



November 18, 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.



Overlooked Risks Associated with Cannabis Use: Increased Cancer Risk and Accelerated Aging

Cannabis, often perceived as a harmless recreational drug, has been gaining widespread popularity, especially among young people. Recent studies have shed light on some alarming health risks associated with its use. Cannabis can increase your risk of cancer and accelerate the aging process.

The Link Between Cannabis and Cancer

While cannabis is often touted for its medicinal benefits, it's crucial to understand that smoking cannabis exposes users to many of the same

carcinogens found in tobacco smoke. These carcinogens can damage the cells in the lungs and other parts of the respiratory system, leading to an increased risk of cancer. Research has shown that regular cannabis smokers have a higher likelihood of developing lung cancer compared to non-smokers.

Moreover, cannabis smoke contains tar and other harmful chemicals that can contribute to the development of oral, throat, and esophageal cancers. The risk is further compounded when cannabis is mixed with tobacco, a common practice among users.

Accelerated Aging: The Unseen Consequence

Cannabis use doesn't just increase cancer risk; it also accelerates the aging process. The active ingredient in cannabis, THC (tetrahydrocannabinol), has been found to cause oxidative stress and inflammation in the body. These processes are known to damage cells and tissues, leading to premature aging.

Oxidative stress occurs when there is an imbalance between free radicals and antioxidants in the body. Free radicals are unstable molecules that can damage cells, proteins, and DNA. When the body is unable to neutralize these free radicals, it leads to cellular damage and aging. Cannabis use has been linked to increased levels of oxidative stress, which can manifest as wrinkles, fine lines, and other signs of aging.

The Impact on Mental Health

In addition to physical health risks, cannabis use can also have detrimental effects on mental health. Chronic use has been associated with cognitive decline, memory impairment, and an increased risk of mental health disorders such as anxiety and depression. These mental health issues can further exacerbate the aging process, as stress and mental health problems are known to accelerate biological aging.

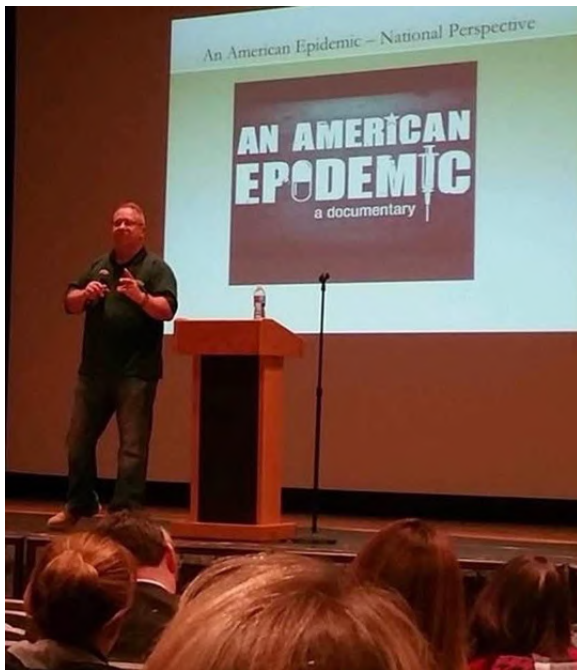
While the debate over the legalization and medicinal use of cannabis continues, it's essential to be aware of the health risks associated with its use. Increased cancer risk and accelerated aging are serious concerns that should not be overlooked. As with any substance, it's crucial to weigh the benefits

against the risks and make informed decisions about its use. Please look further than the surface and do your own research as well.

By understanding the hidden dangers of cannabis, we can better protect our health and well-being, especially for the younger generation who are more susceptible to its harmful effects.

Michael DeLeon

Road Warrior



How the Miles Make a Difference

Michael was so proud and honored to be Keynoting last week to the North Carolina Probation and Parole Conference. Talk about a full-circle moment and turning your past into the cautionary tale to help professionals help people just like him. Michael has many of these full circle moments across the many miles he travels to live his calling.

Michael raced across Kentucky late one night last week to see thousands more students and staff and community. Marion County Schools received the powerful Steered Straight message - bringing prevention and education to literally tens of thousands of people last week throughout Kentucky! It's a privilege and an honor to carry out this mission!

Steered Straight

In The News

Steered Straight Releases Picture Book on Vaping: A Proud Milestone with Positive Impact on Kids

Steered Straight, a renowned organization dedicated to educating youth about the dangers of substance abuse, has recently released a powerful new picture book titled **“I Am Vape: A Picture Book About the Dangers of Vaping”**. This book, **authored by Julia Cook and illustrated by Begoña Fernández Corbalán**, aims to creatively expose the dangers of vaping to young readers in a way that is both engaging and non-scary.

The team at Steered Straight is incredibly proud of this milestone. They believe that “I Am Vape” will have a significant positive impact on children by providing them with age-appropriate information about the risks associated with vaping. The book is designed to empower children with knowledge, helping them make informed decisions about their health and well-being.

One of the key benefits of “I Am Vape” is its ability to support important conversations between parents, educators, and children about substance abuse and peer pressure. By offering a factual understanding of vaping’s dangers, the book serves as a valuable tool in preventing vaping initiation and addiction among young people.

Steered Straight’s commitment to youth education and prevention is evident in their efforts to create resources like “I Am Vape.” The organization hopes that this book will not only educate children but also inspire them to make healthy choices and resist the pressures to engage in harmful behaviors.

In a world where fitting in can be confusing for children, “I Am Vape” stands out as a beacon of truth, unveiling the reality behind a seemingly harmless trend. Steered Straight is confident that this book will make a lasting difference in the lives of young readers, guiding them towards a healthier and safer future.

Please click on the photo of the book above to be taken to Amazon to purchase this valuable tool.

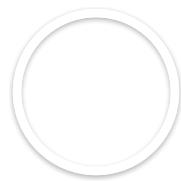
On the Road to Recovery

Steered Straight and Recovery Army sat down with former MLB player Paul Fletcher. Paul played in the majors for 12 years, pitching with 4 different teams and was an incredible athlete. When his baseball career ended, he became a professional drinker, and alcoholism took over his life. The adjustment from pro athlete to a regular working guy was a tough transition for him and he turned to alcohol to numb his feelings. Paul lost his family and nearly lost his life when he attempted suicide in 2009. Paul came back from his alcoholism and now gives back. The third place he went to for treatment was the charm and also led him to a new career path. At 46 years old he found himself in a halfway house after completing the first part of his treatment, but he was willing to take the path he needed to take to regain his sobriety and his life. To hear

the rest of his story, in his own words, please click the link below. Paul's story reminds us that addiction doesn't discriminate.

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.

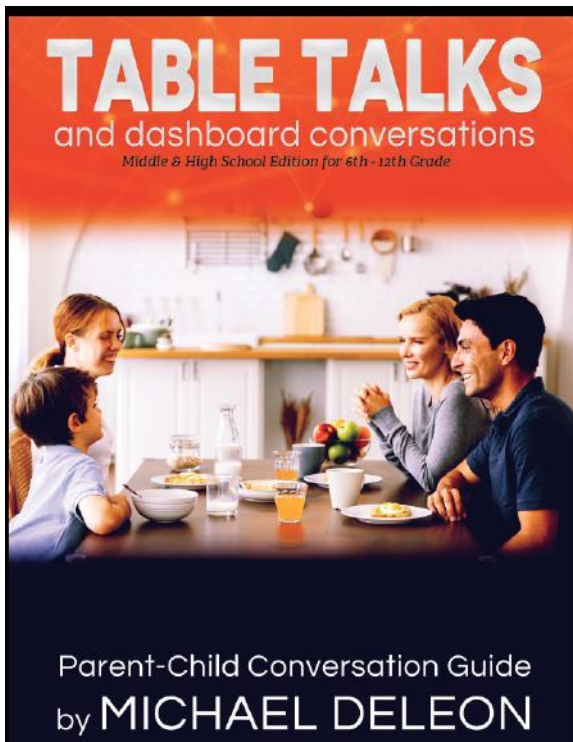


Table Talks and Dashboard Conversations is an in-depth conversation guide for parents and kids. You can order through [Amazon](#) or the [Steered Straight website](#).

**The Month of
November: Alcohol,
Tobacco/Nicotine, Vaping,
Drinking & Driving**

The focus of November is on alcohol, tobacco and nicotine, vaping, and drinking and driving. As we are entering into the holidays and school breaks safety is a paramount concern. Thanksgiving weekend is the NUMBER 1 weekend for drug overdose, alcohol poisoning, and drunk and drunk driving accidents.

**A week and a half to Thanksgiving.
Another week and a half to make a
difference in the lives of your children**



and your own. You may feel as though you are beating a dead horse but please continue to have the tough conversations with your kids. Be real with them. Show them the devastating consequences of even one bad decision. Remind them that they don't always get a second chance to make a better choice. It isn't only about your child possibly drinking and driving but their choice to get in the vehicle with anyone that is under the influence of any substance. They are literally taking their life in their hands or putting it into someone else's. Talk, share, set a good example. Make sure they have access to UBER and LYFT and that you are there to get them home safely too!

Kids go off to school without supervision and if they are away at college, it is the first time they are truly on their own. 50% of kids drop out their freshman year and 80% of that is due to alcohol and drugs. This makes November a perfect time of year to have conversations with your kids about this subject no matter their grade or age.

Alcohol, nicotine, and marijuana, which I call the Trifecta Gateway, are discussed in the November conversations in Table Talks. Many parents are unaware of the current drug trends. This month is full of information and resources to help inform you.

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

[The Dangers of Drunk Driving on Thanksgiving Explained](#)

[Cannabis and some conditions hasten brain aging](#)

[Say no to cannabis! Study says it can cause cancer, and affect your next generation too](#)

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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](#)

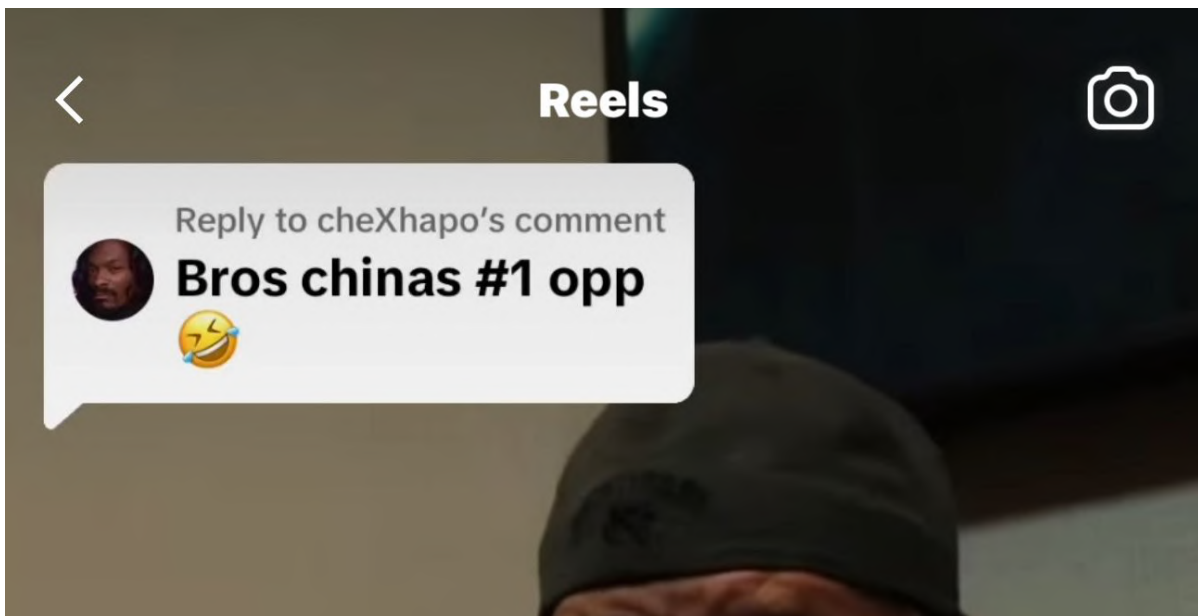


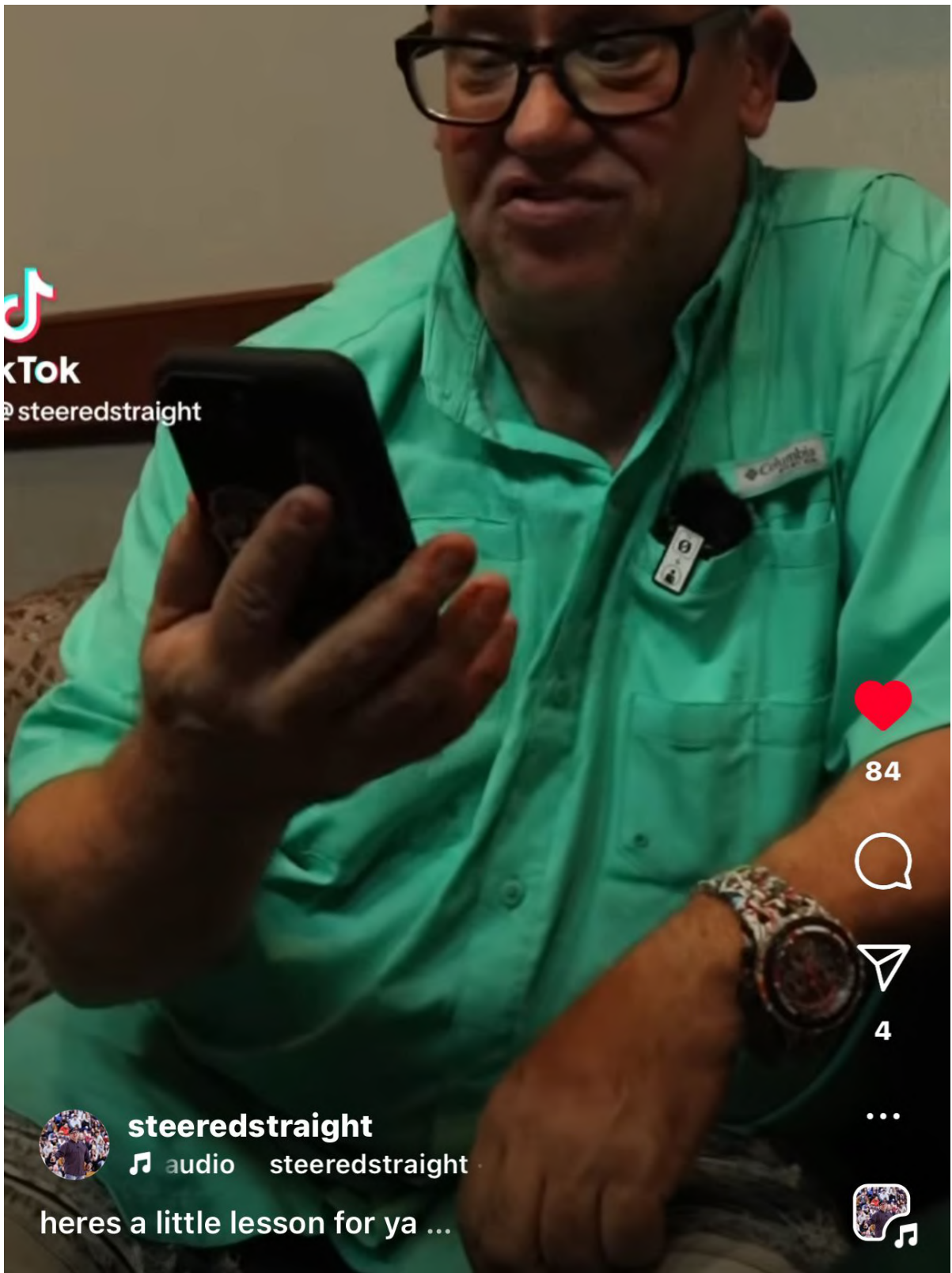
Follow On Social Media



steeredstraight

18K followers





64 vapes is crazy man..

I GOT 64 VAPES
IN



36.6K



821



1,956



4,350



Watch now on TikTok

@steeredstraight

Check out these awesome posts on social media. Meeting kids where they are at.

Michael might be on China's list but he doesn't care! China produces the vast majority of vapes sold in the USA and Michael and Steered Straight are crusading to give them way less business! Steering youth to make the best decisions and making headway each and every day!


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



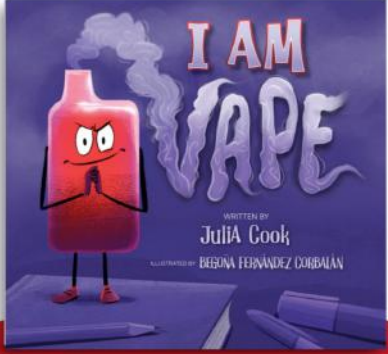


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NEW PICTURE BOOK ABOUT VAPING

In a world where "fitting in" can be confusing for children, *I Am Vape* unveils the truth behind a seemingly harmless trend. This powerful picture book creatively exposes the dangers of vaping to young readers in a non-scary way that they can understand.



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Books > Children's Books > Growing Up & Facts of Life

I Am Vape: A Picture Book About the Dangers of Vaping Paperback

Picture Book, November 7, 2024
by Julia Cook (Author), Begona Fernández Corbalán (Illustrator)

New Release in Children's Books on Drugs & Substance Abuse [See all formats and editions](#)

Pre-order Price Guarantee. [Terms](#)

Teach Kids About Nicotine Addiction and the Effect of Smoke Vapor to Their Lungs

In a world where "fitting in" can be confusing for children, *I Am Vape* unveils the truth behind a seemingly harmless trend. This powerful picture book creatively exposes the dangers of vaping to young readers in a non-scary way that they can understand.

Key Benefits:

- Age-appropriate information:** Written in a clear and engaging style, this book provides a factual understanding of vaping's dangers for young minds.

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