

What R They ↑ 2 Now?



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AGENDA

- Anxiety/Stress
- Binge Drinking
- Bullying
- Catfishing
- Dangerous Games
- Drugs
- Self-harm/Suicide
- Sexting
- Technology
- Evaluation



GOAL

That you will have a broader understanding of the problems teens face today and how those problems affect student achievement and create a barrier to personal growth. Secondly, you'll learn and be able to apply strategies to help teens all while promoting parenting education by encouraging the development of positive parent and child relationships.



Stressed to the Max



What Stressors Are On Teens Plates?



Stress versus Anxiety

Definition of stress (n)

bing.com · Bing Dictionary

stress

[stress]

strain felt by somebody: mental, emotional, or physical strain caused, e.g. by anxiety or overwork. It may cause such symptoms as raised blood pressure or depression.

cause of strain: something that causes stress

special importance: special emphasis, importance, or significance attached to something

Definition of anxiety (n)

bing.com · Bing Dictionary

anx·i·e·ty

[ang z ə tee]

feeling of worry: nervousness or agitation, often about something that is going to happen

something that worries somebody: a subject or concern that causes worry

strong wish to do something: the strong wish to do something, especially if the wish is unnecessarily or unhealthily strong

Anxiety Affects

- Approximately 1 in 4 people worldwide at some point in their lives.
- Approximately 8-10% of teens have an anxiety disorder.
- Approximately 40 million American adults ages 18 and older, or about 18.1% of people in this age group in a given year, have an anxiety disorder.
- Anxiety disorders frequently co-occur with depressive disorders or substance abuse.
- Most people with one anxiety disorder also have another anxiety disorder. Nearly three-quarters of those with an anxiety disorder will have their first episode by age 21.5

Anxiety Affects

- It's been estimated that between 9 and 15 million teens (about 10%) in the United States suffer from phobias, panic attacks, or extreme worry or anxiety.
- The top 5 teen stressors causing the most anxiety include:
 - School work (78%)
 - Parents (68%)
 - Romantic Relationships (64%)
 - Friend problems (64%)
 - Younger Siblings (64%).

Source:

<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>

Test Your Knowledge



STRESS

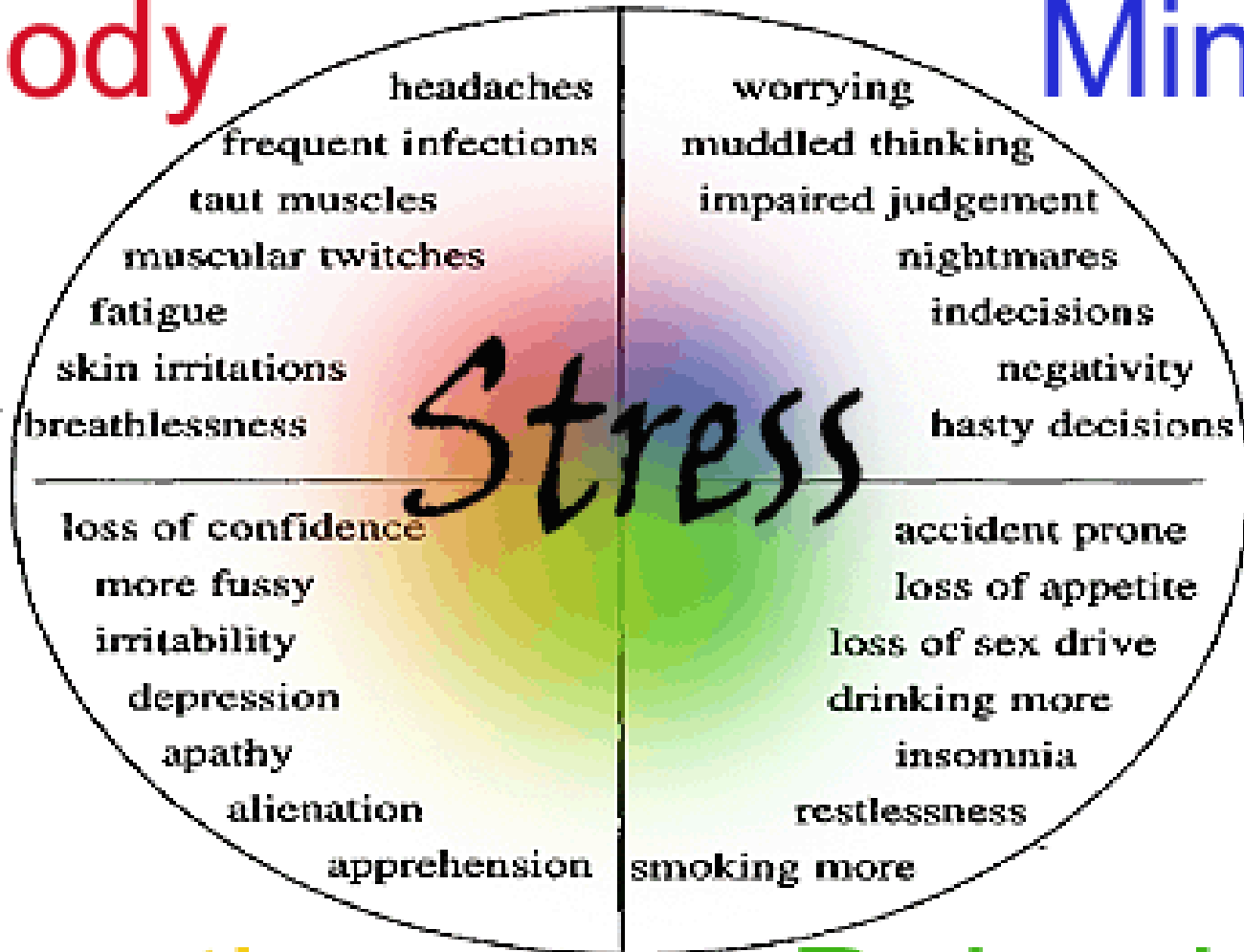
The Nation's #1 Killer

Medically Proven Stress Contributes to:

- * **Heart Disease**
- * **Strokes**
- * **High Blood Pressure**
- * **Colitis**
- * **Irritability**
- * **Rheumatism**
- * **Depression**
- * **Migraines**
- * **Diabetes**
- * **Hardening-
of the Arteries**
- * **Insomnia**
- * **Fatigue**
- * **Sex Problems**
- * **Skin Diseases**
- * **Allergies**
- * **Overeating**
- * **Asthma**
- * **Kidney Disorders**
- * **Ulcers**
- * **Breathing Problems**
- * **Increased Smoking**

Body

Mind



Emotions

Behavior

Are You Stressed Out?

A photograph of four colorful dice-like objects arranged in a row on a white surface. Each object has a white circular face with a black letter. From left to right, the letters are Q, U, I, and Z. The objects are colored blue, red, yellow, and black respectively. The entire scene is framed within a white rounded rectangle on a dark, textured background.

Q U I Z

STATISTICS

According to the American Psychological Association's 2010 Stress in America survey, nearly 1/3 of children reported experiencing physical symptoms that are frequently associated with stress. About 38% said that they had trouble falling asleep or staying asleep at night. Do they talk to their parents about what's bothering them? Are you kidding? Only about half said they did. Yet 61% of parents reported asking and talking to their kids about stress. So, clearly there's a mismatch in what kids are experiencing and what they're sharing with their parents.

10 Stress Signs

1. Poor sleep
2. Frequent headaches and/or gastrointestinal problems
3. Anger outbursts
4. Lack of concentration
5. Increased levels of anxiety and/or panic episodes
6. Overeating/Under eating
7. Increased sadness
8. Social withdraw
9. Irritability
10. Lack of motivation



5 Signs your teen is doing too much:

- 1. Your teen doesn't have time to have a social life.
- 2. Your teen is staying up late a lot, just to get schoolwork finished.
- 3. Your teen is constantly saying things that indicate they're overwhelmed, such as "I've got too much to do." or "I can't get it all finished."
- 4. Your teen is an overachiever and freaks out if things are not done "perfectly".
- 5. Your teen has a schedule that is busier than yours (school, sports, clubs, jobs, church, etc.).

How Teens Currently Cope

Even more concerning, tweens and teens were polled about how they cope with stress, their response was that they listen to music, play electronic games, or watch TV. All of these are sedentary behaviors. According to the APA using sedentary behaviors to cope with life stress can lead to serious health problems. One of these problems is obesity. According to the Center for Disease Control 16.9% (12.5 million) of children and teens ages 2-19 years are obese.

Innovative Ways to Reduce Stress

- MOUNT PROSPECT, Ill. (AP) — The four-legged member of the counseling team at the high school in suburban Chicago waits patiently, as a crush of students fills the hallways. Her tail wags with the first pat on the head, then another and another.
- Some schools now offer yoga classes or teach relaxation techniques in the classroom. Others, from California to Minnesota and New Jersey, are instituting homework-free nights or are offering a bit of free time between classes - the equivalent of recess for teenagers.
- In Maine, at least two high schools have converted classrooms into "wellness rooms" staffed by volunteer professionals who offer massage therapy and other stress-reducing treatments for students, with parental permission.

AP - High school stress relief

Raychelle Lohmann, a professional counselor and author based in South Carolina, says any step schools take to reduce stress for students is a "step in the right direction."

But she says parents, too, need to keep their own expectations in check, even for young children.

"We're seeing parents who are putting their preschoolers in tutoring programs," she says. "The intentions are good. But we're missing the important point, to let them develop and play" - even in high school.

She says parents also have to model the behavior for their children.

"I'll be honest. I'm guilty. I don't take a day off," she says. "But at some point, we just have to stop - and prioritize - and teach our children to do the same.

"We have to give up this 'go, go, go' mentality."



"STRESSED"
is
"DESSERTS"
spelled
backwards

BINGE DRINKING



One in five high school girls engage in binge drinking. Binge drinking is defined as a female consuming 4 or more drinks on a single occasion (for males binge drinking is consuming 5 or more drinks in one sitting.)



We've known for a while that binge drinking is a problem with today's youth, especially boys (who report more binge drinking than girls) but 20% of teen girls - that's cause for alarm!

Here is something else to consider: binge drinking has declined among boys for the past 10 years, yet has remained unchanged for girls over the past 15 years.



Risks Associated with Binging

It is estimated that alcohol consumption is responsible for about 80,000 deaths in the US each year.

Binge drinking has also been associated with many health problems including:

- Heart disease
- Stroke
- Cancer
- Liver Disease
- Chemical Dependency
- Pregnancy
- STDs
- Alcohol Poisoning

Aside from these risks, studies of MRI scans of the brains of teens who drank heavily showed damaged nerve tissue compared to those who did not.

Marketing Alcohol to Youth





What Parents Can Do

Parents have the ability to sway whether or not your teen drinks. By setting rules and expectations against drinking and consistently enforcing those rules parents can deter their teens likelihood of underage drinking. It's important to keep booze locked up or know how much is in the containers, yes take inventory. Enforce strict rules making sure teens know that it is off limits. Most importantly supervision is essential.

The 4 Essentials

Know the four essential questions when your teen goes out: *where, what, who, and when.*

The Four Essential Questions

1. Where are you going?
2. What are you going to be doing?
3. Who are you going to be with?
4. When will you be home?

BULLYING



Statistics

- It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students. Source: National Education Association.
- School bullying happens a lot. Approximately 1 in 5 students report being bullied. Source: Dan Olweus, National School Safety Center.
- 56% of students have personally witnessed some bullying at school.
- 15% of all school absenteeism is related to fears of being bullied at school.
- 71% of students report incidents of bullying as a problem at their school.
- 90% of 4th through 8th graders report being victims of bullying.
- Bullying statistics indicate revenge is the strongest motivation for school shootings.
- 87% of students said shootings are motivated by a desire to “get back at those who have hurt them.”
- 86% of students said, “other kids picking on them, making fun of them or bullying them” causes teens to turn to lethal violence in the schools.
- Harassment and bullying have been linked to 75% of school-shooting incidents.
- 1 out of every 10 students who drops out of school does so because of bullying.

Ways People Bully

- Spreading rumors
- Tormenting victims
- Verbal harassment
- Physical harassment
- Sexual harassment
- Threats
- Gossiping
- Outing
- Misappropriate use of technology to hurt another
- Intentional exclusions from peer group



Reasons People Bully

- They often find someone who will not stand up to them and target those who have low self-esteem (hence the imbalance of power). They keep poking fun of and hurting the victim without remorse. Some of the most popular reasons for bullying include:
 - Appearance
 - Race
 - Religion/Beliefs
 - Nationality
 - Sexual orientation
 - Jealousy

Meet the Bully



How many bullies out there are like Kevin?

According to a new study, by the Centers for Disease Control and Prevention and the Massachusetts Department of Public Health, the answer may be more than you think. The study shows that students who are both victims and perpetrators are more likely to have experienced violence in the home. Bullies were about four times more likely to have been hurt by someone in their families than students who were neither bullies nor victims of bullying. Bullying is a big problem and has been associated with many psychological problems, some expanding well into adulthood.

FAMILY RISK FACTORS

- A lack of warmth and involvement on the part of parents.
- Overly-permissive parenting (including a lack of limits for children's behavior).
- A lack of supervision by parents.
- Harsh, physical discipline.
- Parent modeling of bullying behavior.



Bullying research has been correlated with:

- Suicide
- Academic problems
- Substance abuse
- Mental health problems
- Family violence

Meet the Victim



Characteristics of a Victim

- They are often shy and quiet, with few friends and little social support at school. They may be physically weak or lack confidence in their strength. Hence, they rarely stand up to bullies. Victims often have poor social skills.
- display vulnerability (e.g., “look scared”).
- be nonassertive (e.g., “gives in to the bully too easily”).
- reward, and thus reinforce, bullying (e.g., “cries when picked on”).
- be withdrawn and solitary (e.g., “talks quietly”).
- be “provocative” or “aggressive” (e.g., “annoys other kids”).

Know the Signs of Bullying

- avoid activities that he used to love doing,
- make up excuses to avoid going to school,
- miss a lot of days from school,
- seem more irritable and moody,
- appear to be more stressed out and anxious,
- not sleep enough or sleep too much,
- eat more or less than usual,
- prefer to be alone and avoid friends and family

Ways to Help Prevent Bullying

➤ Parents

➤ Schools

➤ Teens



A Survival Story

CATFISHING



CATFISHING



When people create a fictitious online character and go fishing for a vulnerable, lonely person to humiliate and shame. They cast their line in hopes for a tug. They manipulate, and lure (no pun intended) their victim in until they take the bait. Then they set the hook and reel the victim in. Only by no means is this a fishing expedition, rather it's a cold, heartless way to toy with another person's heart and emotions.

Recent Headline News

Tips to Protect Teens from Catfish

- Don't give out personal information online. That means, full name, address, where you go to school, where you work, or who your parents are. With the internet it's easy to find someone and then zoom in via satellite to where they live.
- Don't trust anyone, especially if you don't know them from face to face encounters. People lie and all you are seeing are words on a screen. Even if you're on Skype or FaceTime, who is to say the person is who they say they are?
- Date people you know from school, work, church, synagogue, etc.
- Don't post risqué pictures of yourself. This includes those sleepover, beach or pool vacation pics.

Tips to Protect Teens from Catfish

- Don't let your teen meet people he or she has met online alone. If your teen already has an online relationship and is reluctant to give it up, make sure you speak with the online friend's parents and arrange a time to meet all together.
- Do create a half-way profile, that doesn't reveal too much. Only half-way describe yourself on your site. As far as pictures go, post a pet or better yet an Avatar.
- Do search the internet for people. Do a little digging on your own to learn what you can about your online friend. While you're searching go ahead and have your teen "Google" himself/herself. Make sure nothing too revealing comes up. Next click images and see what photos pop up.



Catfishing is an emotional and humiliating experience for those affected. Protect your teen from falling victim to fictitious relationships by discussing online safety with him or her. Here's the gist if you can't see someone face to face then odds are you aren't in a healthy relationship that's worth holding onto.

Dangerous Games



CHOKING GAME



ALIAS: Rising Sun, Space Monkey, Space Cowboy, Flat liner, Gasp, American Dream, Tingling, Blackout, Pass out, Funky Chicken, and Roulette.

PURPOSE: To cut off flow of blood to the brain resulting in lightheadedness and a euphoric high.

RESULT: The death of thousands of brain cells which could lead to short-term memory loss, hemorrhage, harm to retina, stroke, seizures, coma and death (Neumann-Potash, 2006). Within 3 minutes of oxygen deprivation to the brain a person will suffer brain damage. Extend that to 4-5 minutes without oxygen and you get DEATH.

HOW IT'S PLAYED

The Choking Game can be played either alone or in a group. If played in a group, one teen willingly submits to being choked by a friend. Teens use ropes, scarves, belts, bags, dog leashes as a choking weapon. When the Choking Game's played alone the need for a high can become deadly. Most deaths reported from the Choking Game are from loners. Oftentimes, these teens pass out and are unable to release the rope, etc. resulting in their premature death. And if that's not enough you can easily find written instructions for the Choking Game on YouTube.

WARNING SIGNS

- Blood shot eyes
- Talking in code using the game's alias names
- Locked doors
- Excessive need for privacy
- Disorientation after being left alone
- Frequent headaches
- Increased hostility or irritability
- Marks on the neck
- Unexplained presence of belts, scarves, bungee cords, or plastic bags
- Any of the above items tied to bedroom furniture, in closets, etc.
- Bleeding Spots under the skin on the face, especially under the eyelids.

STATISTICS

Studies report that approximately 25% of children between the ages of 9 and 16 know what the choking game is. The Choking Game is most popular amongst boys. The typical game player is an academically high achieving, well-liked, and athletically involved teen that doesn't want to do something that's illegal such as drugs. It's estimated that 250 to 1000 youth die each year in the US due to the Choking Game. Statistics are difficult to obtain because the death caused by the Choking Game is reported as a suicide.

HUFFING



ALIAS: Sniffing, Bagging, Boppers, Poor Man's Pot, and Head Cleaner.

PURPOSE: To inhale chemical vapors to get a feeling of lightheadedness and euphoria.

RESULT: Short-term use may mirror the symptoms of alcohol intoxication: Dizziness, hallucinations, impaired judgment, depression, slurred speech and irritability. Long-term effects can include: Death, permanent brain damage, irreversible organ damage, and cardiac arrhythmia.

HOW IT'S PLAYED

Breathing in a variety of inhalants. Other means of inhalant abuse are sniffing or snorting products or balloons or bags filled with inhalants. There are three types of commonly used inhalants:

- Volatile Solvents - Examples include glue, paint thinner, felt-tip markers, and gasoline.
- Aerosols - Examples include hair spray, deodorant, spray paint and vegetable oil cooking spray.
- Gases - Examples include chemicals used in room deodorizers, propane, and butane (found in lighters).

WARNING SIGNS:

- Slurred speech
- Chemical odors from breath
- Red and runny nose
- Sores present around mouth and nose
- Decrease in appetite
- Unexplainable clothes saturated with chemicals
- Chemical stains on clothes and or body
- Nausea and vomiting

STATISTICS

Reports estimate that approximately seventeen million Americans have used an inhalant at least once in their lifetime. Inhalant use is most common with tweens and teens. About 1 in 5 eighth graders have admitted to experimenting with inhaling a substance.

CAR SURFING

ALIAS: Ghost Riding and Skitching



PURPOSE: A thrill-seeking activity that produces a rush of excitement and adventure.

RESULT: Accidents due to Car Surfing, Ghost Riding and Skitching can result in brain trauma, skull fractures, spinal damage, broken bones, internal bleeding, paralysis and even death. In the medical literature the most common cause of death in these deadly games is head injury. High vehicular speeds are not required to sustain injury. Accidents and deaths have been reported from vehicle going anywhere between 5 and 80 miles per hour.

HOW IT'S PLAYED

- Car Surfing involves a teen riding on the exterior of a moving car that someone else is driving.
Ghost Riding is when the driver gets out of a moving vehicle to dance beside it while it continues to move forward.
- Skitching is when a person is pulled behind a car on an object such as a skateboard.
YouTube, MySpace and many other sites offers tips and video coverage of all of these dangerous vehicle games in action.

STATISTICS

According to the Center for Disease Control there has been 58 confirmed deaths from Car Surfing and 41 non-fatal injuries from 1990 through 2008. This report does not reflect ghost riding or skitching statistics. Most of the injuries were sustained by boys between the ages 15-19. Trends show that Car Surfing reports tend to increase during the summer months.

Extras...

➤ Vodka Eyeballing



➤ Alcohol Enema



➤ Cinnamon Challenge



Spice/K2



Spice

"Spice" is synthetic cannabis or fake marijuana. It has steadily increased in popularity among teens and young adults. Spice is a popular option for teens because it doesn't show up in drug tests like pot. However, it is very dangerous because it is dried plant sprayed with synthetic cannabinoid powders. Spice is marketed as "incense," but as I found in my search also marketed as "not for human consumption" which makes it easy to get, cheap and legal. About a year ago, the [DEA](#) identified several chemical compounds found in spice blends as "drugs and chemicals of concern" and initiated a nationwide ban of these chemicals. Unfortunately, it's still out there and until the feds pull it off the shelf, teens are still getting their hands on it.

What are some of the side effects of smoking Incense (Spice)?

- accelerated heart rate
- feeling of euphoria
- increased blood pressure
- bloodshot eyes
- numbness and tingling
- anxiety/paranoia
- panic attacks
- vomiting
- severe hallucinations
- tremors/seizures
- agitation (which can be severe and require sedation)

Warning Signs

- If your teen is using Visine to clear those red or bloodshot eyes, watch out.
- If your teen's pupils are dilated, start asking questions.
- If your teen appears glassy eyed or is walking around in a staggering daze then something is up.
- If you find bong, pipes, and/or smoking papers, then I'd say that's a dead giveaway.
- If your teen is coughing up a lung like a smoker, only he doesn't smoke, then that's a tell tale sign you need to investigate.
- If your house smells like potpourri all the time because your teen is burning something, make sure she's not puffing it too. (Synthetic cannabis can have a berry or minty scent.)
- If the UPS truck is dropping off special packages to your teen. In fact, you can often find the best deals online.

Bath Salts



What Are Bath Salts?

Bath salts are comprised of two synthetic compounds, mephedrone and methylenedioxypropylamphetamine (say that three times fast) aka MDPV. The Federal Drug Enforcement Administration was alerted to their presence in 2009 when they showed up in lab tests on substances seized by law enforcement officers in six states. Mephedrone and MDPV are stimulants that act much like Methamphetamine and Cocaine, but produce the added effect of hallucinations.

Where Can You Get Them?

Bath salts aren't hard to find in states that haven't banned them. They can be found on the Internet, in convenience stores, and in smoke shops. They are relatively inexpensive and sell for about \$25 to \$50 a packet, or as I found in my internet search you may be able to find a buy one get one free.

SIDE EFFECTS

Experts report that the psychotic side effects of these highly addictive bath salts can mirror those of LSD, Ecstasy, PCP, Cocaine, and Meth, and include the following:

- Profuse sweating
- Dizziness
- Vomiting
- Disorientation
- Aggression
- Agitation
- Paranoia
- Insomnia
- Hallucinations
- Intense Cravings
- Seizures
- Accelerated heart rate
- Chest pains
- Suicidal thoughts
- Panic attacks
- Psychosis
- Death



Top Stories News

Sexting



What Is Sexting?

Teens are sharing sexually risqué messages and/or nude pictures of themselves or others via text or on-line. While many teens openly admit that they know it's wrong to post these sexual photos, they feel the odds of getting caught are so low that they are willing to run the risk.



Example

Sexting has also received a lot of attention in the courtroom. Take the case of Phillip Alpert, who at the age of eighteen emailed nude photos of his 16 year old ex-girlfriend and was charged with child pornography. Now in his twenties, he is a registered sex offender (you can read more about his story by following the link in resources below.) Yes, in some states, sexting is a punishable offense and falls in with child pornography. It doesn't even matter if it's the teen's own photo they posted or not. If it's a picture of a minor, then there's a problem. In some states, if a teen's found guilty of child pornography he/she will have to register as a convicted sex offender that can adversely impact their future (e.g., college admission and obtaining a job).

How many teens are sexting?

The answer may surprise you. One survey suggests, 1 in 5 teens admitted to posting sexually explicit pictures on-line. To help understand teen sexting behaviors," The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl .com conducted a survey with 653 teens (ages 13-19) to explore the sexual use of sending or posting sexually suggestive messages or texts.

How many have sent or posted a sexually revealing photo or video:

- 20% of all teens
- 22% of teen girls
- 18% of teen boys



Teens that have sent sexually suggestive messages:

- 39% of all teens
- 37% of teen girls
- 40% of teen boys
- 48% admit to receiving suggestive messages

Who Teens are sending sexually suggestive images and messages to:

- 71% of teen girls and 67% of teen boys have shared sexual messages or pictures with a boyfriend/girlfriend.
- 21% of teen girls and 39% of teen boys have shared sexual messages or pictures with someone that they were interested in or wanted to hook up with.
- 15% of teen have admitted to sending or posing nude or semi-nude pictures to someone they knew on-line.

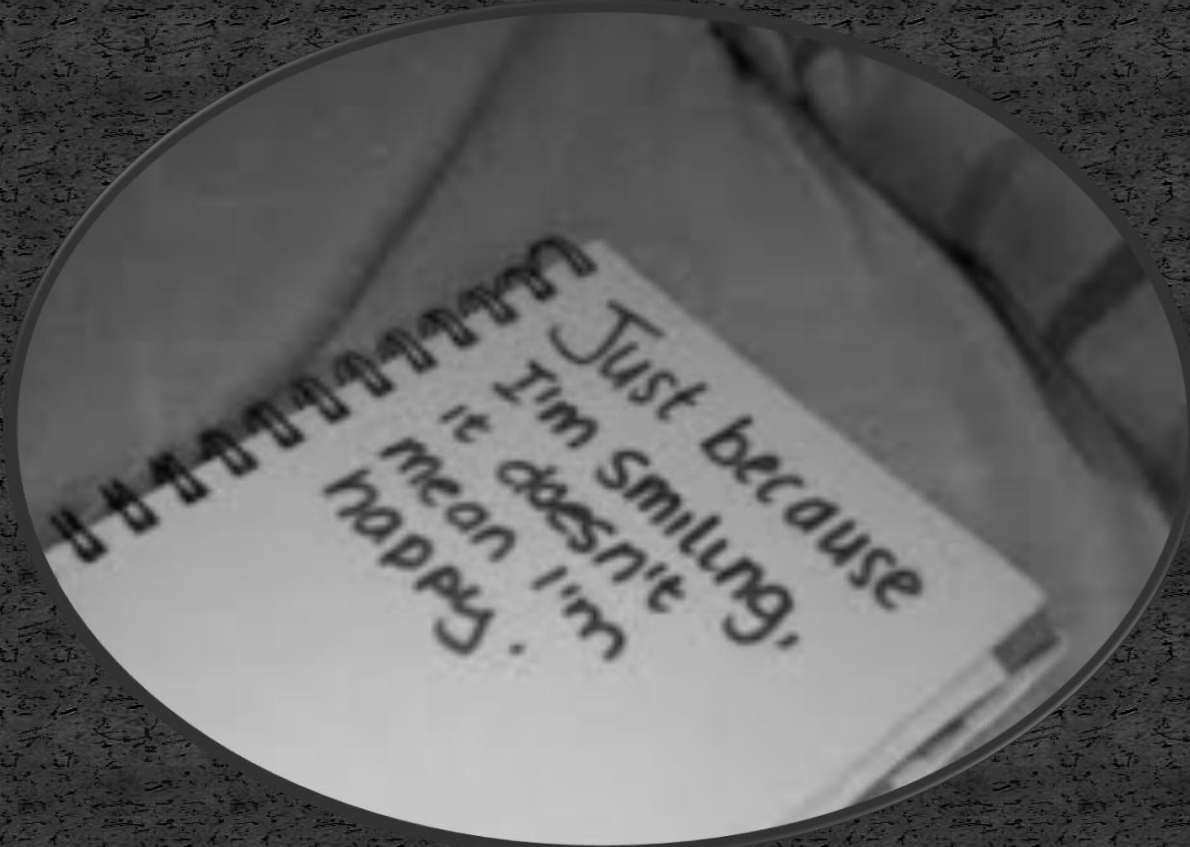
Statistics

- Pew Research Center's Internet & American Life Project (2009) surveyed teens ages 12-17, below are some of their findings:
- 4% of cell-owning teens surveyed admit to sending sexual images via text messaging
- 15% of cell-owning say they have received sexual photos on their cell phone.
- Older teens are more likely to send and receive sexting images; 8% of 17-year-olds with cells have sent a sexual photo via text. 30% of 17 year-olds have received a sexual image on their phone.
- The teens who pay their own phone bills are more likely to send "sexts": 17% of teens who say they pay for their cell phones send admit to sending sexually suggestive images via text
- 3 main scenarios for sexting: 1) exchange of images between 2 romantic partners; 2) exchange of images between partners that are shared with others outside the relationship 3) exchange of images between people who are not in a relationship, but where one person wants to be.

Strategies for Parents

1. Talk to teens about inappropriate and appropriate use of modern technology. Outline your expectations by creating a computer/cell phone contract with your teen.
2. Have your teens take an internet safety class. Just like many kids have to take Driver's Education to prepare for getting their license, have your teen take an internet safety course.
3. Know who your teen is hanging out with both online and offline.
4. Make sure your teens on-line profiles don't have private or personal identifying information
5. Randomly, have your teen share with you any photos in their phone and computer gallery. Also, make them make you a friend on Face Book or share their username and password with you to any of their social networking sites. This way you can periodically check to make sure everything their posting is acceptable.
6. Teach your teen to not respond impulsively to anything on-line or via text. Filtering can help a trigger happy teen from making a permanent, potentially life altering mistake. Encourage your teen to evaluate the consequences of posting their thoughts or pictures before hitting the send button.
7. Make sure your teen understands that once pictures are out there, there's no way of getting them back, even if they're deleted from their phone or computer. Let your teens know that www not only stands for "World Wide Web" it also stands for "Whole World's Watching."
8. Most importantly, encourage an open dialogue between you and your teen.

Self Harm and Suicide



Self Harm and Suicide

Self-harm is thought to be directly linked with suicide but this isn't the case. The two are actually as different as night and day.

Unfortunately the two oftentimes get grouped together because both are inflictions of pain and sometimes people who begin with self-harm may later commit suicide.



Differences between the two:

- Generally people who self-harm do not wish to kill themselves; whereas suicide is a way of ending life.
- Self-harm is a form of mutilation while suicide is the deliberate taking of one's life.

What is self-harm?

Self-harm is the intentional and deliberate hurting of oneself.

Most commonly it is done by:

- Cutting
- Burning
- Hitting
- Picking at the skin
- Pulling hair
- Biting
- Carving



What are the warning signs of self-harm?

- Many cuts/burns on the wrists, arms, legs, back, hips, or stomach
- Wearing baggy or loose clothes (e.g., wearing hoodies or long sleeves during hot days to conceal the wounds)
- Always making excuses for having cuts, marks or wounds on the body
- Finding razors, scissors, lighters or knives in strange places (i.e., the nightstand drawer or under the bed)
- Spending long periods locked in a bedroom or bathroom
- Isolation and avoiding social situations

Why do people self-harm?

- To escape their feelings
- To cope with life stressors
- To express their pain
- To punish themselves (Some people mutilate their bodies to punish themselves for what's going on in their lives. They lack the appropriate coping skills and suffer from low self-esteem so they feel that they deserve what they are doing to themselves.)
- To feel euphoria. (It's true. When we get hurt endorphins are released into the blood stream, resulting in a "natural high" or a feeling of euphoria. Self-harming behaviors can be addictive and habit forming.)



What is suicide?

Suicide is the voluntary and intentional act of taking of one's life. Suicide is commonly carried out through:

- Firearms (number one method by men and women)
- Hanging (most commonly done by men)
- Drug Overdose (most commonly done by women)
- Men are four times more likely to die from suicide than women, but women attempt suicide more often during their lifetime.



The warning signs of suicide:

- Increasing their alcohol and/or other drug use
- Taking unnecessary risks and impulsivity
- Threatening suicide and/or expressing a strong wish to die
- Exhibiting rage and/or anger
- Talking about wanting to die or to kill oneself
- Fascinating over or preoccupying oneself with death
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Acting anxious or agitated; behaving recklessly
- Isolating or withdrawing oneself
- Displaying mood swings
- Telling loved ones goodbye
- Setting one's affairs in order
- Giving things away, such as prized possessions
- Referring to death via poetry, writings and drawings
- Exhibiting dramatic changes in personality or appearance
- Changing eating or sleeping patterns
- Declining in performance

Why do people commit suicide?

- They're depressed
- They're psychotic
- They're impulsive
- They're crying out for help
- They have a philosophical desire to die
- They've made a mistake



Resources:

- Cornell University Research Center on Self-Injury: <http://www.crpsib.com/default.asp>
- [Self Injury Foundation](#): this foundation promotes awareness for those who self-injure and works to provide funding for research, advocacy, and support for those who self-injure and their families. 1-800-334-HELP <http://www.selfinjury.com/>
- [Adolescent Self Injury Foundation](#): an organization that works to raise awareness about adolescent self-injury and provides education, prevention tips, and resources for self-injurious adolescents and their families.
- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- National Self-Injury Helpline: 1-800-DONT-CUT (366-8288)
- 24-hour Crisis Hotline: 1-800-273-TALK
- Self-injury Help Guides:
- http://helpguide.org/mental/self_injury.htm
- http://www.westminster.ac.uk/_data/assets/pdf_file/0009/45729/Self-Harm_Suicide-thoughts_Mind-Matter-Lflet-BACK-COVER--_pdf
- Resources:
- Cornell University Research Center on Self-Injury: <http://www.crpsib.com/default.asp>
- [Self Injury Foundation](#): this foundation promotes awareness for those who self-injure and works to provide funding for research, advocacy, and support for those who self-injure and their families. 1-800-334-HELP <http://www.selfinjury.com/>
- [Adolescent Self Injury Foundation](#): an organization that works to raise awareness about adolescent self-injury and provides education, prevention tips, and resources for self-injurious adolescents and their families.
- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- National Self-Injury Helpline: 1-800-DONT-CUT (366-8288)
- 24-hour Crisis Hotline: 1-800-273-TALK
- Self-injury Help Guides:
- http://helpguide.org/mental/self_injury.htm
- http://www.westminster.ac.uk/_data/assets/pdf_file/0009/45729/Self-Harm_Suicide-thoughts_Mind-Matter-Lflet-BACK-COVER--_pdf
- http://www.mentalhealth.org.uk/content/assets/PDF/publications/truth_about

Texting



Statistics



According to a study done by Pew Internet and America Life Project, more than 75% of today's teen's have a cell phone, that's up 45% from 2004. About 88% of all teen cell phone users are texters. That's a big jump from 2006 when only 51% reported being texters.



More than half of teen texters report texting on a daily basis. In fact, 1 in 3 teens report sending more than 100 messages per day (that's about 3,000 texts a month). About 15% of teen texters report to sending more than 200 texts a day or 6,000 texts a month! Some of these teens admitted to sleeping with their phone under their pillow so it will vibrate at night when they get a text. So much for being off the phone by 9:00 on a school night; that phone is literally attached to them 24/7.



Unfortunately, while surveys report that 97% of teens admit that texting while driving is dangerous, they still do it. A whopping 43% of teens admit to texting while driving. Research reports that teens admit that texting is their number one driving distraction. What's most troubling is that 77% of teens have admitted to watching their parents text and drive. According to these surveys, parents aren't setting a good example. Texting and driving is a dangerous trend and it's leading to life-altering injuries and death.



The number one killer of teens is motor accidents and the cell phone isn't helping. This year there have been an estimated 912,740 crashes involving drivers using cell phones and texting. Annually, 21% of fatal car accidents involving teenagers between the ages of 16 and 19 were the direct result of cell phone usage. This statistic is predicted to increase as much as 4% every year. You may be thinking, "not my teen." But what about the friend who's driving her? Well, about 48% of Americans ages 12 to 17 report that they have been in a car when the driver was texting. Now that's not a comforting thought for a parent.

Texting while driving is to blame for...

- 1,600,000 accidents per year – National Safety Council
- 330,000 injuries per year – Harvard Center for Risk Analysis Study
- 11 teen deaths every day – Institute for Highway Safety Fatality Facts
- Did you know that texting while driving...
- Makes you 23 times more likely to be in an accident – National Highway Transportation Safety Administration.
- Is the same as driving blind for 5 seconds at a time, that's like traveling the length of a football field while going 55 miles per hour. – Virginia Tech Transportation Institute
- Slows your brake reaction speed by 18% – Human Factors & Ergonomics Society

Keeping Teens Safe

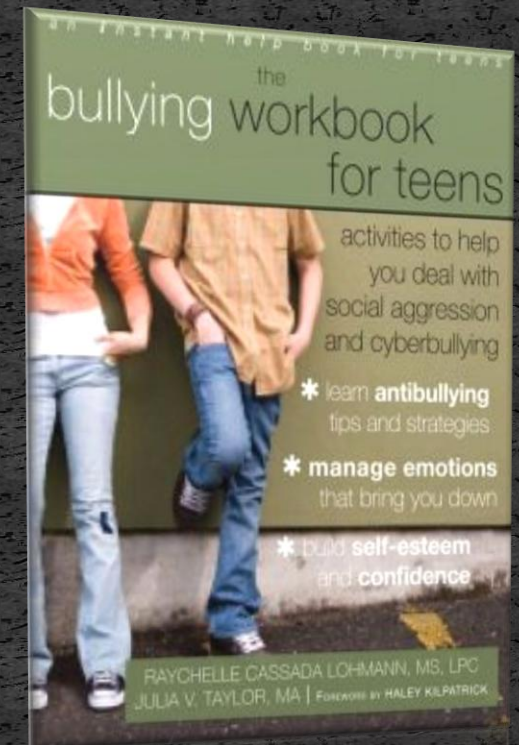
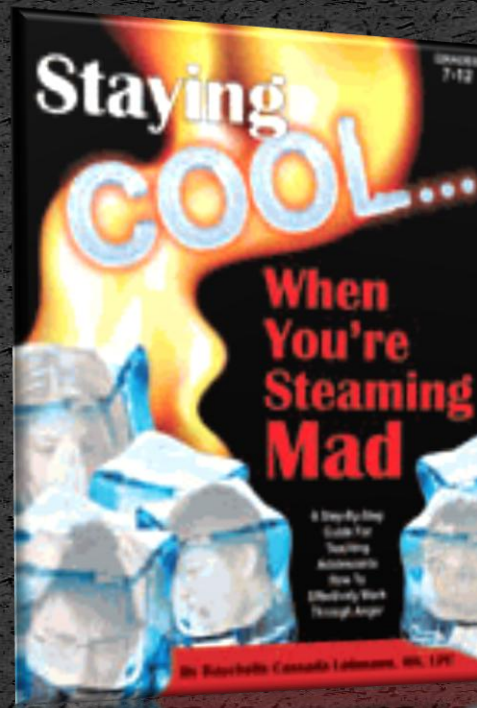


- Lead by example. Don't talk on the phone or text when you're operating a vehicle.
- Have teens lock that phone in the trunk or glove compartment. This may be somewhat Piagetian, but out of sight, out of mind.
- If they aren't going to put it away, then teach them the importance of pulling off the road and parking the car to respond.
- Just like getting in the car with someone who's been drinking, the same concept applies to getting in a car with a texter. Don't do it. Teach your teen to speak up if they're in the car with a texting driver. Perhaps they could offer to text the message so the driver can keep his/her eyes focused on the road.
- Sign a pledge along with your teen to not text and drive. A great one is AT&T's "No Text on Board" pledge. The official day of pledging is September 19th, but you don't have to wait until then to take the pledge. Just visit the site and make a commitment along with your teen to not text and drive, who knows you could be saving a life. Take the Pledge <http://www.itcanwait.org/>
- Sit with your teen and watch "The Last Text". If this doesn't move you to do something, I don't know what will.

Keeping Teens Safe



BOOKS





WHERE TO FIND ME

WHERE TO FIND ME

Psychology Today

<http://www.psychologytoday.com/blog/bloggers/raychelle-cassada-lohmann-ms-lpc>



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<http://www.newharbinger.com/AuthorExpertRaychelleCassadaLohmannMSLPC/tabid/348/Default.aspx>

Presentation & Handouts



www.raychelleclohmann.com

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That's all Folks!