

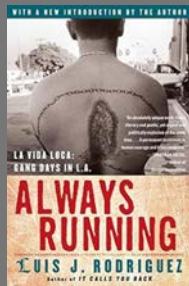
# TEENS OF WAYNE COUNTY

## In This Issue

**INTERNET SAFETY TIPS AND TRICKS TO KEEP YOURSELF SAFE FROM ONLINE CREEPERS**



**Virtual Author Visit and Book Discussion - Macedon Library**



January 16th  
2:25pm



**12/8/2023 Episode- Anxious Nation**



*parenting*  
**TEENS & TWEENS**

Dear Teen:

This New Year  
try new things,  
be kind to yourself  
and others,  
take good care of your body,  
rest,  
choose joy,  
take the challenge but  
only when it makes sense,  
don't hold grudges,  
include others,  
stay hopeful,  
but most of all  
know you are so loved.

Wayne Behavioral Health: 315-946-5722

Suicide Lifeline: 988

Crisis Text Line: 741-741

SAMHSA's National Helpline: 1-800-662-4357

Emotional Support Line: 844-863-9314

The Trevor Lifeline: 1-866-488-7386

**Leave us some feedback...**





# PARENT NEWS

## LEARN MORE - TALK THEY HEAR YOU



**talk**  
they hear you®

### BEFORE THEY GET BEHIND THE WHEEL...

Make sure they understand the risks of drunk and drugged driving.

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how—and when—to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

#TalkTheyHearYou

PEP20-03-01-063



### In This Issue



Parent to Parent of New York State builds a supportive network of families to reduce isolation and empower those who care for people with developmental disabilities or special healthcare needs to navigate and influence service systems and make informed decisions.

### 10 Ways to Bond with your Teen



### Parenting Teens: 3 Keys for Dealing with Your Teenager's Disrespectful Behavior with Coach M




**WAYNE COUNTY FOOD PANTRIES**



Leave us some feedback...

