

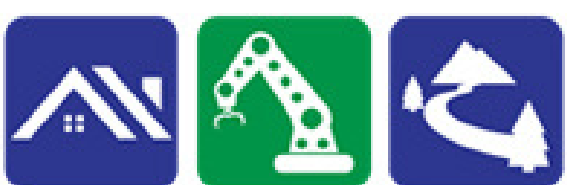
Private Matters For

**CLEVELAND**

**COUNTY**

**YOUTH**

Cleveland County Public Health Center  
200 South Post Rd. Shelby, NC 28152  
(980) 484-5100



**Cleveland County**  
NORTH CAROLINA

Private Matters For

**CLEVELAND**

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**COUNTY**

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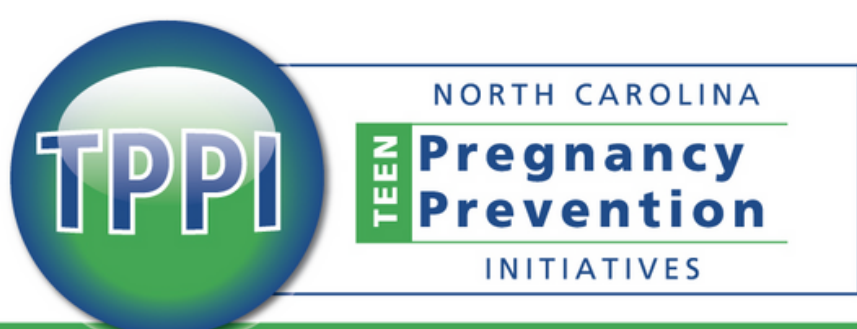
**YOUTH**

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# Acknowledgements

Partial funding for the development and publication of Private Matters was provided by the North Carolina Teen Pregnancy Prevention Initiative (TPPI). TPPI supports communities across North Carolina with programs that prevent teen pregnancy. These programs prevent teen pregnancy and sexually transmitted infections by providing young people with essential education, supporting academic achievement, encouraging parent/teen communication, promoting responsible citizenship, and building self-confidence.

Additional funding was provided by the Alliance for Health in Cleveland County, Inc.



Adolescent Pregnancy Prevention Program



# Disclaimer:

This resource guide is formatted to provide information about resources regarding local services and activities for Cleveland County youth. The inclusion of any organization, agency or service in this resource guide does not imply an endorsement or recommendation, nor does exclusion imply disapproval. This resource guide is not intended as a substitute for the medical advice of physicians. The reader should consult a physician in matters relating to his/her health. This guide may reference laws and policies; however, it does not provide legal advice and the information should not be used or relied upon as legal advice. Although this guide provides valuable information, youth should always consult with their parents and/or guardians as a first source of information.

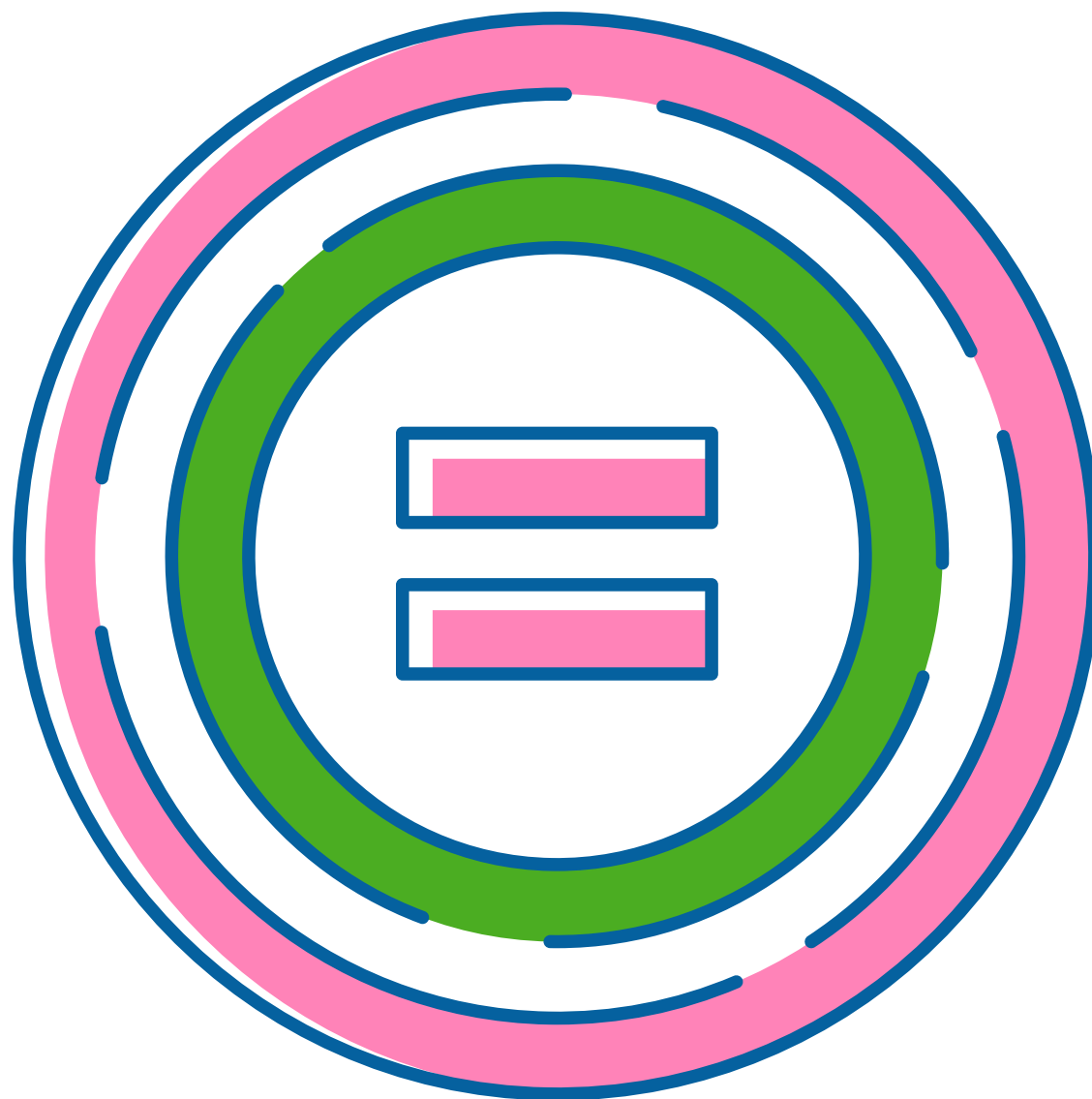
Esta guía de recursos contiene información sobre servicios y actividades locales para jóvenes del condado de Cleveland. La inclusión de cualquier organización, agencia o servicio en esta guía de recursos no implica un respaldo o recomendación, ni la exclusión de ningún grupo implica desaprobación. Este recurso es una guía no es un consejo médico. Los lectores con preguntas o problemas médicos deben consultar a su médico. Esta guía de recursos puede hacer referencia a leyes y pólizas. Sin embargo. No proporciona consejo legal, y la información contenida en este documento no debe utilizarse ni basarse en ella como consejo legal. Aunque esta guía proporciona información valiosa, los jóvenes siempre deben consultar con sus padres y / o guardianes como primera fuente de información.

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El centro de Salud Pública del Condado de Cleveland cumple con Las Leyes Federales de Derechos Civiles aplicables y en la participación de los servicios sin la distinción de raza, color, origen, nacional, genero, edad, orientación sexual o discapacidad.

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# WHAT'S IT ALL ABOUT?

## PRIVATE MATTERS....

### WHO?

Private Matters is for the youth of Cleveland County and other surrounding areas.

### WHAT?

Private Matters is used to provide the youth of Cleveland County with information regarding local services, activities, and other "need to know" things that are available to them, their peers, and even their families.

### WHEN?

The Private Matters resource guide has been reviewed, edited, and updated during the year 2019/2020.

### WHERE?

Private Matters was created at the Cleveland County Public Health Center by employees who are also community members. Please feel free to contact the Cleveland County Public Health Center at (980) 484-5100 to add other services and programs to future editions of the resource guide, to secure additional information about the publication and distribution of the resource guide, or if you have any questions.

### WHY?

The development of this resource guide was to provide the most current and accurate information regarding health related issues, local programs, services, and activities.

# HOTLINE & HELPLINE NUMBERS

## **Eating Disorders:**

National Eating Disorder Hotline:	1-800-931-2237
Eating Disorders Awareness Prevention	1-630-577-1330
Anorexia Nervosa and Related Eating Disorders	1-877-947-6272

## **Grief/Loss**

Hospice of Cleveland County	704-487-4677
KinderMourn	704-376-2580
Affinity Counseling Services	704-484-0033

## **Mental Health**

Mental Health Association of Cleveland County	704-481-8637
Partners Behavioral Health Management	877-864-1454
Ollie Harris Behavioral Health Center	704-600-6900

## **Screening & Help**

Alcohol Drug Council of NC	1-800-688-4232
Drug Force Screening	704-481-0433
National Association of Children of Alcoholics	888-55-4COAS
Parents Help Line	1-855-427-2736
Tobacco QuitLine	1-800-QUIT-NOW



# HOTLINE & HELPLINE NUMBERS

## **National Suicide Hotline**

Available 24/7

Helps individuals in suicidal crisis with support

1-800-273-8255

<https://suicidepreventionlifeline.org>

## **Child Help USA National Hotline**

Available 24/7, over 170 languages

Helps youth who are suffering child abuse

1-800-4-A-CHILD (1-800-422-4453)

<http://www.childhelpusa.org/>

## **Crisis Textline**

Available 24/7

Support to all individuals in crisis

Text "HELLO" to 741741

[www.crisistextline.org](http://www.crisistextline.org)

## **Trevor Project Lifeline**

Available 24/7

Confidential suicide hotline for LGBT youth

866-488-7386

<http://www.thetrevorproject.org>

## **Boys Town National Hotline**

Available 24/7

Serving all at-risk teens and children

Call: 800-448-3000

<http://www.boystown.org/hotline/>

## **National Human Trafficking Resource Center**

Available 24/7

Confidential hotline 1-888-373-7888 24/7

Text "HELP" or "INFO" to 233733

<https://humantraffickinghotline.org/>

# HOTLINE & HELPLINE NUMBERS

## **Substance Abuse Mental Health Awareness National Helpline**

24/7, English and Spanish

Support and referral for drug and alcohol services

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

## **National Teen Dating Violence Hotline**

Available 24/7

Questions or concerns about dating relationships

1-866-331-9474

Text “loveis” 22522

<http://www.loveisrespect.org>

## **The Anti-Violence Project**

Available 24/7, English and Spanish, LGBT-inclusive

Support for individuals who have suffered violence

Hotline 212-714-1124

<http://www.avp.org>

## **Gay Lesbian Bisexual Transgender National Help Center**

Monday-Friday 1pm to 9pm pacific time

Monday-Friday 4pm to 12am eastern time

Saturday 9am to 2pm pacific time

Saturday 12pm to 5pm eastern time

## **Support for LGBT youth**

Youth Talkline: 1-800-246-PRIDE (7743)

<http://www.glbthotline.org/youth-talkline.html>

## **Trans Lifeline**

Available 24/7

Hotline staffed by volunteers who are all trans-identified and educated in the range of difficulties transgender people experience

U.S. (877) 565-8860

Canada (877) 330-6366

<http://www.translifeline.org>

# HOTLINE & HELPLINE NUMBERS

## **National Sexual Assault Hotline**

Available 24/7

Supports victims of sexual assault, LGBT-inclusive

1-800-656-HOPE 24/7 or

Online Counseling at [www.rainn.org](http://www.rainn.org)

## **National Domestic Violence**

Available 24/7

Supports individuals who are experiencing domestic violence

Hotline 1-800-799-7233 (SAFE)

<http://www.thehotline.org/>

## **National Runaway Switchboard**

Available 24/7, confidential hotline supports runaway youth for safety

800-RUNAWAY (786-2929)

[www.1800RUNAWAY.org](http://www.1800RUNAWAY.org)

**Information found on: <https://teencentral.com/help/>**

**If you are in danger or need  
emergency help, call 911 or your  
local authorities.**

# **HOPES & DREAMS...**

**"TO ACCOMPLISH  
GREAT THINGS, WE  
MUST NOT ONLY  
ACT, BUT ALSO  
DREAM; NOT ONLY  
PLAN, BUT ALSO  
BELIEVE."**

**-ANATOLE FRANCE**

# HOPES & DREAMS...



## **Setting Your Goals:**

Setting your life goals can be a challenging thing to do. At times goal setting can almost seem like a chore, and the last thing any of us want is another chore to do. However, despite the challenges you may face while goal setting, it is important to know how helpful it really can be.

To keep things short and to the point let's explore the top 5 reasons why goal setting is so important!

**1. GOALS TRIGGER BEHAVIOR**

**2. GOALS GUIDE YOUR FOCUS**

**3. THE SUCCESS OF GOALS  
CREATES MOMENTUM**

**4. GOALS ALIGN/RE-EVALUATE  
YOUR VALUES**

**5. GOALS BUILD CHARACTER**

# HOPES & DREAMS...



Now that you know the importance of goal setting, let's take a moment for you to write out some short term and long term goals that you may have for yourself...

These goals can be as small as passing all of your upcoming tests or as huge as graduating from high school.

**Short Term Goals:**

**Long Term Goals:**

# IMMUNIZATION

## LIST...



### **Kindergarten Required Immunizations:**

*DIPHTHERIA, TETANUS AND PERTUSSIS - 5 DOSES*

*POLIO - 4 DOSES*

*MEASLES - 2 DOSES*

*MUMPS - 2 DOSES*

*RUBELLA - 1 DOSE*

*HAEMOPHILUS INFLUENZAE TYPE B (HIB) - 4 DOSES*

*HEPATITIS B (HEP B) - 3 DOSES*

*VARICELLA (CHICKENPOX) - 2 DOSES*

*PNEUMOCOCCAL CONJUGATE - 4 DOSES*

### **7th Grade Required Immunizations:**

ALL THE IMMUNIZATIONS LISTED ABOVE FOR KINDERGARTEN, PLUS: TETANUS/DIPHTHERI/PERTUSSIS (TDAP) AND MENINGOCOCCAL CONJUGATE (MCV)

**Not having up to date immunizations can be a determining factor in attending school as well as playing a sport.**

# IMMUNIZATION

## LIST...



### **12th Grade Required Immunizations:**

ALL THE IMMUNIZATIONS LISTED FOR  
KINDERGARTEN AND 7TH GRADE PLUS:  
MENINGOCOCCAL CONJUGATE BOOSTER (MCV).

<https://www.immunize.nc.gov/schools/k-12.htm>

### **College/University Required Immunizations:**

DIPHTHERIA, TETANUS AND PERTUSSIS - 3 DOSES  
POLIO - 3 DOSES  
MEASLES - 2 DOSES  
MUMPS - 2 DOSES  
RUBELLA - 1 DOSE  
HEPATITIS B (HEP B) - 3 DOSES  
VARICELLA - 1 DOSE

[https://www.immunize.nc.gov/schools/collegesuniversities.h  
tm](https://www.immunize.nc.gov/schools/collegesuniversities.htm)

**Not having up to date immunizations can be a  
determining factor in attending school as well as playing a  
sport.**



**HEALTHY LIVING,**  
**HEALTHY LIFE.**

**"EVERY NEW  
DAY IS A  
CHANCE TO  
CHANGE  
YOUR LIFE."**

**-UNKNOWN**

# HEALTHY LIVING, HEALTHY LIFE.

Cleveland County has its very own Healthy Living website that was launched by our Alliance For Health and the Eat Smart Move More Coalition. This website alone is a huge asset to members of the community packed with tons of information, things to do, events that are taking place, various resources available to the community, etc..



→ <https://livehealthyclevelandcounty.com/> ←

The resources available in the county that are listed on this website are owned and maintained by various municipalities and organizations and are made available to residents of Cleveland County in an effort to encourage healthy lifestyles for individuals and families.

Additional resources may be added to the website as administrators become aware of them – you are encouraged to check the website for new information on a regular basis. You can find more detailed information about the parks and recreation facilities in the county by clicking on the specific links for municipalities and organizations in the county.

# HEALTHY LIVING, HEALTHY LIFE.

## Cleveland County School Health Services

**Every school has a nurse.**

### **General School Health Program Services:**

Elementary & Intermediate Schools, Turning Point Academy, Cleveland Early College High School, and North Shelby School

### **RN School Nurse:**

- Present at least 1 or more days every week and by telephone all other days.
- Provides physical assessment, first aid, case management, and information and assistance with preventing spread of disease.
- Educates school staff about the child's health condition and directs health care provided at school through health care planning.
- Assists school staff to provide necessary care and accommodations for students.
- Provides a bridge between the parent and the school staff for sharing health concerns.
- Helps child to overcome barriers to school success.
- Works with Shelby Children's Clinic to facilitate Virtual Clinic Services.

# HEALTHY LIVING, HEALTHY LIFE.

## Cleveland County School Health Services

**Every school has a nurse.**

### **School Based Health Center Services:**

**Middle Schools-** RN available 5 days a week to assess and provide limited treatment.

**High Schools-** Nurse Practitioner available 5 days a week to diagnose and provide treatment.

- Parent consent needed for participation.
- Educates staff about child's health condition and directs health care through health care planning.
- Builds a bridge between school and parent that promotes good health for the child.
- Communicates with parents.
- Lab test performed to identify needs--blood glucose, hemoglobin, strep tests, and urinalysis.
- Assists school staff with determining the best way to meet health care needs and make accommodations for students.
- Promotes child's full participation in school classroom and other activities.

School Health Services are provided by contract with the Cleveland County Public Health Center.

**MENTAL &  
BEHAVIORAL  
HEALTH.**

**"AND IF TODAY  
ALL YOU DID WAS  
HOLD YOURSELF  
TOGETHER, I'M  
PROUD OF YOU."**

**-UNKNOWN**

# MENTAL & BEHAVIORAL HEALTH.

## **Mental Health**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

**Mental illnesses** are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental health disorders such as genetics and family history. Life experiences, such as stress or family history of abuse may also matter. Biological factors can also be part of the cause. Mental health disorders are common and treatments are available.  
(NIMH: National Institute of Mental Health)

**For more information on mental health visit the following websites:**

- [www.familydoctor.org](http://www.familydoctor.org)
- [www.mentalhealth.gov](http://www.mentalhealth.gov)

# MENTAL & BEHAVIORAL HEALTH.

## **Mental Health Association of Cleveland County**

The Mental Health Association of Cleveland County promotes mental health in our community through education, advocacy, and support. Their goal is to eliminate the stigma of mental illness and create an informed community of citizens who promote mental health and defend and support the rights of those persons impacted by mental illness. (CCMHA)

For more information visit: <http://clevelandcountymha.org/>

Mental health challenges and disorders often develop during adolescence, including depression, anxiety, psychosis, substance use disorders, and eating disorders. 1/2 of all chronic mental illnesses start by the age of 14.

## **Mental Health First Aid Action Plan**

Remember acronym ALGEE

Action A: Assess for risk of suicide or harm

Action L: Listen and be nonjudgmental

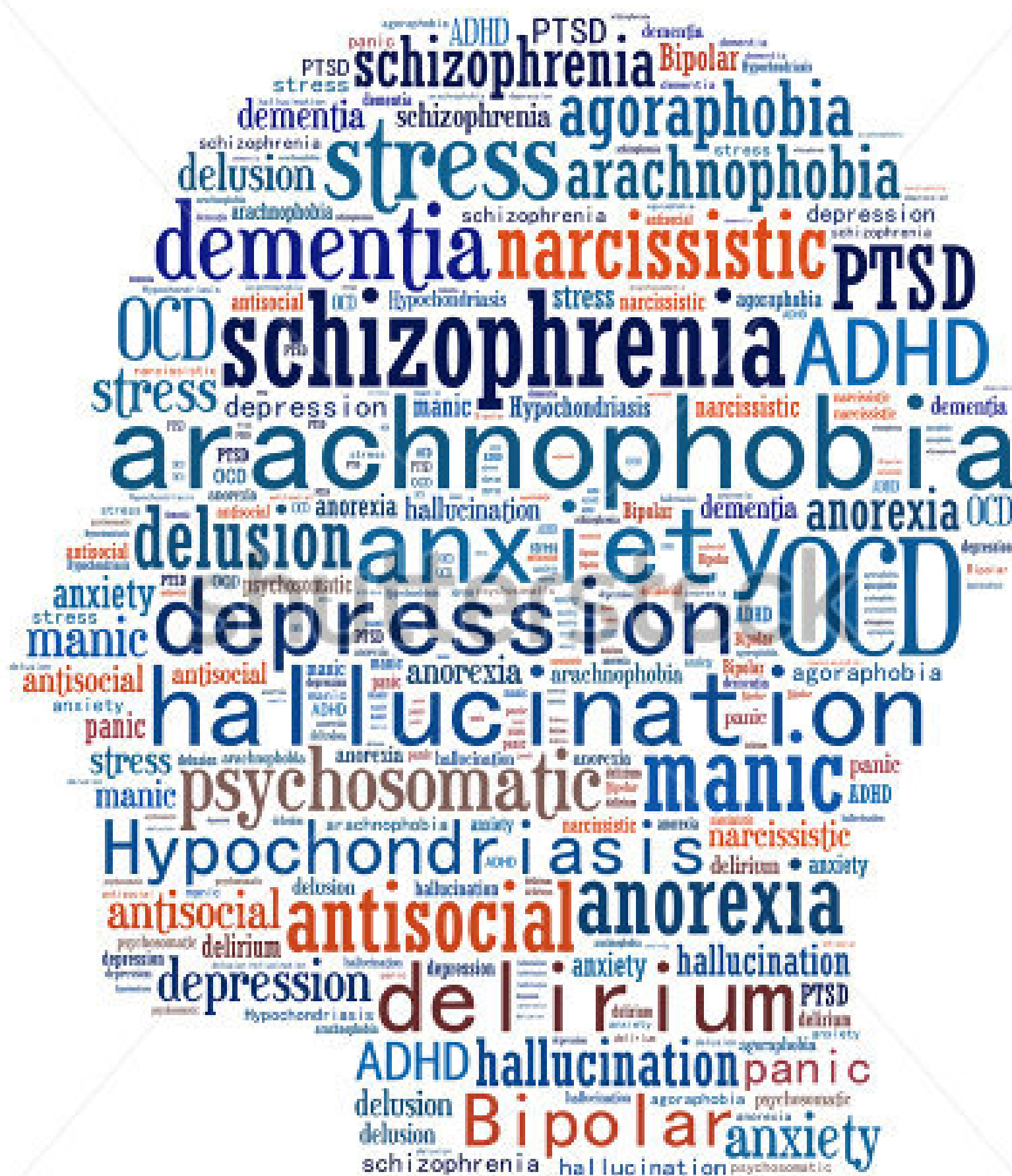
Action G: Give reassurance and guidance

Action E: Encourage appropriate professional help

Action E: Encourage self-help and other support

# MENTAL & BEHAVIORAL HEALTH.

**Mental illnesses** are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental disorders such as: your genetics, family history, life experiences, etc. Mental disorders are common and there are treatments available.





# MENTAL & BEHAVIORAL HEALTH.

**Bipolar disorder**, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. (NIMH- National Institute of Mental Health)

**Bipolar disorder in a young person** may look different than what's stated above. Their episodes appears to be the opposite of depression. A young person will have an elevated mood, be overconfident, full of energy, very talkative, full of ideas, have no need for sleep, and take risks that they usually would not.

Bipolar disorder may onset in adolescence or young adulthood. However, a person cannot be diagnosed until they have had both an episode of mania and an episode of depression.



Picture provided by: <https://www.verywellmind.com/what-is-manic-depression-3875261>

# MENTAL & BEHAVIORAL HEALTH.

## Types of Bipolar Disorders:

**Bipolar I Disorder**—defined by manic episodes that last at least 7 days, or by manic symptoms that are so severe that the person needs immediate hospital care. Usually, depressive episodes occur as well, typically lasting at least 2 weeks. Episodes of depression with mixed features (having depression and manic symptoms at the same time) are also possible.

**Bipolar II Disorder**— defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes.

**Cyclothymic Disorder (also called cyclothymia)**— defined by numerous periods of hypomanic symptoms as well as numerous periods of depressive symptoms lasting for at least 2 years (1 year in children and adolescents).

**Other Specified and Unspecified Bipolar and Related Disorders**— defined by bipolar disorder symptoms that do not match the three categories listed above

For more information on this topic please visit:

<https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>.

# MENTAL & BEHAVIORAL HEALTH.

## DEPRESSION



**Depression** (major depressive disorder or clinical depression) is a common but serious mood disorder. Depression can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. In order to be diagnosed with depression, the symptoms must be present for at least two weeks. Some forms of depression are a bit different, or they may develop under unique circumstances. (NIMH- National Institute of Mental Health)

# MENTAL & BEHAVIORAL HEALTH.

## SIGNS & SYMPTOMS OF DEPRESSION

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

# MENTAL & BEHAVIORAL HEALTH.

## ANXIETY

Occasional fear and anxiety are a normal part of life. For example, you may feel anxious before taking a test or making a big decision. This kind of anxiety is useful - it can make you more alert or careful. This type of anxiety usually ends soon after the situation that caused it is over. But for millions of people in the United States who have an anxiety disorder, their anxiety does not go away, and it gets worse over time.

Individuals with an **anxiety disorder** may experience things such as chest pain and shortness of breath, extreme fatigue, excessive worrying, difficulties concentrating or problems falling asleep. These symptoms can have a big impact on their daily lives. There are effective treatments for anxiety which include medication and talk therapy.

There are several types of anxiety disorders which include:

- Generalized Anxiety Disorder
- Panic Disorder
- Phobias

# MENTAL & BEHAVIORAL HEALTH.

## SIGNS & SYMPTOMS OF ANXIETY

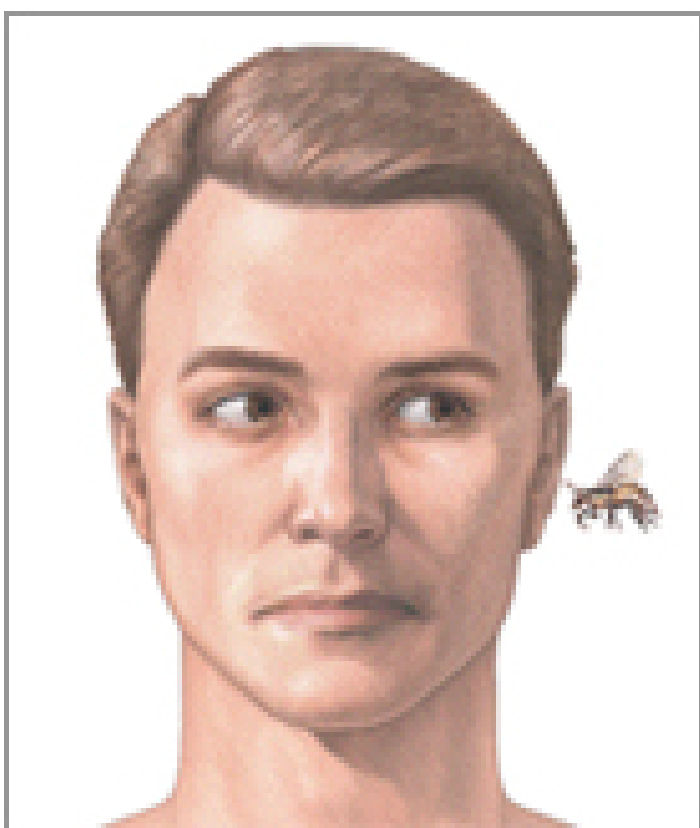
- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating; mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep
- Heart palpitation
- Trembling
- Sweating
- Increased heart rate

# MENTAL & BEHAVIORAL HEALTH.

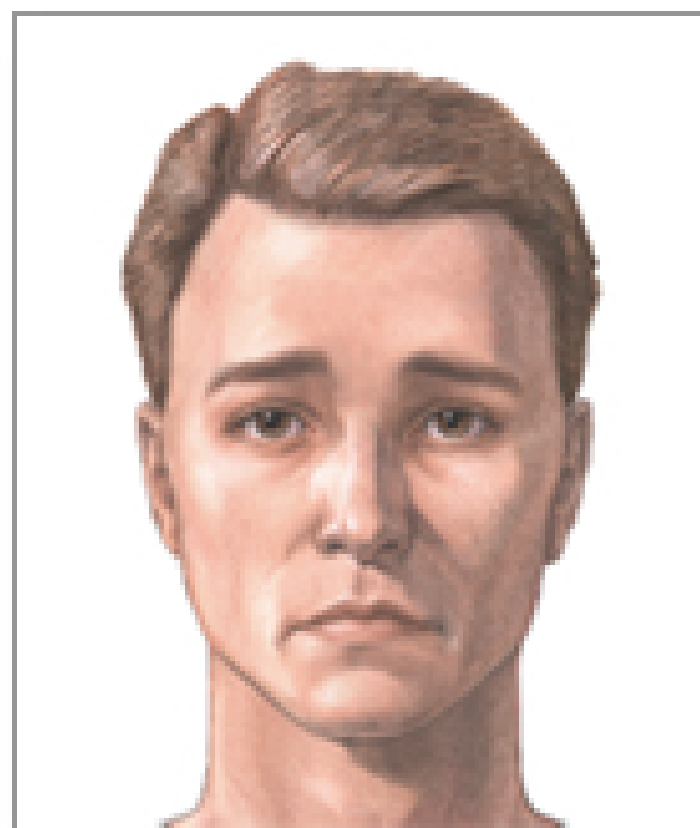
## Stress

**Stress** is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. (Medlineplus.gov)

### Stress Awareness Month - April



Stress is caused by an existing stress-causing factor or “stressor”



Anxiety is stress that continues after the stressor is gone

# MENTAL & BEHAVIORAL HEALTH.



## Some Forms of Stress:

- Being bullied (If you or someone you know are being bullied use the "Report Bullying Here" link on the left hand side home page of the Cleveland County Schools website to report it).
- Relationship stress
- School
- Work
- Busy schedules

## Ways to Cope With Stress:

- Talk to a trusted adult
- Deep breathing exercises
- Physical activity
- Write it down
- Get some rest
- Remember that you got this!



# MENTAL & BEHAVIORAL HEALTH.

## PEER PRESSURE

**Peer Pressure** is the influence that your social group has on you. These influences can be negative, positive, or both so it's important to be able to recognize the difference between the two. Here are some helpful examples and websites that may help you along the way...

### **Negative:**

- Encouraging drug use
- Encouraging sexual activity
- Bullying you or others



### **Positive:**

- Respecting others
- Not encouraging drug use
- Not encouraging sexual activity
- Encouraging physical activity
- Positive talk



If you have a peer who is pressuring you negatively, you can rise above by letting a trusted adult know what's going on, choosing positive peers to spend time with, saying no, and avoiding places and people that have a negative impact over you. <https://abovetheinfluence.com/>

# MENTAL & BEHAVIORAL HEALTH.

## EATING DISORDERS



**Eating disorders** are actually serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. (NIMH- National Institute of Mental Health)

# MENTAL & BEHAVIORAL HEALTH.

Every 62 minutes at least one person dies as a direct result from an eating disorder

At least 30 million people of all ages and genders suffer from an eating disorder in the U.S.

## TYPES OF EATING DISORDERS

**Anorexia**- self starvation and excessive weight loss. Signs include: intense fear of gaining weight, feeling fat, loss of menstrual periods.

**Bulimia**- eating large amounts of food in short periods of times, then getting rid of the food by vomiting, laxative abuse, or over exercising. It is often done in secret. Signs include: bingeing and purging, frequent dieting, extreme concern with body weight.

**Binge Eating Disorder** (Compulsive Overeating) is uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. Signs include: sporadic fasts, repetitive diets, feelings of shame and hatred, anxiety, depression, changes in body weight.

# MENTAL & BEHAVIORAL HEALTH.

## SUICIDE

**Suicide** is when people direct violence at themselves with the intent to end their lives, and they die because of their actions. It's best to avoid the use of terms like "committing suicide" or a "successful suicide" when referring to a death by suicide as these terms often carry negative connotations.

A **suicide attempt** is when people harm themselves with the intent to end their lives, but they do not die because of their actions.

(<https://www.nimh.nih.gov/health/publications/suicide-faq/index.shtml>)

- In the year 2017, suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 47,000 people.
- Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages 35 and 54.
- There were more than twice as many suicides (47,173) in the United States as there were homicides (19,510).

**NATIONAL SUICIDE  
PREVENTION HOTLINE: 1-800-  
273-8255**

# MENTAL & BEHAVIORAL HEALTH.

## **2019 Cleveland County PRIDE Survey Results:**

### **Thought about suicide sometimes:**

6th grade- 8.6%

9th grade- 11.6%

12th grade- 12.7%

### **Thought about suicide often:**

6th grade- 3%

9th grade- 4.6%

12th grade- 3.3%

### **Thought about suicide a lot:**

6th grade- 3.8%

9th grade- 5.9%

12th grade- 5.1%

# MENTAL & BEHAVIORAL HEALTH.

## **QPR for Suicide Prevention:**

**QPR** stands for **Question, Persuade** and **Refer**, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR classes usually last from 1 hour to an hour and a half, and are designed for EVERYONE in the community.

Mental Health First Aid courses focusing on adult and/or adolescent issues are available in Cleveland County. Each course includes eight hours of training.

Visit **[clevelandcountymha.org](http://clevelandcountymha.org)** for more information regarding courses and trainings available to you here in Cleveland County.

**NATIONAL SUICIDE  
PREVENTION HOTLINE: 1-800-  
273-8255**

# MENTAL & BEHAVIORAL HEALTH.

## **Warning Signs of Suicide:**

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Planning or looking for a way to kill themselves, such as searching online, stockpiling pills, or newly acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain, both physical or emotional
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

**NATIONAL SUICIDE  
PREVENTION HOTLINE: 1-800-  
273-8255**

# **SUBSTANCE ABUSE.**

**"START WHERE  
YOU ARE. USE  
WHAT YOU HAVE.  
DO WHAT YOU  
CAN."**

**-ARTHUR ASHE**



# SUBSTANCE ABUSE.

## Drug Abuse

**Drug abuse** is the habitual taking of addictive or illegal drugs. And just like alcohol, recreational drug use has become a common activity seen far too often among youth today.

- Teen drug abuse can have long-term cognitive and behavioral effects since the teenage brain is still developing.

- Half of all new drug users are under the age of 18. Experimentation plays the biggest role in teenage drug use.

- The majority of adults with an addiction first experimented with drugs before they turned 21

**For more information please visit:**  
<https://www.addictioncenter.com/teenage-drug-abuse/>

# SUBSTANCE ABUSE.

## 2019 Cleveland County PRIDE Student Drug Survey

### Past 30 Days Reported Use

#### **Marijuana Use:**

6th grade- 1.1%

9th grade- 15.7%

12th grade- 18.9%

#### **Prescription Drugs:**

6th grade- 1.6%

9th grade- 4.7%

12th grade- 4.1%

#### **Alcohol:**

6th grade- 1%

9th grade- 14%

12th grade- 23%

#### **Tobacco:**

6th grade- 0.6%

9th grade- 11.6%

12th grade- 17.4%

#### **E-Cigarettes/Vape Products:**

6th grade- 5%

9th grade- 30.3%

12th grade- 35.3%

# SUBSTANCE ABUSE.

## Alcoholism



**Alcoholism** is a chronic and often progressive disease that includes controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect, or having withdrawal symptoms when you rapidly decrease or stop drinking.

**Binge drinking** – this type of drinking is the most common. The CDC breaks down the definition of binge drinking by gender, with women consuming four or more drinks during one session and men consuming five or more alcoholic beverages.

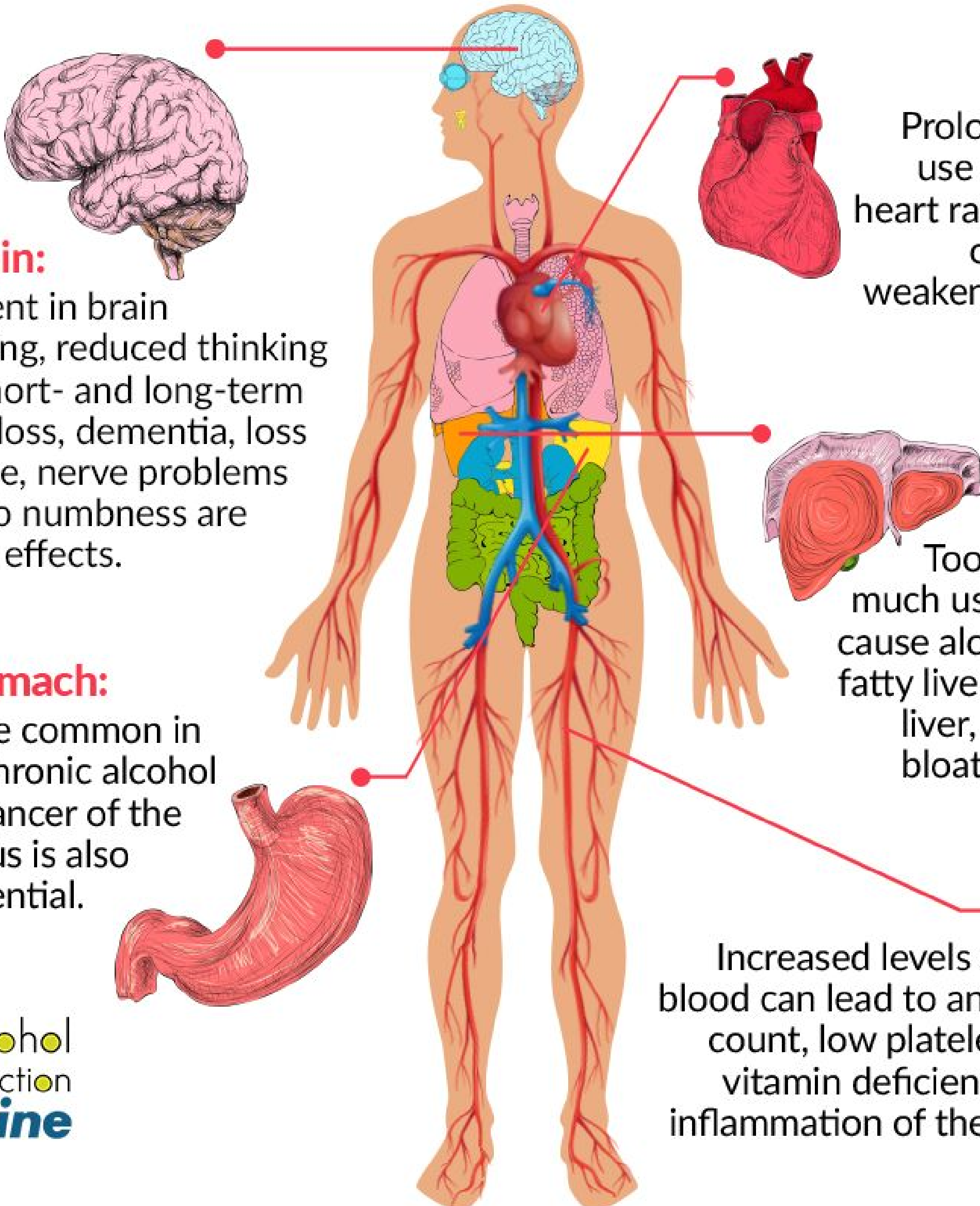
**Heavy drinking** – the CDC defines heavy drinking as consumption of eight or more drinks weekly for women, but nearly twice that amount – 15 – for men.

# SUBSTANCE ABUSE.

## Effects of **teen alcohol abuse**

Teenagers are more prone to alcoholism than adults due to factors like peer pressure, the tendency to experiment with things, and the easy availability and legal status of alcohol. Additionally, the side effects of alcohol abuse by teens are huge.

Here are a few effects of teen alcohol abuse:



### **The Brain:**

Impairment in brain functioning, reduced thinking ability, short- and long-term memory loss, dementia, loss of balance, nerve problems leading to numbness are common effects.

### **The Stomach:**

Ulcers are common in case of chronic alcohol abuse. Cancer of the esophagus is also consequential.

### **The Heart:**

Prolonged or chronic use may lead to low heart rate and pressure, cardiomyopathy, weakening of the heart muscles and hypertension.

### **The Liver :**

Too frequent or too much use of alcohol can cause alcoholic hepatitis, fatty liver, scarring of the liver, abdominal pain, bloated stomach and blood vomiting.

### **The Blood:**

Increased levels of alcohol in the blood can lead to anemia, low blood count, low platelets, nutrient and vitamin deficiency, bleeding and inflammation of the stomach lining.

# SUBSTANCE ABUSE.

*NORTH CAROLINA CLASSIFIES UNDERAGE DRINKING OFFENSES AS CLASS 1 OR CLASS 2 MISDEMEANORS. IF DRIVING WAS INVOLVED (DWI/DUI), THE CONSEQUENCES ARE MORE SEVERE.*

## ***PENALTIES FOR UNDERAGE DRINKING CHARGES IN NORTH CAROLINA MAY INCLUDE:***

- *Up to 120 days of jail time*
- *Loss of driver's license*
- *Fines and financial penalties (\$200 – \$500)*
- *Court costs*
- *Community service*
- *Alcohol/substance abuse courses*
- *Additional penalties by the university or academic institution (if occurred on campus)*

**\*\*FYI: UNDER AGED DRINKING IS AGAINST THE LAW\*\***

# SUBSTANCE ABUSE.

## Opioid Epidemic



**Opioids** are a class of drugs used to reduce pain. Opioids include some prescription pain medications, synthetic fentanyl and heroin. All opioids have a similar effect on the brain. They reduce the intensity of pain signals reaching the brain and affect the brain areas controlling emotion and breathing. Depending on how much you take and how you take them, if your body has more opioids than it can handle, there can be serious risks and side effects. (NCDHHS)



Due to decades of prescribing more opioids at higher doses, North Carolina is experiencing an opioid epidemic.

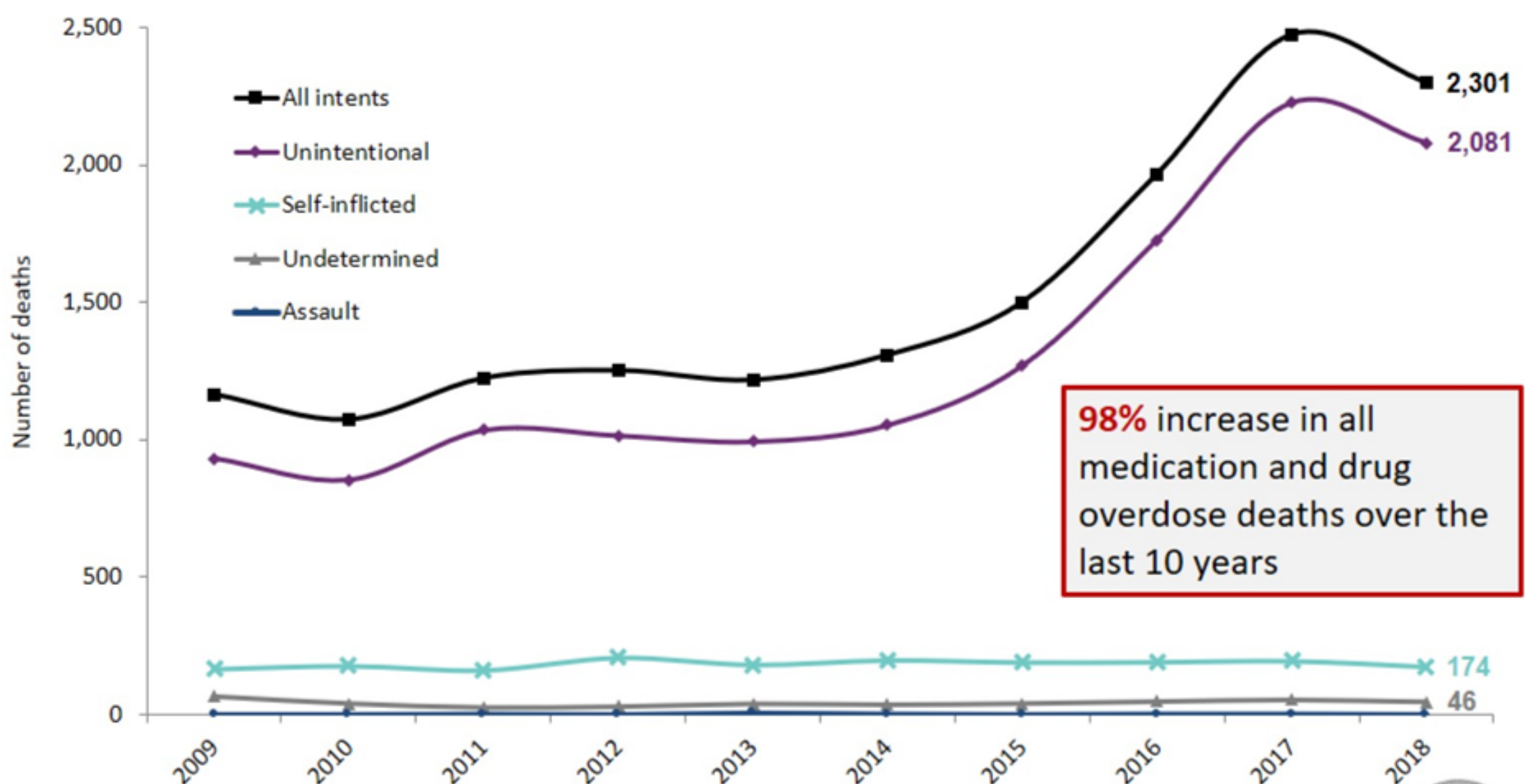
(NCDHHS- NC Department of Health and Human Services)

# SUBSTANCE ABUSE.

## Opioid Epidemic

In 2018, nearly 6 North Carolinians died each day from unintentional medication or drug overdose.

In 2018, 90% of all medication and drug overdoses were unintentional



Technical Notes: Medication and drug overdose: X40-X44, X60-X64, Y10-Y14, X85; Limited to N.C. residents  
Source: Deaths-N.C. State Center for Health Statistics, Vital Statistics, 2009-2018  
Analysis by Injury Epidemiology and Surveillance Unit

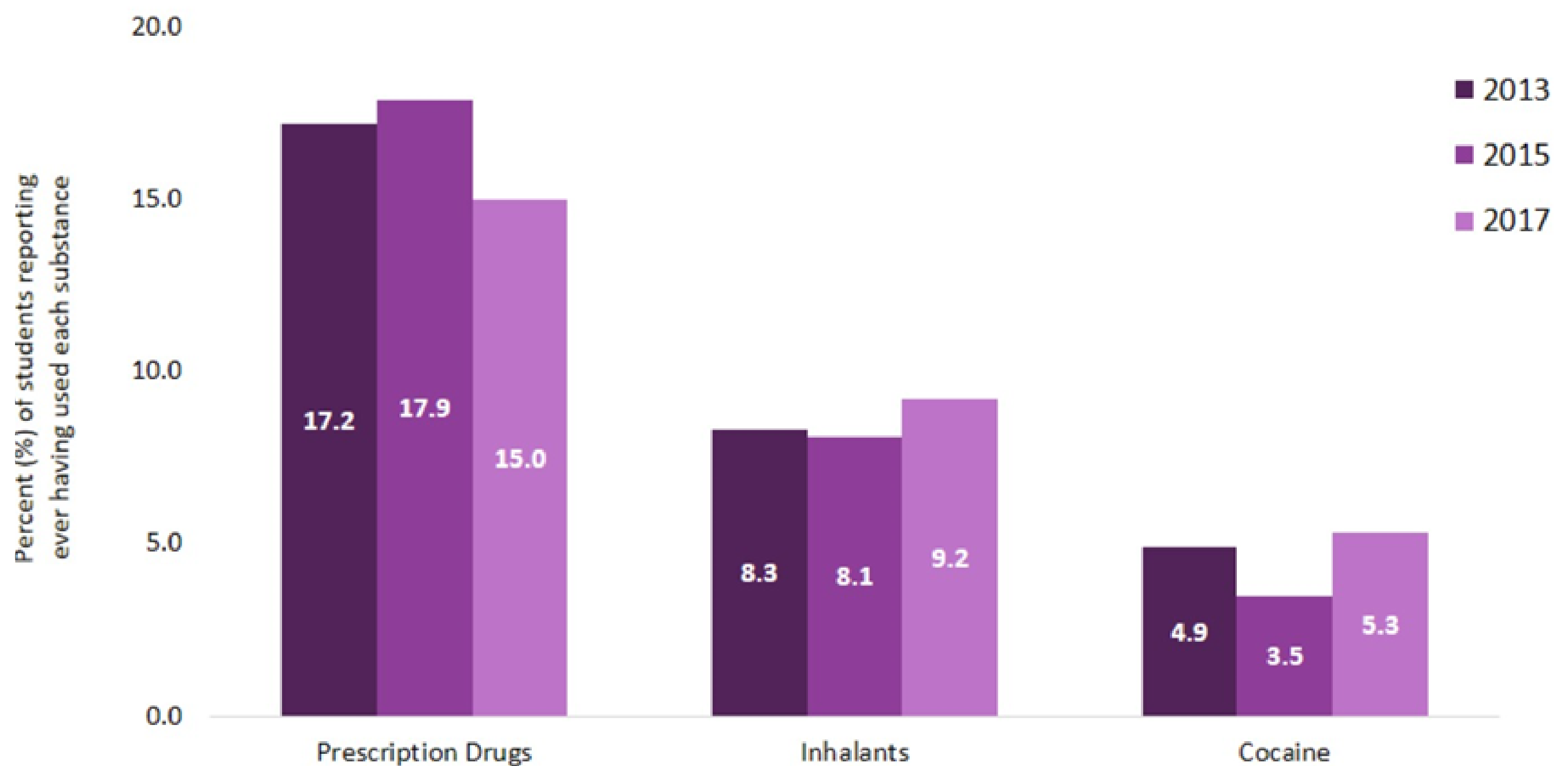


Provided by: NCDHHS, Division of Public Health

# SUBSTANCE ABUSE.

## Opioid Epidemic

15% of N.C. High School students report using prescription drugs recreationally in 2017



**Technical Notes:** Question based on self-reported lifetime use of substances among High School students  
**Source:** N.C. Department of Public Instruction, N.C. Youth Risk Behavioral Survey (YRBS), 2013-2017  
**Analysis:** Injury Epidemiology and Surveillance Unit



Provided by: NCDHHS, Division of Public Health



# SUBSTANCE ABUSE.

## Opioid Epidemic



## Action Plan

### **Prevention:**

- Cutting supply of inappropriate prescriptions and illicit opioids
- Supporting youth through targeted programs to reduce youth misuse of the drugs
- Improving maternal and prenatal care for women battling substance abuse

### **Reducing Harm:**

- Training systems and pharmacists to connect people to harm reduction services
- Making the naloxone kits more widely available to the most burdened communities

### **Connecting to Care:**

- Expanding access to treatment and recovery support
- Addressing the needs of justice-involved populations (NCDHHS)

# SUBSTANCE ABUSE.

## VAPING EPIDEMIC

There is a vaping epidemic in this country, especially among teens. Every day, over 3,500 youths start vaping. In 2018 alone, the number of high school students who vape nearly doubled. This is a Public Health emergency.

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 heart and respiratory diseases and cancer (American Heart Association).

Vaping is the equivalent of smoking 2 packs of cigarettes a day. Therefore, if you vape you do in fact "smoke" whether it's an actual cigarette or not. The impact is the same, if not worse.

**<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/the-ugly-truth-about-vaping>**

**VAPING MAY POSE SERIOUS AND AVOIDABLE HEALTH RISKS. EXPOSURE TO NICOTINE DURING YOUTH CAN LEAD TO ADDICTION AND CAUSE LONG-TERM HARM TO BRAIN DEVELOPMENT. THE VAPOR CAN ALSO CONTAIN TOXINS (INCLUDING ONES THAT CAUSE CANCER) AND TINY PARTICLES THAT ARE HARMFUL WHEN BREATHED IN.**

# SUBSTANCE ABUSE.

## TOBACCO

Cigarette smoking causes more than **480,000 deaths** each year in the United States. This is nearly one in five deaths.

"Nicotine is a highly addictive drug, which puts you at risk of becoming a lifelong smoker. Teens are especially sensitive to nicotine's addictive effects because their brains are still developing, and this makes it easier to get hooked. Using nicotine at your age can rewire your brain so that it craves more nicotine. Nicotine can also have long-term effects on your attention span, learning, and memory" (The Real Cost).



# SUBSTANCE ABUSE.

## VAPES AND CIGARETTES

Different products. Same dangers.



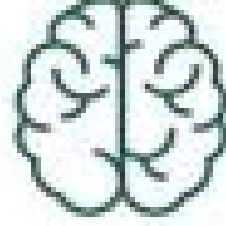
### GET THE FACTS



Some vape pods have as much nicotine as 20 cigarettes.



It's not water vapor—  
aerosol from vaping has cancer-causing chemicals.



Nicotine can harm your brain, including your memory and ability to learn.



If you vape, you are 4 times more likely to smoke cigarettes.

[mass.gov/vaping](https://mass.gov/vaping)

@GetTheVapeFacts

Massachusetts  
Department  
of Public Health



# SUBSTANCE ABUSE.

## STUDENT DIVERSION PROGRAM

**Student Diversion Program** is a program within the Health Education department of the Cleveland County Public Health Center. This program is for the youth of Cleveland County who have violated the Cleveland County Schools substance abuse policies.

The Student Diversion Program was originally conceived as a partnership between the Cleveland County Public Health Center and the Cleveland County School System to provide services to students who violate the substance abuse policies of the school system. Such violations carry an automatic ten-day suspension at the discretion of school administrators which often impact the student's academic performance. If the student and parents/guardians agree to participate in and complete the four-session program, the suspension may be reduced to only five days. Upon completion of the program and payment of fees, a notice of completion is forwarded to the referring school administrator for action.

The program consists of four sessions spread over a period of four to six-weeks. The sessions are deliberately spaced out over a period of weeks in order to give the participant and the parents/guardians ample opportunity to consider and discuss the information provided to them during program delivery.

### Contact Info:

Aja Pass	980-484-5139
Jamie Todd	980-484-5335

# SUBSTANCE ABUSE.

## **Substance Abuse Prevention Coalition (SAPC)**

The Cleveland County Substance Abuse Prevention Coalition is a local, community-based coalition that works to reduce youth substance abuse in Cleveland County. SAPC's mission is to bring Cleveland County together for the common goal of reducing youth substance abuse through providing education and improving community conditions. Through analyzing the results of the PRIDE Student Drug Survey and Community Health Assessment, SAPC identifies youth substance abuse issues and develops evidence-based strategies to address them. Coalition membership includes active participation from 12 sectors of the community such as schools, healthcare, youth serving organizations, law enforcement, faith-based community, parents and youth.

### **How SAPC Serves The Community:**

- Inform the public about alcohol and other drug related issues
- Provide information and referral to community resources
- Identify community needs concerning alcohol and drug abuse and find ways to meet them through coordinated services
- Create home, school and community environments in which to raise healthy, drug-free kids
- Equip parents with the necessary skills and knowledge to help their children fight the temptation of alcohol and drug use
- Provide healthy and entertaining activities to participate in that exclude alcohol and other drug use
- Educate and empower youth to advocate for issues concerning alcohol and drug use that negatively affect their health and daily lives
- Advocate for policy and environmental changes that help create an environment in which young people are better able to make healthy decisions concerning alcohol and drug use

# SUBSTANCE ABUSE.

The **Substance Abuse Prevention Coalition (SAPC)** has a youth council that is dedicated to creating change within youth, their schools, and their communities. This youth council is called **Students Leading A Change also known as (SLAC)**

**Students Leading A Change, or SLAC**, is a council consisting of 10th-12th grade students from Cleveland County Schools. Members choose to live a drug-free lifestyle and to possess a willingness to not only demonstrate this, but also encourage this lifestyle among their peers. Members must have a strong understanding that alcohol, tobacco, marijuana and other drugs can impair youth from reaching their goals in life. Furthermore, members should care about the health and safety of their peers and possess a desire and willingness to communicate to their peers and the community-at-large the issues concerning youth drug use. Members must have a desire to work with other students from across the county to help prevent drug use among their peers.

**For more information about Cleveland County's Substance Abuse Prevention Coalition and their services please visit:**

<https://talkitoutclevelandcounty.com/about-us/>

Contact: Jamie Todd

Drug-Free Communities (DFC) Project Coordinator  
(980) 484-5335

# **PREGNANCY PREVENTION & STDS**

**"DESIRES DICTATE  
OUR PRIORITIES,  
PRIORITIES SHAPE  
OUR CHOICES, AND  
CHOICES  
DETERMINE OUR  
ACTIONS."**

**-DALLIN H. OAKS**



# PREGNANCY PREVENTION & STDS

**FACT: The ONLY way to 100% prevent pregnancy is by practicing abstinence (not having sex).**

Choosing when to be sexually active, or not to be sexually active, is a huge part of life and should be thought out thoroughly and with all of the accurate information concerning the topic. Having sex increases the risk of contracting STDs (Sexually Transmitted Diseases). Having sex also increases your/your partners' chances of becoming pregnant. Even with condom use there is no 100% guarantee that it will protect you from getting an STD or from becoming pregnant.

FDA Approved Birth Control Options:

- Birth control pills
- Depo-Provera
- Diaphragm
- Nexplanon
- IUD
- Male Condoms
- Nuva Ring
- Emergency Contraception
- Vaginal Film (Spermicide)



# PREGNANCY PREVENTION & STDS

## **Family Planning**

At the Cleveland County Public Health Center, the **Family Planning Clinic** provides multiple birth control options and education on how to use them, physical exams (including testing for cervical cancer if age 21 or older), postpartum exams, care and counseling to plan for your next (or first) pregnancy, and education on a variety of topics to assist you in living a healthy lifestyle, including testing and counseling for sexually transmitted diseases. All services are confidential.

- **MONDAY – FRIDAY FROM 8:00 A.M. - 5:00 P.M.**
- OPEN ACCESS
- SAME DAY APPOINTMENTS
- PARENTAL CONSENT IS **NOT REQUIRED** TO GET A BIRTH CONTROL METHOD. WE DO HOWEVER, ENCOURAGE OPEN COMMUNICATION BETWEEN YOU AND YOUR PARENTS/GUARDIANS.

# PREGNANCY PREVENTION & STDS

A **Sexually Transmitted Disease** also known as an STD or STI (Sexually Transmitted Infection), is a viral or bacterial infection passed from one person to another through sexual contact.  
(U.S. Department of Health & Human Services)



**Males make up more than 80% of HIV diagnoses among 13- to 19-year-olds.**

**2 in 5 sexually active teen girls have had an STD that can cause infertility and even death.**

**Adolescents ages 15-24 account for nearly half of the 20 million new cases of STDs each year.**

**In 2018, there were 665 cases of Chlamydia in Cleveland County. 245 of those cases were among the 10-19 age group.**

**1 in 4 sexually active teens contracts an STD!!!!**



For more information on pregnancy prevention, STDs, or family planning resources contact the Cleveland County Public Health Center at (980) 484-5100

# PREGNANCY PREVENTION & STDS

Disease	Symptoms	Disease Outcomes	Treatment
<b>Bacterial STDs</b>			
<b>Gonorrhea</b>	Possible yellowish vaginal discharge, painful urination; burning, itching, or soreness in the genitals; painful intercourse; often, no symptoms appear	If left untreated, may lead to pelvic inflammatory disease (PID), a condition that causes infertility	Antibiotics
<b>Chlamydia</b>	Possible yellowish vaginal discharge, painful urination, pelvic pain; painful intercourse; there may be no symptoms	If not treated, may lead to PID and infertility	Antibiotics
<b>Syphilis</b>	<i>1<sup>st</sup> Stage:</i> May get painless sore at infection site and swollen lymph nodes (glands) <i>2<sup>nd</sup> Stage:</i> Skin rash, often on palms of hands, soles of feet <i>3<sup>rd</sup> stage:</i> Heart, nervous system, and other internal organs may be affected	Without treatment, the symptoms may go away, but the disease remains and can cause major health problems or even death	Antibiotics, usually Penicillin
<b>Parasitic STD's</b>			
<b>Trichomoniasis Vaginitis</b>	Associated with greenish-yellowish, frothy vaginal discharge; a patchy rash in the vagina; irritation or soreness in the genitals and thighs; painful urination or intercourse; often, no symptoms will appear	Frequently accompanied by bacterial vaginosis	Antibiotics
<b>Viral STD's</b>			
<b>Genital Herpes</b>	Tingling, itching, or burning at site of infection; small painful blisters; headache, fever, malaise; burning or stinging during urination	May recur weeks or years after treatment; attacks may reappear during stress, menstruation, or illness	No known cure; drug treatment makes outbreaks less severe
<b>Genital Warts</b>	Painless, fleshy growths that may grow singly or in cauliflower-like groups on external genitals or inside the vagina where they are more difficult to detect	May come back after treatment; the virus that causes genital warts is associated with precancerous changes on the cervix and cancer of the cervix	Removal can be accomplished with surgical methods or topical chemical treatments.
<b>Hepatitis B (HBV)</b>	Jaundice, fatigue, abdominal pain loss of appetite, nausea, vomiting; may cause no symptoms	No cure; can lead to chronic active hepatitis and liver damage, cancer, and death	HBV can be prevented through vaccination-particularly important for people with multiple sex partners
<b>HIV/AIDS (human immunodeficiency virus/acquired immunodeficiency syndrome)</b>	Initial infection with HIV may have no symptoms, or symptoms may include a short, flu-like illness; as disease progresses, symptoms may include weight loss, fatigue, swollen lymph nodes, fever, lingering opportunistic infections (pneumonia), severe herpes outbreaks, cancer of the lymph nodes	Most people with HIV will develop AIDS, which is almost always fatal; drugs can help slow the disease and help patients live longer	No cure; there are preventive treatments for related opportunistic infections

**MEDICATIONS MAY CAUSE SIDE EFFECTS. BE SURE TO SPEAK WITH A HEALTHCARE PROFESSIONAL BEFORE TAKING ANY MEDICATIONS.**

# PREGNANCY PREVENTION & STDS

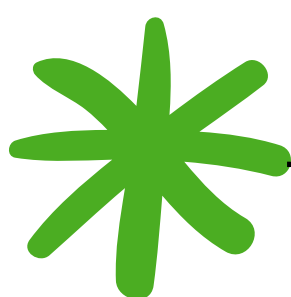
## **HIV** (Human Immunodeficiency Virus)

HIV harms your immune system by destroying the white blood cells that fight infection. This puts you at risk for serious infections and certain cancers. HIV most often spreads through unprotected sex with a person who has HIV. It may also spread by sharing drug needles or through contact with the blood of a person who has HIV. Women can give it to their babies during pregnancy or childbirth.  
(<https://medlineplus.gov/hivaids.html>)

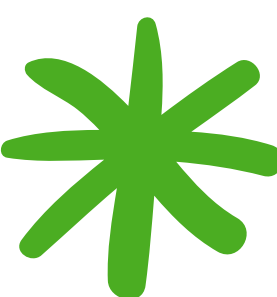
**About 90% of new HIV infections in the U.S. occur during sex.**

**Even though treatments and prevention strategies can keep HIV in check, there's still no cure and no vaccine to prevent HIV infections.**

<https://newsinhealth.nih.gov/2015/06/hiv-aids-know-facts>



The Cleveland County Public Health Center offers STD testing, call the CCPHC for appointments but walk ins are accepted.



For more information on pregnancy prevention, STDs, or family planning resources contact the Cleveland County Public Health Center at (980) 484-5100

# PREGNANCY PREVENTION & STDS

 Get tested for HIV	
IF YOU ARE HIV-	IF YOU ARE HIV+
<p><b>USE CONDOMS AND LUBRICANTS</b></p> <p>Consistent and correct use of condoms and lubricants reduces the risk of getting HIV and other sexually transmitted infections by up to 94%.</p> 	<p><b>USE CONDOMS AND LUBRICANTS</b></p> <p>Consistent and correct use of condoms and lubricants reduces the risk of getting HIV and other sexually transmitted infections by up to 94%.</p> 
<p><b>GET TESTED FOR STIs</b></p> <p>Testing regularly for STIs and treating them reduces the possibility of contracting HIV.</p> 	<p><b>GET TESTED FOR STIs</b></p> <p>Testing regularly for STIs and treating them reduces the possibility of transmitting HIV.</p> 
<p><b>PrEP</b></p> <p>Daily use of pre-exposure prophylaxis (PrEP) by a person who does not have HIV prevents infection before engaging in high-risk sex.</p> 	<p><b>ANTIRETROVIRALS TREATMENT</b></p> <p>A person living with HIV who correctly takes medication does not transmit the virus to others.</p> 
<p><b>PEP</b></p> <p>Post-exposure prophylaxis (PEP) is used in emergency situations to prevent HIV infection if taken up to 72 hours after engaging in high risk consensual sex or other potential exposure.</p> 	<p><b>ANTIRETROVIRALS TREATMENT</b></p> <p>Remaining in treatment is key for a health and long life, and for not transmitting HIV to others.</p> 

**MEDICATIONS MAY CAUSE SIDE EFFECTS. BE SURE TO SPEAK WITH A HEALTHCARE PROFESSIONAL BEFORE TAKING ANY MEDICATIONS.**

Graphic provided by: Pan American Health Organization (PAHO)  
<https://www.paho.org/en/campaigns/world-aids-day-2018>

# PREGNANCY PREVENTION & STDS

## AIDS

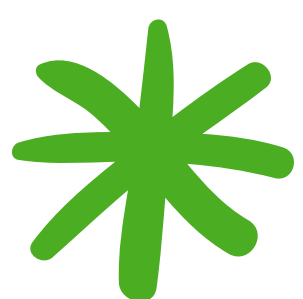
(Acquired immunodeficiency syndrome)

is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV).

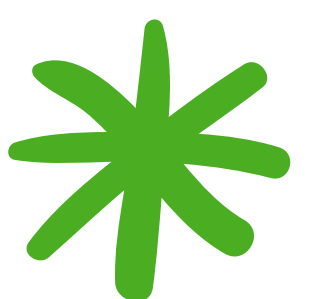
### How does HIV become AIDS?

HIV destroys CD4 T cells — white blood cells that play a large role in helping your body fight disease. The fewer CD4 T cells you have, the weaker your immune system becomes. You can have an HIV infection for years before it turns into AIDS. AIDS is diagnosed when the CD4 T cell count falls below 200 or you have an AIDS-defining complication.

<https://www.mayoclinic.org/diseases-conditions/hiv-aids/symptoms-causes/syc-20373524>



The Cleveland County Public Health Center offers STD testing, so if you or someone you know may need to be tested please call or come in to do so.



For more information on pregnancy prevention, STDs, or family planning resources contact the Cleveland County Public Health Center at (980) 484-5100

# PREGNANCY PREVENTION & STDS

**The Teen Pregnancy Prevention Coalition** seeks to reduce unplanned pregnancies and sexually transmitted diseases in Cleveland County. Active since 2010, members represent health care programs and providers, human service agencies, former teen parents and community volunteers to develop and implement strategies focusing on education and prevention in reproductive health. The Coalition serves as the Community Advisory Council for the Adolescent Pregnancy Prevention Program. This program, funded by the Teen Pregnancy Prevention Initiative from the Division of Public Health, NC DHHS, supports reproductive health and safety education in a variety of settings in the county. The APPP Project Coordinator provides administrative support for the Coalition and also coordinates the Youth Advisory Council working on adolescent health issues. Using data from the Community Health Assessments and Community Health Improvement Plans, Coalition members advocate for programs and policies that advance reproductive health programs offering comprehensive, medically accurate information in age-appropriate settings. The Coalition meets six times annually at the Cleveland County Public Health Center and membership is open to interested community members.

For more information contact:  
Tania Dixon (980) 484-5334



# PREGNANCY PREVENTION & STDS

## Youth Advisory Council/Strong Teens:

The **Youth Advisory Council (YAC)** is composed of high school students from Cleveland Early College that have a desire to make a difference in the community. These youth have an opportunity to advise and raise awareness on health topics that are of interest and concern for adolescents in Cleveland County. They play a role in identifying health priorities critical to ensuring the Cleveland County youth are healthy. Some of those health priorities include: social, emotional, physical, and spiritual health.

The Youth Council meets once a month and members have the opportunity to share their perspective, have their voices heard, and gain valuable leadership skills.



# PERSONAL SAFETY

**Rape:** Engaging in vaginal intercourse with another person by force and against the will of the other person, and: uses, threatens to use or displays a dangerous or deadly weapon or an article which the other person reasonably believes to be a dangerous or deadly weapon; or inflicts serious personal injury upon the victim or another person; or commits the offense aided and abetted by one or more other persons.

**Consent:** North Carolina does not specifically define “consent.” The concepts of “force” and “against the will of the other person” are used in the statute, but these terms are also not defined. However, a threat of serious bodily harm which reasonably places fear in a person's mind is sufficient to demonstrate the use of force and the lack of consent. State v. Morrison, 94 N.C. App. 517, 522, 380 S.E.2d 608, 611 (1989)

## NO MEANS NO!

**"OUT OF EVERY 1,000 SEXUAL ASSAULTS, 310 ARE REPORTED TO THE POLICE."**

**GET HELP 24/7 BY CALLING:  
800-656-HOPE ( 4673)**

For more information please visit:  
Rape, Abuse, Incest, National Network (RAINN.org)

# PERSONAL SAFETY

**Abuse & Neglect:** It is normal and expected to have occasional disagreements with family, but these disagreements should NEVER include physical violence, name-calling, or weapons. If this is happening please talk to someone you trust (family member, teacher, counselor, etc.) For more help you can also call the department of Social Services at 704-487-0661 or the National Child Abuse Hotline 1-800-4-A-Child (22-4453)

**Dating Violence:** Dating violence or abuse can be physical, sexual, or verbal. If you are unsure about what domestic violence is and what it could include visit: [loveisnotabuse.com](http://loveisnotabuse.com) for details.

**Bullying:** "is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time."

**Cyberbullying:** "is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior."

**For more information regarding bullying and ways to recognize, prevent, and get help with bullying please visit: [stopbullying.gov](http://stopbullying.gov)**

# PERSONAL SAFETY

**If you or someone you know is being bullied at school please report it to a trusted adult (parent, teacher, counselor, principal, etc.) or report it on the Cleveland County Schools Website.**

<http://www.clevelandcountyschools.org/>

Scroll half way down the page and to the left hand side there is a section titled "Navigation," and under that section there is a link that says: "Report Bullying Here" click that link and it will take you to a form that you fill in and submit to the school.

## **Cleveland County Abuse Prevention Council**

If you or someone you know may need resources in order to keep them safe please call or visit Cleveland County's Abuse Prevention Council.

(704) 487-9325 or the hotline at (704) 481-0043

<https://www.abusepreventioncouncil.org/>

# PERSONAL SAFETY

## Human Trafficking

**Human trafficking** involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Every year, millions of women, men, and children are victims of human trafficking worldwide--including here in North Carolina.

**Traffickers use force, fraud, or coercion** to lure their victims and force them into labor or commercial sexual exploitation. They look for people who are susceptible for a variety of reasons, including psychological or emotional vulnerability, economic hardship, lack of a social safety net, natural disasters, or political instability. The trauma caused by the traffickers can be so great that many may not identify themselves as victims or ask for help, even in highly public settings.

### THE A-M-P MODEL

Action	Means*	Purpose
Induce Recruits Harbors Transports Provides or Obtains	Force Fraud or Coercion	Commercial Sex ( <i>Sex Trafficking</i> ) or Labor/Services ( <i>Labor Trafficking</i> )

\*Minors induced into commercial sex are human trafficking victims—regardless if force, fraud, or coercion is present.

[HTTPS://HUMANTRAFFICKINGHOTLINE.ORG/WHAT-HUMAN-TRAFFICKING](https://humantraffickinghotline.org/what-human-trafficking)

# PERSONAL SAFETY

## Human Trafficking

**\*\*\*Recognizing indicators of human trafficking can save a life.\*\*\***

### Key Indicators:

- Person appears disconnected from family, friends, community organizations, or houses of worship.
- Child stopped attending school
- Sudden or dramatic change in behavior
- Is a juvenile engaged in commercial sex acts?
- Person is disoriented or confused, or showing signs of mental or physical abuse.
- Does the person have bruises in various stages of healing?
- Is the person fearful, timid, or submissive?
- Does the person show signs of having been denied food, water, sleep, or medical care?
- Is the person often in the company of someone to whom he or she defers?
- Does the person appear to be coached on what to say?
- Is the person living in unsuitable conditions?
- Does the person lack personal possessions and appear not to have a stable living situation?
- Does the person have freedom of movement?
- Can the person freely leave where they live?
- Are there unreasonable security measures?

Information provided by: **Department of Homeland Security**  
<https://www.dhs.gov/blue-campaign/indicators-human-trafficking>

**National Human Trafficking Hotline:**

**1-888-373-7888**

**or text HELP or INFO to**

**BeFree (233733)**

**To report suspected human trafficking to  
federal law enforcement call:**

**1-866-347-2423**

# PERSONAL SAFETY

## Human Trafficking in North Carolina

**The North Carolina Human trafficking Commission (HTC)**, housed in and staffed by the North Carolina Judicial Branch, is the legislatively mandated leader of anti-human trafficking efforts in North Carolina per S.L. 2013-368.

### **The Commission is charged with:**

- Examining and combating human trafficking
- Funding and facilitating research
- Creating measurement, assessment, and accountability measures
- Suggesting new policies, procedures, and legislation
- Informing and educating law enforcement personnel, social services providers, and the general public
- Developing regional response teams
- Identifying gaps in law enforcement or service provision and recommending solutions

### **Human trafficking in North Carolina:**

- Ranked within the top 10 states with the most reported human trafficking cases in the nation.
- There is no single profile of victims of human trafficking. Victims represent all demographics and can be anyone.
- Ending human trafficking will take involvement from all disciplines and every community.
- In 2019, there were 713 charges of human trafficking and other offenses of similar nature across NC.
- Since 2018, the Department of Social Services is allowed to investigate cases of potential human trafficking involving minors regardless of whether or not the perpetrator is a parent or caregiver.

**National Human Trafficking Hotline:**

**1-888-373-7888**

**or text HELP or INFO to**

**BeFree (233733)**

**For more information please visit: [HTC.NCCOURTS.GOV](https://htc.nccourts.gov)**

**or contact Christine Long, Executive Director, at 919-890-1424**

# THINGS TO DO...

## Art, Music, & Theater

Blumenthal Performing Arts Center	704-372-1000 ( <a href="http://www.blumenthalarts.org">www.blumenthalarts.org</a> )
Cleveland Community College	704-669-6000 ( <a href="http://www.clevelandcc.edu">www.clevelandcc.edu</a> )
Cleveland County Arts Council	704-484-2787 ( <a href="http://www.ccartscouncil.org">www.ccartscouncil.org</a> )
Destination Cleveland County	704-487-6233 ( <a href="http://destinationclevelandcounty.org">destinationclevelandcounty.org</a> )
Don Gibson Theater	704-487-8114 ( <a href="http://www.dongibsontheater.com">www.dongibsontheater.com</a> )
Greater Shelby Community Theater	980-484-2121 ( <a href="http://www.gsct.com">www.gsct.com</a> )
Kings Mountain Little Theater	704-730-9408 ( <a href="http://www.kmlt.org">www.kmlt.org</a> )
Southern Arts Society	704-739-5585 ( <a href="http://www.southernartsociety.org">www.southernartsociety.org</a> )
Earl Scruggs Center	704-487-6233 ( <a href="http://earlscruggscenter.org/">http://earlscruggscenter.org/</a> )



# THINGS TO DO...

## Recreation & Sports

Cleveland County YMCA	704-484-9622
Burns High School	704-476-8335
Crest High School	704-476-8331
Kings Mountain High School	704-476-8330
Shelby High School	704-476-8325
Gardner-Webb University	704-406-4448
Kylie's Skating Rink	704-480-7555
City Park	704-484-6811
Holly Oak Park	704-484-6824

## History, Museums, & Science

Belwood Heritage Museum	704-435-5050
Earl Scruggs Center	704-487-6233
Kings Mountain Historic Museum	704-739-1019
Lawndale Historical Museum	704-538-7212
Buffalo Creek Gallery	704-487-0256

## Special Events

American Legion World Series	704-466-3103
Beach Blast of Kings Mountain	704-730-2101
Cleveland County Fair	704-487-0651
Relay For Life of Cleveland County	704-473-1268
Shelby Corn Maze	704-434-8187
Uptown Shelby Association	704-484-3100

# THINGS TO DO...

## Local Parks, Walking Trails, and Outdoor Recreation

Visit <https://livehealthyclevelandcounty.com/> for all of the available information for outdoor recreation in Cleveland County.

## Fun and Games

Uptown Escapes	980-404-9475
Foothills Public Shooting Complex	704-447-8230
Oak Mills Fun Park	704-482-5061
Deer Brook Golf Course	704-482-4653

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CLEVELAND COUNTY

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PUBLIC HEALTH CENTER

200 South Post Rd. Shelby, NC 28152

(980) 484-5100



@clevelandcountypublichealthcenter