



December 16, 2024

Straight Talk

Welcome to the latest edition of the Steered Straight Newsletter! We are thrilled to bring you updates on the impactful work that Michael DeLeon and the Steered Straight team are doing to support communities, young people, and families nationwide. Our mission is to inform, educate, and empower young people to make positive choices. Thank you for joining us on this journey to make a difference.



The Dark Side of Doomscrolling: How It's Hurting Our Teens

With Winter break fast approaching, I want to bring to your attention a growing concern that is affecting our teenagers: **doomscrolling**. This term refers to the habit of endlessly scrolling through negative news and social media posts, which can have serious consequences on mental health.

The Impact on Teen Mental Health

Doomscrolling can lead to increased anxiety, depression, and feelings of hopelessness. The constant exposure to distressing content can make teens

feel overwhelmed and powerless, contributing to a sense of despair. Additionally, the blue light emitted by screens can disrupt sleep patterns, further exacerbating mental health issues.

What Parents Need to Know

1. **Recognize the Signs:** Be aware of the signs of doomscrolling and its impact on your child's mental health. Look for increased anxiety, depression, irritability, and changes in sleep patterns.
2. **Open Communication:** Maintain open lines of communication with your teen. Encourage them to talk about what they are seeing online and how it makes them feel.
3. **Monitor Usage:** Keep an eye on the amount of time your teen spends on social media and news sites. Excessive use can be a red flag for doomscrolling.

Setting Appropriate Limits for Social Media and Online Use

1. **Set Time Limits:** Experts recommend limiting social media use to less than two hours per day. For teens, this might mean setting specific times for social media use, such as 20-30 minutes, three times a day.
2. **Disable Notifications:** Turning off notifications can help reduce the urge to constantly check social media and news updates.
3. **Encourage Offline Activities:** Promote activities that do not involve screens, such as reading, sports, or hobbies. These activities can provide a healthy balance and reduce the time spent doomscrolling.
4. **Create a Routine:** Establish a daily routine that includes specific times for social media use and other activities. This can help teens develop healthier habits.
5. **Lead by Example:** Model healthy social media habits yourself. By demonstrating balanced use, you can set a positive example for your children.

What Can Be Done to Help Kids

1. **Provide Support:** Offer emotional support and understanding. Let your teen know that it's okay to feel overwhelmed and that you are there to help.
2. **Seek Professional Help:** If your teen is struggling with mental health issues, consider seeking help from a mental health professional. Therapy and counseling can provide valuable support and coping strategies.
3. **Educate About Media Literacy:** Teach your teen to critically evaluate the information they see online. Encourage them to seek out positive and reliable sources of news and to question sensationalist or negative content.

Doomscrolling is a detrimental habit that can severely affect the mental well-being of teenagers, leading to heightened levels of anxiety, depression, and even suicidal thoughts. By identifying the warning signs, establishing appropriate boundaries, and offering support, parents can assist teens in managing their online activities more safely and healthily.

Michael DeLeon

Road Warrior



How the Miles Make a Difference

It's unbelievable how much praise and positive reviews are flooding in! Parents, staff, students! It's such an HONOR to be both blessed and be a blessing in this mission! It's ALL ABOUT THE KIDS!!! Much Gratitude to Almighty God whose mission this really is!!!

Here are a couple of things said by school staff that speak volumes about what they think of Michael and Steered Straight.

"We appreciate Michael DeLeon coming to speak to KCPS Staff about helping prevent our kids from vaping! We want to encourage ALL parents to please do all you can to keep our students away from vaping!"

"We appreciate our FRYSC Susie Prichard and our Board of Education for having Michael DeLeon speak to our 4th-5th Graders about making good decisions and saying NO to drugs, alcohol, vaping, and bullying!"

Steered Straight

In The News

Darla DeLeon, CEO of Steered Straight was a return guest on Ana Marie's SUNDAY FOCUS. Darla talked about Steered Straight's mission, their thrift shop, the newest undertaking of Harmony Ranch and so much more. To hear what Darla has to say and get all the inside information please click on the link above to listen to the Podcast.

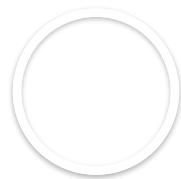
On the Road to Recovery

Steered Straight and Recovery Army sat down with Navarone Garcia. Navarone is a rock star in every sense of the word. One of the biggest ways he is a star is in overcoming his addiction to fentanyl. Navarone is a DJ, singer-songwriter, musician and the son of one of the most famous women in America, Pricilla Presley. This is a story that truly shows that nothing can save you from falling into a life of addiction when you choose to use, but it is also one that shows us that nothing can keep us from finding recovery and true

freedom! Navarone Garcia was unknowingly exposed to fentanyl through his dealer and before he even knew what he was taken he was addicted. He leaned on his mother to help him through the extremely painful process of withdrawal where she was a rock star and by his side the entire way. There were 22 sleepless days full of sickness and being bedridden, so much so that the bed became his bathroom. Navarone doesn't spare any of the details and is willing to dig deep to share his painful story in hopes of helping others. He speaks with Michael DeLeon and Steered Straight and is paving the way to helping countless others. If you would like to hear the details of his remarkable account, please click the link below to share in his story of recovery. Amazing job Navarone Garcia and keep up the good work!

To see more stories of hope and inspiration please visit:

www.recoveryarmy.com



STEERED STRAIGHT

TABLE TALKS

Michael has created workbooks for parents and children that guide them in managing relationships and discussing difficult topics beyond drug and alcohol abuse. Each month, he focuses on a different subjects and offers many different topics of conversation and activities you can do with your children to help foster that deep connection and communication that is so vital.



Table Talks and Dashboard Conversations is an in-depth conversation guide for parents and kids. You can order through [Amazon](#) or the [Steered Straight website](#).

**The Month of
December: Core Values, Peer**

Assimilation, and Peer

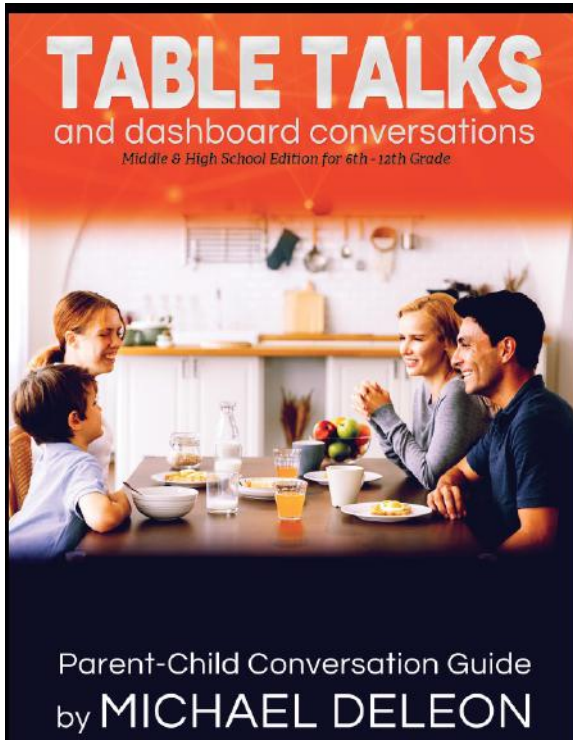
Pressure

The focus of December is on core values, peer assimilation, and peer pressure. We will touch on a different aspect of this month's focus each week.

This third week of December I would like to encourage you to have a conversation with your child around their key influences. Find out who influences their lives in different areas and why. If they have an influence in fashion maybe the content of the person's character isn't so important. If they have an influence in how they want to live their lives, then the content of that person's character and their morals and values are extremely important. How many people do they have as key influences? Do their friends have a higher influence than a parent? Do they value being cool over making good choice? these are important topics so ask them! Let them know you are interested in their choices, and this will help them feel free to discuss things openly with you in more subject matters. Use this opportunity to both listen to them and share your own key influences. Grow closer with them by having this valuable discussion.

Please educate yourself and have these valuable conversations with your kids. It can literally change their lives!

Spend the week connecting, educating, and building your kids up! The more we open up with kids, the more they will open up to the important adults in their lives.



Headlines We Are Following

[https://www.kwtx.com/2024/12/14/senate-bill-3-ban-all-thc-products-texas-if-passed/?
outputType=amp](https://www.kwtx.com/2024/12/14/senate-bill-3-ban-all-thc-products-texas-if-passed/?outputType=amp)

<https://www.bbc.com/news/articles/c80vy08y719o.amp>

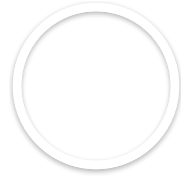
<https://share.newsbreak.com/aecajmij?s=i16>

DONATE / SUBSCRIBE

Contact Steered Straight

Michael and his team of professional Steered Straight speakers are eager to meet you in person and make a profound impact on your students, staff, and community. To bring their inspiring message to your next event, contact Steered Straight to schedule.

[**CONTACT STEERED STRAIGHT**](#)



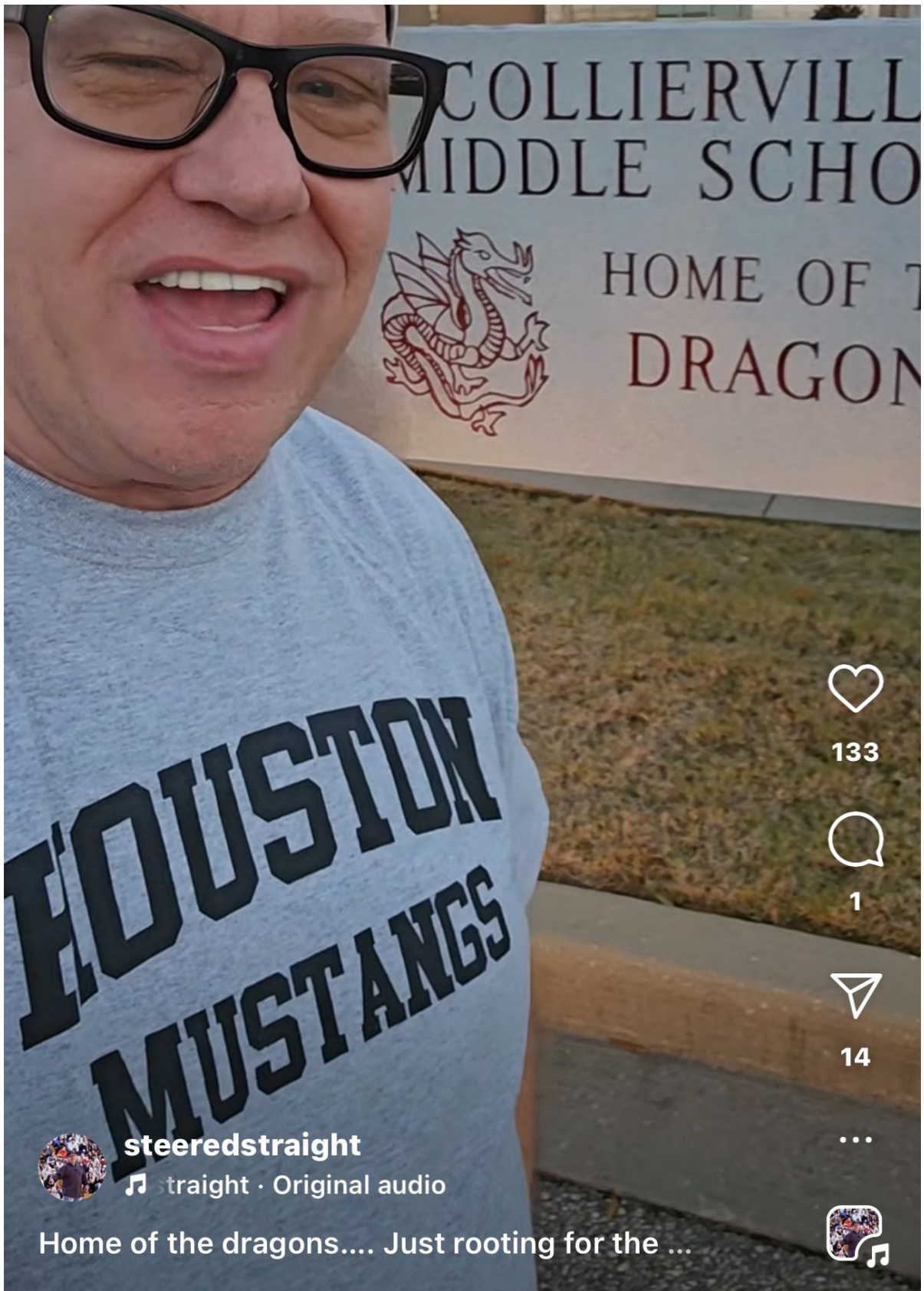
Follow On Social Media



steeredstraight

18K followers





133



1



14



steeredstraight

🎵 straight · Original audio

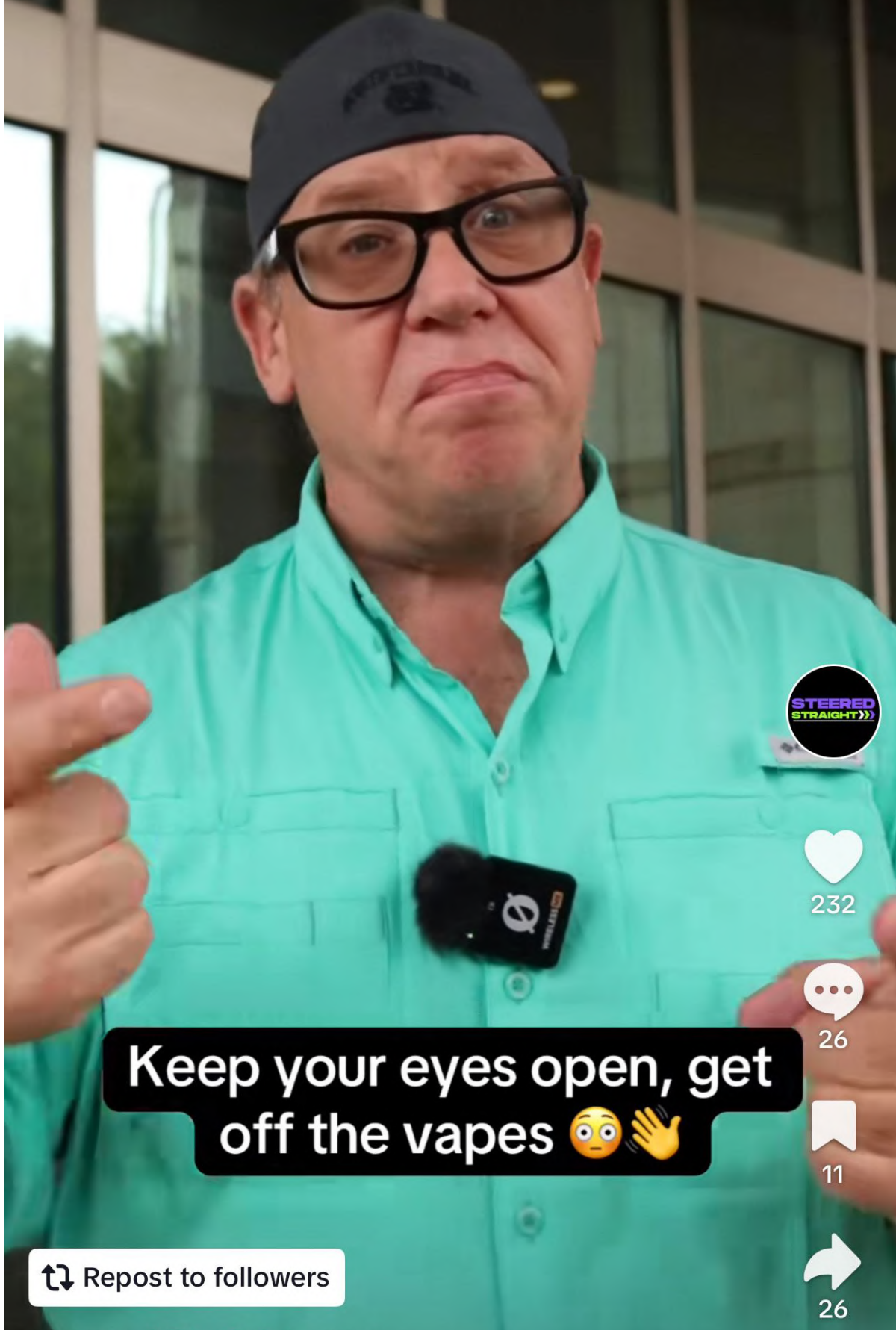
Home of the dragons.... Just rooting for the ...





eyes open

Search



232



26



11



26

Keep your eyes open, get off the vapes 🤪🚫

↻ Repost to followers

Steered Straight · 12-5

Bans. DONT. Work.... You have the be the one to make the difference 🙏



Watch now on TikTok

@steeredstraight

Check out these awesome posts on social media. Meeting kids where they are at. Click on the links to see what all the hype is about.

On Instagram Michael stirs up a little healthy rivalry between schools. He does this often where he speaks at a school and the kids want him to wear one of their schools' shirts and visit their rival school. The posts get lots of engagement and can result in the other school wanting to know what all the fuss is about. Michael hopes for the school to see how valuable his presentation is for the students and have another opportunity to speak to more kids who need to hear his message.

The featured Tik Tok post this week is where Michael talks about the President banning a specific brand of vape and points out that it just doesn't work. Interesting information!! To learn more please click the link!

Michael DeLeon and the team at Steered Straight are working hard to ensure this generation gets what they need to change the world. No other program like it and no one delivers the message better. All for the kids! Follow Michael and Steered Straight on social media so you don't miss a beat!

#steeredstraight #motivator #explore #advice #drugfree #antivaping #recovery

#quitvaping #stayinyourlane





Unsubscribe | Sent by {{ settings_name }}

{{ settings_address_street }} • {{ settings_address_city }}, {{ settings_address_state }} • {{ settings_address_zip }}