

Teens and the Importance of Social Distancing

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As we all know, teens thrive from social interactions.

So how does COVID-19 affect this? *Your teen may be asking you if they can have some friends over, or if they can go to a friend's house.*

According to the CDC director, an individual can have COVID-19 and be asymptomatic. This increases the chances of COVID-19 being spread to others, including high-risk individuals. This is why it is so important to practice social distancing, and to tell your teens NO to hanging out with friends at this time.



During this stressful time, teens may struggle with social distancing and turn to substances to cope.

According to the 2018 Prevention Needs Assessment ([PNA](#)), 34% of Sweetwater County high school students reported drinking at least one time within the past 30 days. When asked how they acquired their last alcoholic beverage, 22% of students reported getting it from adults aged 21 or over, and 20% of students reported getting it from their parents or a friend's parent.

Underage drinking is not only illegal, it can cause serious harm to teens as the brain is still developing, not to mention the increased risk of teens driving impaired.

Ways to Increase Safety for Our Teens

- 1.) Secure alcohol and medications in a gun safe or another locking device.
- 2.) Dispose of any unused medications

There are 3 medication drop box locations in Sweetwater County

- Southwest Counseling Service ([2300 Foothill Blvd., Rock Springs](#))
- Green River Police Department ([375 W. Flaming Gorge Way, Green River](#))
- Rock Springs Police Department ([221 C. St., Rock Springs](#))

3.) Offer healthier alternatives for coping such as:

- Journaling
- Going on walks
- Listening to music
- Coloring
- Having family game or movie night
- Virtual social interactions with friends

Free medication lock boxes and **Deterra** drug deactivation bags are available through Southwest Counseling Service and Sweetwater County Prevention Coalition.

For more information, call [**\(307\) 352-6677**](tel:3073526677).

Southwest Counseling Service and **Sweetwater County Prevention** wants to remind you of the following resource:

Together WE can make it through this.

Southwest Counseling Service on-call services are available and operating 24 hours-7 days a week: [**\(307\) 352-6677**](tel:3073526677)

24/7 National Suicide Prevention Lifeline: [**\(800\) 273-8255**](tel:8002738255) or visit [**https://suicidepreventionlifeline.org**](https://suicidepreventionlifeline.org). Text WYO to 741-741

National Disaster Crisis Line: [**\(800\) 985-5990**](tel:8009855990)

