

Programs for Youth Protection: Parent Seminars

Agenda

- Substance Abuse
- Bullying
- Mental Health
- Internet Safety

SUBSTANCE USE DISORDERS



The Why

To fit in – others are doing it, peer pressure

To feel good – feelings of pleasure

To do better – hope to improve performance

To experiment – thrill of it, curiosity

To show independence – rebel

To relieve boredom

To feel better – lessen feelings of distress, self-medicate

Substance Use Highlights

2017 Prevention Needs Assessment

- **12th grade 30-day alcohol use** increased from 13.6% to 14.7% -- the first significant increase this grade has seen in the 14 years the survey has existed.
 - Despite this increase, 12th grade use is still considerably lower than it was when the survey began (21.1%), and much lower than the national 12th grade average.
- **E-cigarette use** growth is slowing down. All-grade experimentation of e-cigarettes increased from 17.4% to 18.1% since 2015, and past-month use increased from 8.1% to 8.6%.
- **8th grade marijuana use** showed slight/insignificant decreases in terms of lifetime and past-month use. All other grades showed increases in marijuana experimentation and past-month use.
 - 12th grade: increase in lifetime use from 23.1% in 2015 to 25.0% in 2017, and an increase in past-month use from 9.8% in 2015 to 12.3% in 2017.

What Are Illicit Drugs?

- **Inhalants**
- **Prescription drugs**
- **Ritalin**
- **Rohypnol**
- **Vicodin**
- **OxyContin**
- **Marijuana**
- **MDMA (Ecstasy)**
- **Methamphetamine**
- **GHB and Ketamine**
- **LSD**
- **Anabolic**

What To Look For

- Absenteeism
- Change in behavior
- Change in academic performance
- Problems controlling mood and behavior
- Neglected physical appearance
- Weight loss
- Peer concern
- **Some Physical Signs:** bruises and other marks on arms or other vein-laden areas (neck, behind knees), bloodshot eyes, sniffing nose, dilated pupils, etc.

Why might an adolescent use or abuse illicit drugs?

- Escapism: family issues, low self-esteem, depression, or other mood disorders
- Recreation: pleasure-seeking
- Peer pressure
- Addiction
- Availability
- Heredity
- Family history, environment, influence

Substance Use Disorder Tips for Parents

- Lock up your prescription medications.
- Talk to your children early and often.
- Make quality family time a top priority.
- Have family dinners
- Have meaningful conversations.
- Don't ignore the red flags.

[Parents Empowered](#)

Substance Use Disorder Resources:

- [National PTA](#)
- [National Institute on Drug Abuse](#)
- [National Institute of Mental Health](#)
- [SAMHSA Substance Abuse and Mental Health Services Administration](#)

BULLYING

Bullying: What is it?

- Bullying peaks in middle childhood.
- Studies show 15% to 25% of students are being bullied with some frequency.
- Only 1/3 of the bullying victims told an adult.
- Most common forms are:
 - Being made fun of
 - Being the subject of rumors
 - Being pushed, shoved, kicked, or spit on

Bullying: What is it? continued

- Bullying is the use of aggression with the intention of hurting another person.

It can include:

- Physical violence and attacks
- Verbal taunts, name-calling, put-downs
- Threats and intimidation
- Stealing of money and possessions
- Exclusion from the peer group

Bullying vs. Childhood Conflicts

- **Bullying is intentional.** The target does not knowingly provoke the bully and may have made it clear that the behavior is unwelcome.
- **The behavior is often repetitive.** Bullying is generally a repeated action, but can sometimes be a single incident.
- **There is an imbalance of power.** The notion that the powerful have the right to intimidate the powerless.



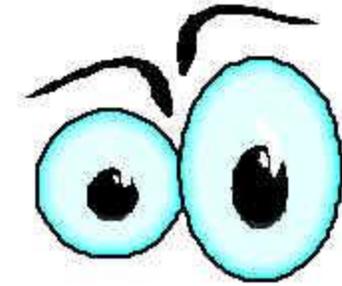
Warning Signs of Bullying

- Avoiding or fear of going to school
- Sudden failing grades
- Frequent health complaints - headaches, stomachaches
- Withdrawing or losing interest in activities with friends
- Feeling sad, moody, anxious, depressed, withdrawn, helpless
- Unexplained injuries



Warning Signs Continued

- Damaged or missing clothing or items
- Losing items of value - iPod, money, jewelry
- Trouble sleeping - or frequent nightmares
- Changes in eating habits
- Avoiding or spending excessive time on computer
- Significant mood changes after using the computer
- Becomes aggressive or disruptive
- May begin to bully other kids or siblings



What Can Parents Do To Help?

- Talk with your child
 - Cultivate and maintain open, candid communication
- Conversation starters
 - Have you ever had any problems with people on the internet?
 - Has anyone ever bothered or threatened you?
 - Do you know of kids who are picked on in school?
 - How can I help you make it stop, without embarrassing you?

[Cyberbullying Research Center](#)

How To Prevent Bullying

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the line of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.
- Learn more at [Stop Bullying](#).

Bullying Resources

- [American Psychological Association](#): Advice on how parents, teachers, and kids can take action to prevent bullying. Also suggestions on how to respond, and a section on cyberbullying.
- [ConnectSafely's Tips to Help Stop Cyberbullying](#)
- [Committee for Children](#): Lots of great resources to promote empathy adding up to what they call a "comprehensive bullying prevention program."
- [CyberBullyHelp](#): Resources from leading cyberbullying experts Robin Kowalski, Susan Limber, and Patti Agatson. Lots of great resources for parents, teachers, and kids.
- [Cyberbullying Research Center](#): The U.S.'s leading research center on causes, solutions, and statistics on cyberbullying.
- [Embrace Civility in the Digital Age](#): Excellent advice from former lawyer and educator Nancy Willard. Ranges from basic tips for kids and parents to law review articles and professional advice for educators.
- [It Gets Better Project](#): Inspiring advice for lesbian, gay, bisexual, and transgender (LGBT) youth, helping them understand that "it gets better" and to inspire the changes needed to make it better.
- [Massachusetts Aggression Reduction Center](#): Lots of excellent resources including free [downloadable parent guides](#) from Dr. Elizabeth Englander.

Resources Continued

- [National Bullying Prevent Center](#); The Center “unites, engages and educates communities nationwide to address bullying through creative, relevant and interactive resources.” Offers videos, stories advice and access to additional resources. Check out their [Bullying Info and Facts](#) page.
- [Tracy Ludwig](#): Tracy has written several excellent childrens’ books including *My Secret Bully*, *Trouble Talk*, *Too Perfect* and *Confessions of a Former Bully*. Great resources for kids and families.
- [Olweus Bullying Prevention Program](#): One of the oldest and most respected set of resources for schools to help prevent bullying and violence against youth.
- [StopBullying.gov](#): A well curated list of resources from the government on bullying and cyberbullying. It not only defines bullying but has resources on how to prevent bullying, how to respond to it and how to “be more than a bystander.” Be sure to see their resources on [how to respond to bullying](#).

MENTAL HEALTH

16% of students in grades 6, 8, 10, and 12

reported that they had seriously considered attempting suicide at some point during the past 12 months

12.5%

made a suicide plan during the past 12 months

7%

reported they attempted suicide during the past 12 months

*Categories not mutually exclusive.



Utah Prevention Needs Assessment

47% of students in grades 6, 8, 10, and 12

who reported that they felt sad hopeless or suicidal, talked to an adult about these feelings.

33%

talked to a parent.

8%

talked to a therapist.

You are not alone. Asking for help is the first step to feeling better!

*Categories not mutually exclusive.



Youth suicides in Utah

- Suicide is now the leading cause of death for Utah youth aged 10-17.
- Utah ranks 5th highest in the U.S. for youth suicides (ages 10-17).
- Females have higher suicide attempt rates compared to males, but males die from suicide at a higher rate.
- Firearms and suffocation are the leading cause of suicide deaths among Utah youth aged 10-17.



Take the Challenge

Myth

If we talk about suicide it will put the thought in his/her head

Suicide usually occurs without warning

If a person attempts suicide once, they will remain at risk for his/her whole life

If a suicidal individual is stopped from using one method, they will find another way to die by suicide.

If a person really wants to die by suicide there is nothing I can do about it.

Fact

Asking someone about suicidal intent lowers anxiety, opens communications and lowers risk of impulsive act

A person planning suicide usually gives clues, although sometimes those clues can be subtle

Suicidal thoughts are typically brief or limited to a specific period. With appropriate treatment, most people will not have suicidal thoughts again.

Research shows that if a specific method is removed or unavailable they are unlikely to seek another method.

Suicide is the most preventable kind of death, and almost any positive action may save a life.

Risk Factors for Suicide

Individual

- Mental health disorders
- Substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt
- Family history of suicide

Environmental

- Job or financial loss
- Relational or social loss
- Easy access to lethal means
- Local clusters of suicide

Social

- Lack of social support and sense of isolation
- Stigma
- Barriers to accessing health care, mental health, or substance use treatment
- Certain cultural and religious beliefs
- Exposure to and influence of others who have died by suicide

Warning Signs For Suicide

Talk

- Threatening to hurt or kill themselves
- Talking or writing about death, dying, or suicide
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain
- Visiting or calling people to say goodbye



Behavior

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from family and friends
- Change in sleep
- Giving away prized possessions
- Acting reckless or engaging in risky behaviors
- Aggression
- Fatigue



Mood

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage
- Dramatic mood changes



Youth Suicide: Tips for Parents

- Do not be afraid to talk with your child. It will not plant the idea of suicide in their minds.
- Understand that suicidal thoughts are situational and suicides can be prevented.
- Know the risk factors and warning signs and act immediately to get help.
- Remove all lethal means.

Firearm Safety



Is Your Safety On?

SAFE UT Crisis and Tip Line



KEY FEATURES OF SAFEUT

The SafeUT program and app help youth stay healthy and safe in schools by providing high-quality, confidential counseling services. The app's key features include:

- Confidential and password protected services
- Real-time, two-way communication with SafeUT crisis counselors available 24/7
- Tips can be submitted with picture and/or video
- Mobile app works with Apple & Android devices

Mental Health Resources:



- [American Foundation for Suicide Prevention](#)
- [American Association of Suicidology](#)
- [UNI CrisisLine and Mobile Crisis Outreach Team](#)
- [Gay Straight Alliances](#)
- [USBE Student Advocacy Services: Supporting Your Students](#)
- [NAMI Utah](#)
- [National Suicide Prevention LifeLine](#)
- [Suicide Prevention Resource Center](#)
- [The Trevor Project](#)
- [Utah Division of Substance Abuse and Mental Health](#)
- [Utah Suicide Prevention Coalition](#)

INTERNET SAFETY

2017 Data from Common Sense Media, Inc.

- 24% of teens are online “almost constantly”
- 25% of kids experience cyberbullying
- 46% of 10-23-year-olds would change their online behavior if their parents were watching.



Smart Phones: The Modern Teen Experience

- Social Media
- Peer Pressure
- Impulsivity
- Cliques & Social Isolation
- Stalking (Online and Offline)
- Cyber Bullying and Sexual Harassment
- Active Bystander (If You See Something, Say Something)



Communicating and Connecting With teens in the Age of Smartphones and Social Media. Presented by CONNECT Summit County, Summit County Library, and Park City Library, March 2018

Smartphones: Addiction & Empathy (Responsibly Managing your Teen's Online Presence)

- Irresistible by design (addictive & time consuming → Snap Streaks)
- Permanence of social media – what you post online, stays online, is searchable online
- Words and images can be hurtful
- Impact on future employers and colleges
- Impact on current and future relationships
- Detox (digital vacation/social holidays) – power off.
- Information overload, learn the art of single-tasking
- Adults: Model appropriate smart phone behavior (for example, everyone puts their smart phones in a basket at dinner time)



First Aid for Your Child in Distress (How to Help if Something is Wrong)



- Instead of half-listening, listen with full attention.
- Instead of questions and advice, acknowledge with a word.
- Instead of denying the feeling, give the feeling a name.
- Instead of explanation and logic, give a child his wishes in fantasy.
- **Write a note.**

When to Seek Help

RED:

Crisis Line: 800-274-8255

Text Line: 741741

UNI Crisis Line: 801-587-3000

ER: Know how/where to access

YELLOW:

Access treatment & Support

Mental Health treatment

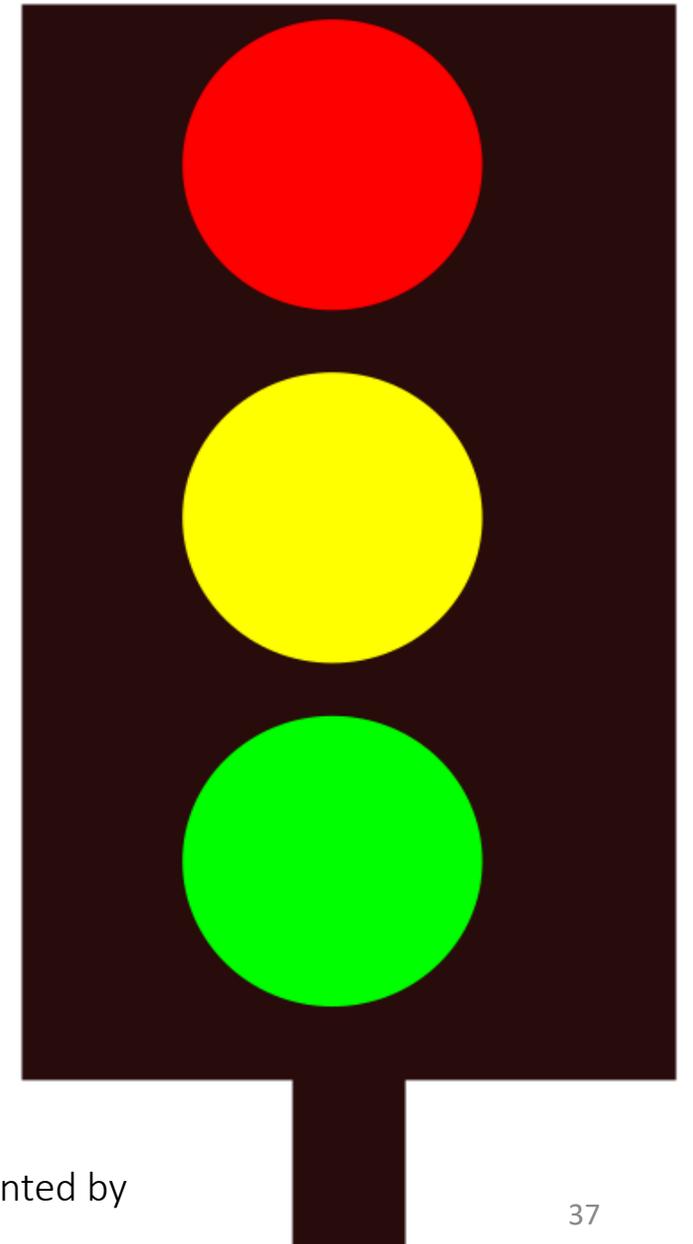
Having numbers of local police/providers

WARM LINE: 801-587-1055

GREEN:

Communication with teens

Awareness about social media/peer groups/etc.



Internet Safety Tips for Parents



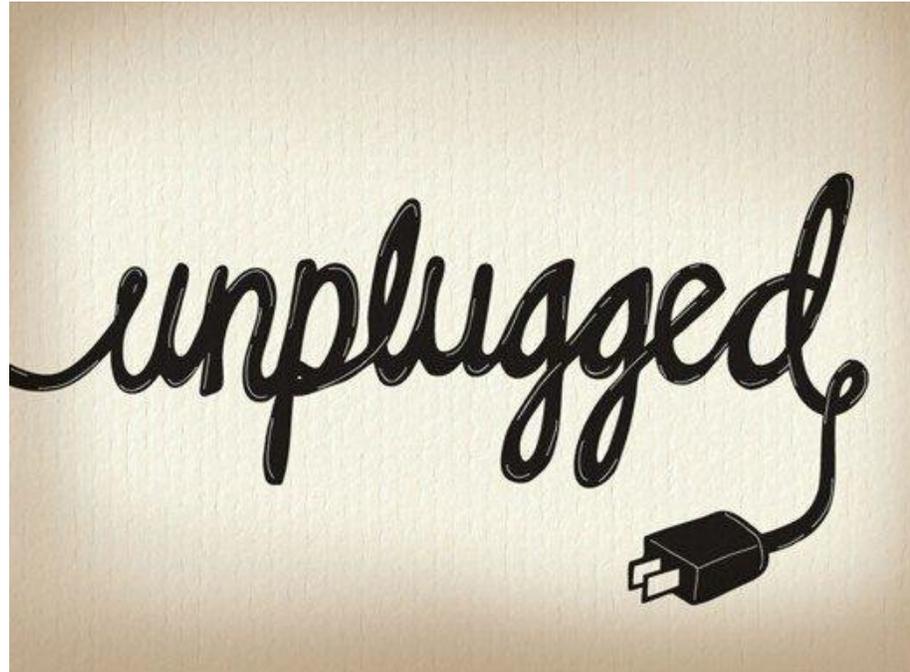
- Don't take it all away!
- We can't know it all ~ social media and technology will always be changing. Go to [Common Sense Media](#) for all there is to know.
- Moment Screen Time Tracker is an app that automatically tracks how much you use your iPhone and iPad each day. If you're using your phone too much, you can set daily limits and be notified when you go over. Manage your family's screen time from your own phone and set up time for your entire family to be screen-free using family dinner time.
- Crucial conversations are necessary.
- Approach with compassion and empathy.

Screen Time

- Studies found children spend 6.5 hours a day or more on social media, playing video games, or texting.
- Screen time is interfering with sleep and sleep deprivation is correlated with depression.
- Even young children spend many hours on technology.
- Research has found that excessive screen time can result in addiction.
- Screen time interferes with developing social skills, reduces free play and exercise time.

Screen Time: Tips for Parents

- Suggest no screens in cars or bedrooms.
- Don't be in a hurry for your child to have a smartphone.
- Model balancing screen time.



Fight the New Drug

[Fight the New Drug PSA](#)



Internet Safety Resources



[netsafeutah](http://netsafeutah.org) provides online videos and resources for kids, teens, parents and educators, including Internet Safety information that Utah schools need to meet the Children's Internet Protection Act (CIPA) requirements.

FIGHT THE NEW DRUG

[Fight the New Drug](http://fightthenewdrug.org), is a non-religious and non-legislative organization that exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.

[Common Sense Media](http://commonsensemedia.org), is the leading independent nonprofit organization dedicated to helping kids thrive in a world of media and technology. Common Sense Media empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.





Conclusion

- Children need a sense of safety and belonging in the home, school, and community.
- Recognize your child's developmental level and protect him/her from violence in television, movies, and video games.
- Family cohesion and stability, coping and problem-solving skills, and positive connections to school and extracurricular participation are all protective factors for children.