING CARE OF YOUR MENTAL HEALTH

(without using substances)

Find your favorite healthy ways to cope

"(I watch) Mexican soap operas."

Reduce stress

"Take a break and try something you love to do."

To learn more about healthy coping and trying some new skills, check out the Better You BINGO challenge included in this care kit!

WANT TO TALK TO SOMEONE ABOUT SUBSTANCE USE?

Call, text, or message **Teen Link** and talk to their substance use prevention specialist about teen substance use, where to find resources, how to talk to others about substances, and more.

Call or text

1.866.TEENLINK

(1.866.833.6546)

www.TeenLink.org

Prevention specialist available between 2:00 PM and 10:00 PM, Monday - Friday.

What are ways you deal with Stress and take care of your mental Health?

Sources:

1. 2018 Washington State Healthy Youth Survey (askhys.net)
2. https://nida.nih.gov/publications/research-reports/marijuana/there-link-between-marijuana-use-psychiatric-disorders
3. https://www.nimh.nih.gov/health/topics/schizophrenia/raise/what-is-psychosis
4. https://truthinitiative.org/research-resources/emerging-tobacco-products/colliding-crises-youth-mental-health-and-nicotine-use
5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3083020/
6. https://childmind.org/article/mental-health-disorders-and-substance-use/

TEENS FOR TOMORROW

Stressed about keeping up with school?

A simple checklist for keeping up with classes while in quarantine created by Clark County Teens for Tomorrow peer educators

"When it happens, it sucks."

-Teens for Tomorrow peer educator, talking about quarantine

Tips...

1) Tell your teachers as soon as you can

Your teachers want you to reach out and communicate you're gonna miss class by a simple email. Feel free to copy (word for word or bits) one of the emails below or write your own to let your teacher know you will be missing class. Just make sure to add in your own details (like name, how long you'll be out of class, and more).

Email Template 1

Hello [insert teacher name here],

For the next [length of quarantine] I will be in quarantine. As I begin to adapt to this new situation I ask for leniency. To stay on time with my classmates, would you be willing to share a timeline of assignments, due dates, and test/quiz schedules for the next [length of quarantine]. Are there any Zoom/conferences options, so I can listen to lectures along with the class. Thank you for your time.

Sincerely,

[your name]

Email Template 2

Hey, I will be absent for [length of quarantine] due to health reasons, I would appreciate it if you could find makeup or study alternatives for me so that I can catch up and stay with the class. thanks. [your name]

Writing an email from scratch?
Here are some ideas for what you could include:

How long you will be gone, asking for assignments you can do from home if you feel well enough, asking for tips of how to catch up on what was missed when you return to class, asking for recordings of lessons, rescheduling quizzes/tests, share the plan you've created for staying on top of your work and ask them to review it and provide feedback, asking for extensions on missing assignments, thanks yous.

2) Make a plan

Here are some tips on ways you can keep up with school while you're gone:

While you're away:

Email your teachers and ask what youre going to be doing

Check Canvas for any class notes, announcements, and instructions for assignments

Use a calendar for important deadlines, tests and due dates

Ask friends for help (taking notes, grabbing extra homework)

Reach out to a school counselor for help if needed

Ask about rescheduling and/or making up any quizzes

Make a list of things you can do to reduce your stress and remain socially connected with friends and family (be safe)

Ask a teacher and a friend if you can Facetime or video chat during lecture

Once you come back to class:

Come to class early, stay after class, go to your teacher before school to check in on your first day back

Ask other students for help in class

Double check that your work is meeting standards with the teacher

Know what you missed in class so you're prepared

First week pay attention to class, more than normal :)

3) Take care of yourself

Quarantine can be really tough on mental health. Here are our reminders in case you're feeling down:

- **If you are having trouble knowing where to start, share the list with a person and have them help you figure out where to start and identify priorities.**
- **Play "Better You Bingo: A Healthy Coping Challenge" to keep you accountable to self-care. It is one of the papers in your gift bag this flyer is in.**
- **Reach out...Email/text someone whom you look to for support.**
- **Remember...You are not just your grades. Your grades do not define you or the life you will have.**
- **One assignment at a time, one step at a time, one day at time.**
- **It's ok to ask for help or tell someone (even a teacher) you are struggling.**
- **Keep up your social connections.**
- **Stay substance-free. "You can pass the test. Regular marijuana use has been shown to make it harder to learn, pay attention, and remember things. So if you're trying to get your grades up, crush that quiz, or graduate on time, marijuana is more likely to get in the way. These side effects can last weeks after you've stopped." (www.YouCanWa.org)**

Created by Clark County
Teens for Tomorrow Peer Educators

Find us!

Check out our website at
teensfortomorrow.clark.wa.gov

Follow us on Instagram:
@teensfortomorrowclarkcounty

Disclaimer

Neither Clark County nor any agency, officer or employee of Clark County endorses any content or viewpoints from the songs and/or artists on this playlist. Inclusion in this list does not imply approval and omission from this list does not imply disapproval. This list is subject to Clark County's Terms of Use.

TEENS FOR TOMORROW (TFT) PEER EDUCATORS

HAPPY CHAOS

PLAYLIST

Check it out at
https://spoti.fi/3GtPpWv

WHAT IS THE HAPPY CHAOS PLAYLIST?

We love music and it is a big part of our daily activities. It helps us relax, get motivated, and makes us happy. We want to share our favorite songs with others and hope it helps them like it does us.

To me, the happy chaos playlist is a place to go when your life is getting chaotic, to help you stay happy!

-Kennedy (15)

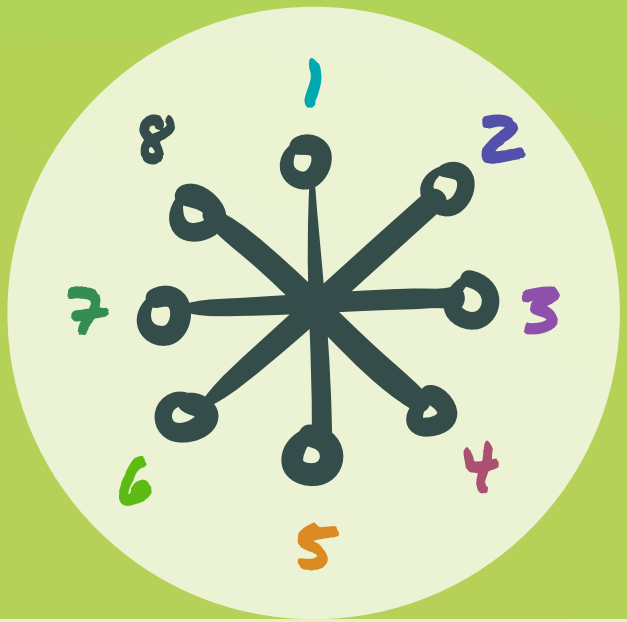
Caught in some mood swings? Check out this playlist and get caught in some HAPPY CHAOS!

-Aananth (15)

Why we decided to name it Teens for Tomorrow Happy Chaos was because everyone in the playlist group was just spamming a bunch of songs we all enjoyed in the playlist. ...I think the playlist is as great as it is because it has music that calms you down, music to make you sad, music to make you dance, etc.

-Catherine (16)

Listen to the TFT Happy Chaos playlist at:
https://spoti.fi/3GtPpWv



1. Cheerful, happy, joyous

.....

2. Graceful, humorous, playful

.....

3. Calm, serene, tranquil

.....

4. Dreamy, sentimental, tender

.....

5. Gloomy, mournful, sad

.....

6. Awe-inspiring, dignified, spiritual

.....

7. Majestic, robust, vigorous

.....

8. Exciting, exhilarated, soaring

.....

MUSIC MOOD WHEEL

Making your music mood wheel

For each numbered category on the mood wheel, find at least one song that fits that mood for YOU. You're welcome to think of more than one song for each mood. When you're finished, you'll have your own unique-to-you music mood wheel.

How do I use it?

So let's say you have a rough day and you come home feeling "gloomy, mournful, sad," which is position #5 on the music mood wheel. You'd prefer to feel "calm, serene, and tranquil", which is category #3.

To use the mood wheel, start by listening to songs in the category that fits your current mood. If you're sad, listen to sad music for as long as it feels good for you. Then when you're ready, move one category clockwise towards your desired mood. In this example, you'd be moving from category #5 to category #6, beginning with music that's "awe-inspiring, dignified, spiritual." Feel free to stay in each category for as long as you feel like before moving on. Keep going clockwise until you reach the mood you want to be at.

P.S. - It is important to be mindful and be present with the songs as you listen to each category. Gently notice how your body feels, how you're breathing, how you feel emotionally, and anything else you'd like to pay attention to. Be kind with yourself, and remember that there are no rules. It's okay to use the mood wheel differently if it works better for you that way.

WHO MADE THIS PLAYLIST?

Clark County Teens for Tomorrow (TFT) peer educators! We are a nonjudgmental and inclusive group of Clark County, WA youth (ages 12-18) preventing youth drug & alcohol use, using our words and in our own way.

WHAT DO WE DO?

Youth substance prevention is about creating a healthier community by empowering youth. It involves informing youth about the facts and research around substances (drugs and alcohol), and it's also about building people up and having conversations about mental health, managing stress, and much more.

Hey, just fyi: this playlist is hosted on Spotify, so some listeners may experience ad breaks. Unfortunately, Teens for Tomorrow and Clark County have no control over the content of any ads you might hear or see when you follow the link.

Music and Substance Prevention

Feelings like stress, loneliness, sadness or boredom are common, but they can be hard to cope with.
Source: the 2018 Healthy Youth Survey (askhys.com)

Although some might try things like drinking alcohol or vaping as a way to cope with these kinds of feelings, substances (a.k.a. drugs and alcohol) tend to cause harm instead.
Source: https://childmind.org

And substance use is extra risky for teens. Your prefrontal cortex, the part of the brain that helps you think logically and make good decisions, is still growing until the age of 25. Using substances while the prefrontal cortex is still under construction can change the way it grows.
Source: http://teens.drugabuse.gov

But good news: there are many cheaper, safer, and more effective ways than substance use to cope with negative feelings...and music is one of them!
Source: https://www.canr.msu.edu

What are your favorite ways to cope with stress?

.....

Here are some ways you can use music to help you relax, especially when you're stressed or bored.

Try one now and see if it works for you!

Progressive Muscle Relaxation

If anxiety and stress are causing your muscles to feel tense, try this: while listening to supportive music, pick an area of your body to focus on. Slowly, and without hurting yourself, tense the muscles in this area, hold for 3 seconds, and slowly release. Take deep breaths, and focus on the feeling of releasing tension in your body. If you have time, start with the muscles in your face and work all the way down to your feet, one section at a time.

Music Mood Wheel

Turn the page to find out more...

Oregon licensed music therapist, Kat Frye-Davies (MT-BC) was kind enough to share information about these and other healthy coping strategies with Teens for Tomorrow. Thanks Kat!

Using Music to Relax

Music and Journaling

Find a piece of music that is meaningful to you. While listening, journal about how the music makes you feel, and/or about how the lyrics relate to your outlook on yourself and the world around you. Use these songs later to help improve your mood.

Mindful change in pulse and breathing

If you ever start to feel panicked and you would like to feel calmer, try finding your pulse on your neck or wrist and noticing your heart rate. Then begin taking slow, deep breaths from your belly (your shoulders should not rise). Use your preferred music to help you calm yourself, if you can. Notice the changes to your pulse and feel your breath steadying. When you feel the panic has passed, return to your normal way of breathing.

Benefits of Music

Source: Psychologytoday.com

- Feels good!
- Connects us to our emotions
- Boosts our empathy for others
- Helps us express ourselves
- Makes exercise way more fun

What other benefits can you think of?

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LEADERSHIP OPPORTUNTIES

DOING GOOD IS GOOD FOR YOU

RESEARCH SHOWS THAT YOUNG PEOPLE WHO REGULARLY SPEND TIME (3+ HOURS PER WEEK) IN SPORTS, CLUBS, OR OTHER YOUTH PROGRAMS HAVE HIGHER SELF-ESTEEM AND BETTER LEADERSHIP SKILLS, AND ARE LESS LIKELY TO FEEL LONELY, ACCORDING TO SEARCH INSTITUTE.

JUST SOME BENEFITS FROM GETTING INVOLVED: CONNECTION, BUILD SKILLS, UNPACKING YOUR PASSIONS AND GAIN RECOGNITION

Clark County Teens for Tomorrow peer educators

The Clark County Teens for Tomorrow peer education program is recruiting Clark County youth ages 12-18 to fill vacant positions for the 2022-2023 program year. We are a group of youth who want to be a part of the solution for preventing addiction and improving mental health in our generation and in our community. We think every youth voice is important, and we want to be an inclusive, nonjudgmental, and safe space for people our age to talk about experiences, share information/resources, and figure out together what we want our future to look like and how we can make it happen. No leadership experience is required.

Applications close June 3, 2022.
Apply Here: https://teensfortomorrow.clark.wa.gov/apply.html

Clark County Youth Commission

The Clark County Youth Commission is a youth-driven advisory board and leadership development program established by the Clark County Board of Commissioners in April 1998. Members, ages 11-19, aim to represent all the diverse youth living in Clark County. Members provide a youth-oriented point-of-view to the work of the Clark County Council, county departments, and community organizations. The Youth Commission informs these groups about issues important to youth, makes suggestions on how to address these issues, and provides advice on how to build positive partnerships with youth.

Applications close May 26, 2022.
Apply Here: https://clark.wa.gov/community-services/youth-commission

Clark County TeenTalk

ccteentalk.clark.wa.gov / 360.397.2428 / text 360.984.0936 / email ccteentalk1@hotmail.com / @PeppyPenerson on Facebook, Instagram, Snapchat, and Twitter / M-Th 4-9 pm, F 4-7 pm

We are a nonjudgmental, peer-to-peer support line. We are here to listen to every kind of teen in any kind of situation. We do not exist to solve your problems. We exist so you have a place to feel safe to talk about your problems. We may not make everyone feel better, but we strive to make everyone feel valued.

Seeking new volunteers ages 15-19 year-round
Apply Here: https://ccteentalk.clark.wa.gov/get-involved-teens.html

D.R.E.A.M. Team Prevent Together Battle Ground

We are the youth extension of the Prevent Together: Battle Ground Prevention Alliance. As youth leaders, we empower our peers in the Battle Ground school district to live drug-free lives by hosting fun events, providing strategies and techniques for staying drug-free, and opportunities to have open and honest conversations about drugs, alcohol and coping with stress or depression.

Learn more here: https://preventtogetherbg.org/dreamteam

Washington State Legislative Youth Advisory Council

Seeking 14-18 year-old members from a wide variety of geographic, political, and socioeconomic backgrounds who are interested in applying to become members of the Washington State Legislative Youth Advisory Council (LYAC). LYAC members have the opportunity to influence tangible legislative change at the state level. We are looking for passionate young people who want to make change within the state. We need youth who are willing to step-up and take the reins to encouraging other young people to become more civically engaged. If you are going to be a 8-10 grader in the 2022-2023 school year, please fill out the application.

Applications close May 15, 2022
Apply Here: https://www.walyac.org/student-application

Other Leadership or Volunteer Opportunities

Notes:

Healthy Minds app

https://hminnovations.org/meditation-app

A free app that combines the science of how our bodies communicate with activities to help you focus on the present moment. This app helps you practice calmly acknowledging and accepting your feelings, thoughts, and bodily sensations to help you build skills for better mental health and greater well-being.

Action for Happiness calendars

https://actionforhappiness.org/all-calendars

Feeling bored and looking for something different to do? Try these daily challenges from Action for Happiness. Although they're presented as daily challenges or reminders, you can choose to do whichever ones you like whenever you'd like! Some examples include: send an encouraging note to someone who needs a boost, set yourself an achievable goal and take the first step, and avoid saying "must" or "should" to yourself today.

QUITTING VAPE OR TOBACCO PRODUCTS

ARE YOU A YOUTH WHO VAPES OR SMOKES, AND YOU'RE READY TO QUIT OR THINK ABOUT QUITTING? THESE RESOURCES CAN HELP.

Become a Smokefree Teen

https://teen.smokefree.gov/

Create your own Quit Kit with customized tips and materials by downloading the quitSTART app. The more information you add about your smoking habits, the better the app can personalize content to fit your needs. If you don't want to download the app, you can still create and download your custom quitting plan using their website. When quitting a bad habit, it can help to have someone cheering us on. Text QUIT to 47848 to receive daily text messages to support you in quitting smoking (message and data rates may apply). The program lasts for 6-8 weeks.

Tips to Quit Smoking or Vaping During COVID-19

https://bit.ly/3sullWO (webpage from becomeanex.org)

Try quitting smoking or vaping now with this quick and easy-to-read list of tips, divided into five categories: get support, find healthy ways to manage stress, stay active, manage money worries, and stay connected.

OTHER RESOURCES

HERE ARE OTHER HELPFUL RESOURCES FOR CLARK COUNTY RESIDENTS TO KNOW.

Community resource locator

www.211info.org / 211 or 1-866-698-6155 / TTY 711 and 1.866.698.6155 / text your ZIP code to 898211 / help@211info.org / M-F 9 am to 5 pm

211 helps people connect with and navigate support resources in Oregon and Southwest Washington, including assistance with food, transportation, utilities (electricity, water, gas), health care, and other things.

Local shelter and housing resources

https://www.councilforthehomeless.org/emergency-shelter/ / 360.695.9677 /

The Council for the Homeless' Housing Hotline is our community's one-stop shop for housing assistance and resources, including emergency shelters, rent assistance programs, and more.

MY FAVORITE RESOURCES

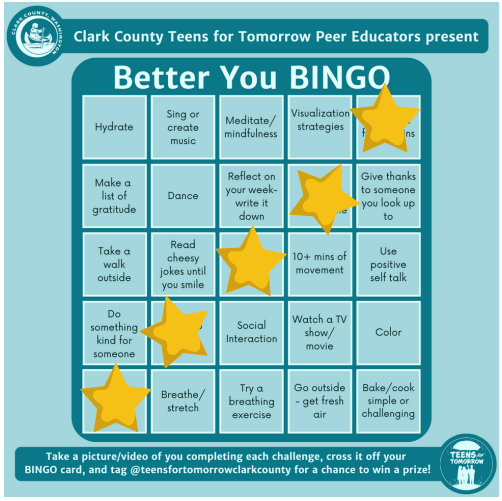
Better You BINGO

PRIZE DRAWING!

Prizes include: $10 gift card, bath bomb, art kit, eye mask, basketball, soccer ball, jump rope, wireless karaoke mic, and more!

ENTRY RULES:

1. **Complete challenge squares on the Better You BINGO card (see back).**
2. **When you complete 5 squares in a row, turn it into the office.**



Multiple BINGO entries are accepted. Entries are accepted until June 3rd.

Brought to you by Teens for Tomorrow peer educators
Sponsored by Clark County Community Services
This is not sponsored or endorsed by any Clark County public school district

Teens for Tomorrow peer educators present

Better You BINGO

Read	Meditate/ Be mindful	Sing or create music	Smell something nice, like flowers or a candle	Rest eyes for 5+ mins
Dance	Make a gratitude list	Reflect on your week- write it down	Go 1 hour without screen time	Visit our website & share your favorite song
Hearing – Listen to nature or music	Read cheesy jokes until you smile	Hydrate	Have a safe social interaction	Give thanks to someone you look up to
Breathe/ stretch	Listen to music	Move around for 10+ min	Watch a TV show or movie	Color
Do an art or craft	Do something kind for someone	Try a breathing exercise	List things you like about yourself	Design your dream room, house, or car

teensfortomorrow.clark.wa.gov

How does BINGO relate to substance prevention? Simple! In each square above there is a quick and easy healthy coping skill for you to try. The more healthy coping skills you know, the easier it is to cope with challenging feelings like stress, loneliness, and sadness.

People who know fewer healthy coping skills might be more likely to try substance use like vaping and drinking alcohol as a way to cope, but substance use is **risky**.

Substances can seriously harm the prefrontal cortex of anyone under the age of 25, because that part of the brain is still growing and developing. Your prefrontal cortex is the part of your brain that helps you make good choices, figure out problems, manage emotions, and MUCH more, so it's important to protect it while it grows!

Luckily the healthy coping skills above are much cheaper, safer, and more effective at handling stress than substance use is. Try them out and let us know which one is your favorite!

TEENS FOR TOMORROW

VIRTUAL GAME NIGHT

Hosted by youth for middle & high school students around Clark County

» PRIZES! «

What's it like?

- ✓ Stress-free and casual
- ✓ Play games
- ✓ Meet new people
- ✓ All are welcome
- ✓ Free!

Game Room Options

» Skribbl.io «

» Escape Room «

» Trivia «

Win gift card prizes!

APRIL 15TH
6:30 TO 8:00 PM

For more information and to register:
bit.ly/3BLzp11

D.R.E.A.M. TEAM

prevent together
Battle Ground Prevention Alliance

TEENS FOR TOMORROW

UNITE!
Washougal Community Coalition

This event is not sponsored or endorsed by any Clark County school district.

Made possible with support from the Clark County Youth House and Clark County Community Services.