

September 2019

## The Safety Scoop

A publication of the Safety Council of Southwestern Ohio to save lives and prevent injury through education and partnerships.

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### "Up In Smoke"

It's been around for over a decade, but vaping's popularity exploded in 2017, taking many families, schools, and healthcare providers by surprise. [Vaping, or Juuling](#) (named after a popular vape device called JUUL), is the inhaling and exhaling of an aerosol produced using a vape device. Nearly one in three high school seniors tried vaping in the past year.



[How to Talk with your Kids about Vaping](#)

### Leading Cause of Death for Teens -- Traffic Crashes



#### National Teen Driver Safety Week is October 20-26, 2019

This week - and every week, parents should have conversations with their teens about the important rules they need to follow to stay safe behind the wheel of a motor vehicle. These rules address the greatest dangers for teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers.

#### Facts about Teen Driver Fatalities

- Motor vehicle crashes are the leading cause of death for teens (15-18 years old) in the United States, *ahead of all other types of injury, disease, or violence.*
- In 2017, there were 2,247 people killed in crashes involving a teen driver, of which 755 deaths were the teen driver.
- **Parents** can be the biggest influencers on teens' choices behind the wheel **IF** they take the time to talk with their teens about some of the biggest driving risks.

[Teen Driving Resources and Tools](#)

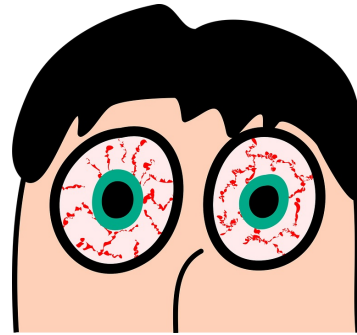
Know of a school in Butler County that would benefit from a traffic safety presentation?  
Contact Carol Lucio with our Butler County Safe Communities to discuss options:  
[carol@safetycouncilswohio.org](mailto:carol@safetycouncilswohio.org)

## 6 Ways That Night-time Phone Use Destroys Your Sleep

Using your phone at night will make you sleep-deprived and exhausted. Really. Here, based on findings from a study by Harvard researchers, are 6 reasons why you need to stop using your phone (and any other screens) in the hour or two before bed:

- 1) It will take you longer to fall asleep
- 2) It will mess with and delay your circadian clock rhythm
- 3) It will suppress your melatonin secretion when you need it most

[continue reading here](#)



The Coalition for a Healthy Middletown works to provide knowledge and skills to increase the number of those parenting for prevention. All parents and guardians are encouraged to sign up and be in the KNOW.

[Sign up to receive KNOW! parent tips](#)



Join us for a fun, free, and family-friendly game night. Bring your friends and family for a fun, relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to seeing you there.

**Tuesday, October 8 6:30 - 8:30 p.m.**  
**Church on the Rock, Middletown**  
**and**  
**Tuesday, October 22 6:30 - 8:30 p.m.**  
**Triple Moon Coffee Shop, Middletown**

## In the News



The national enforcement campaign, "Drive Sober or Get Pulled Over", ran August 15 - Sept. 2. September has historically been a high OVI-related fatality month in Butler County and awareness activities around this made our efforts that much more important.

Did you see the story on WCPO Channel 9:  
[Butler County Steps Up Efforts to Stop Impaired Driving](#)