






# #YouthCulture Workshop Series

At the Poe Center for Health Education - free of charge!

## What is our #YouthCulture workshop series?

This series is designed to empower parents/guardians by providing up-to-date information on substance use prevention, internet safety, and relationships to support healthy choices. During this series, we will also offer separate Youth Programs that complement adult programs.

**Programs held in our newly renovated Substance Use Prevention Theater, sponsored by Blue Cross and Blue Shield of North Carolina!**

Session ID	Date & Time	Adult Program*	Youth Program
2	Thursday, March 5 6:30 p.m. - 8:00 p.m.	#YouthCulture: Adolescent Brain Development & Social Media	Digitally Literate Youth (for Middle-High Schoolers) 
3	Thursday, March 26 6:30 p.m. - 8:00 p.m.	#YouthCulture: E-Cigarettes 101 <small>Sponsored by the Raleigh Substance Use Advisory Commission</small> 	Vaping 101 (for Middle-High Schoolers)  <small>Sponsored by the Raleigh Substance Use Advisory Commission</small>
<b>MAKEUP for Session 1</b>	Thursday, April 2 6:30 p.m. - 8:00 p.m.	#YouthCulture: Adolescent Brain Development & Addiction	For the Health of It (for Middle Schoolers)
4	Thursday, April 23 6:30 p.m. - 8:00 p.m.	#YouthCulture: Healthy Teen Relationships	HERO Bullying Prevention (for Elementary-Middle Schoolers)
5	Thursday, May 7 6:30 p.m. - 8:00 p.m.	#YouthCulture: Opioids 101 <small>Sponsored by the Raleigh Substance Use Advisory Commission</small> 	Understanding Opioids (for High Schoolers)  <small>Sponsored by the Raleigh Substance Use Advisory Commission</small>
6	Thursday, May 21 6:30 p.m. - 8:00 p.m.	#YouthCulture: Navigating "The Talk" on Substance Use Prevention	Choices & Consequences (for Elementary Schoolers)

\*NC Substance Abuse Professional Practice Board hours will be available for adults sessions.

**All sessions are located at the Poe Center. Light snacks will be served!**

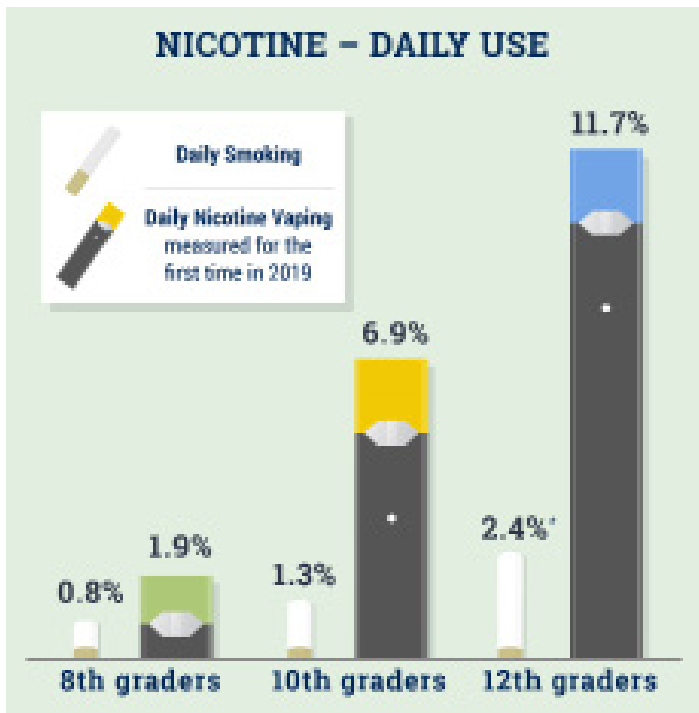
**Attend any and all workshops.**

**Visit our website to learn more about each program.**

**Register: [www.poehealth.org/youthculture2020](http://www.poehealth.org/youthculture2020)**

Contact Susan Foster with questions at [s.foster@poehealth.org](mailto:s.foster@poehealth.org)

# Nicotine Education held at Poe



Source: *Monitoring the Future* study, [www.drugabuse.gov](http://www.drugabuse.gov)

Vaping and e-cigarette use have become an epidemic for young people. The Poe Center is proud to provide important nicotine education to our community.

As a part of our #YouthCulture series (see other side of this flyer), these two sessions are made possible thanks to a sponsorship from Raleigh's Substance Use Advisory Commission.



Raleigh  
Substance Use Advisory Commission

## Adult Program: E-Cigarettes 101

Thursday, March 26 | 6:30 p.m. – 8:00 p.m.

This program addresses the the growing concern of e-cigarettes and youth. Participants will explore adolescent brain development and effects of e-cigarettes as we cover the latest research. We will also take a look at the risk factors for use, and the protective factors that help prevent use. A discussion on resources and strategies for increasing protective factors with our youth will leave attendees with tools for the next steps.

## Youth Program: Vaping 101

Thursday, March 26 | 6:30 p.m. – 8:00 p.m.

Held at the same time as our E-Cigarette 101 adult program, in Vaping 101 students will receive the latest research about the addictive nature of nicotine and how it impacts the growing brain and body. This program will cover important resources and skills to empower healthy decision making to navigate this and other substance use issues.