

PARENT SEMINAR YOUTH PROTECTION PRESENTATION

2013 UTAH GENERAL SESSION HB 298
CHIEF SPONSOR: STEVE ELIASON
SENATE SPONSOR: AARON OSMOND

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Presentation Outline

The presentation will consist of a presentation divided into five segments covering:

- Bullying
- Mental Health – Suicide Prevention
- Firearm Safety
- Internet Safety
- Substance Abuse

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BULLYING

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Bullying vs Normal Conflict

Normal Conflict

- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power or attention
- Not trying to get something
- Remorseful – takes responsibility
- Effort to solve the problem

Bullying

- Happens repeatedly
- Done on purpose
- Serious threat harm
- Victim has strong emotional reaction
- Seeking power or control
- Trying to get material items
- No remorse - blames victim
- No effort to solve the problem

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Why do some children bully others?

Children may bully others for a lot of reasons. These reasons include:

1. Wanting to be in control or feel powerful
2. Wanting attention from others
3. Poor adult supervision
4. Adult acceptance of bullying
5. Prejudice



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Signs that your child might be bullied

- Lost or destroyed clothes, books, electronics, etc.
- Bruises or injuries that can't be explained
- Loss of appetite
- Mood changes
- Reluctance to go to school
- Sudden loss of friends
- Feelings of helplessness
- Self-destructive behaviors



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What to do if your child is being bullied

- Talk with your child – be supportive
- Gather information about what happened
- Report suspected bullying to your child's school principal
- Teach your child to seek help from an adult



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Prevent Cyberbullying

Tips to prevent cyberbullying:

- Keep your computer in easily viewable places
- Talk regularly with your child about on-line activities that he or she is involved in
- Tell your child that you may view his or her on-line communications at any time



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How to Handle Cyberbullying

- Strongly encourage your child not to respond to the cyberbullying
- Do not erase the messages or pictures (save as evidence)
- Try to identify the individual doing the cyberbullying
- Consider filing a complaint with your service provider
- Contact your child's school
- May need to involve the police



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Bystanders can Make a Difference



If just one person watching a bullying situation steps in and says "Stop it" the bullying will cease in half the cases within 10 seconds.

bully4u

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Red Hair Boy



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MENTAL HEALTH SUICIDE PREVENTION

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2010 Youth Suicides Rankings

15 - 24 years rate per 100,000

Rank	State	Death	Rate	Rank	State	Death	Rate
1	Alaska	49	46	26	Missouri	97	11.6
2	Wyoming	25	31.9	27	South Carolina	76	11.5
3	South Dakota	31	26.9	28	Iowa	49	11.4
4	North Dakota	28	26.3	29	Alabama	75	11.1
5	Montana	29	21.7	30	Indiana	102	11
6	New Mexico	60	20.5	31	Texas	108	10.8
7	Colorado	115	16.7	32	Louisiana	71	10.7
8	Hawaii	30	16.5	33	Oregon	54	10.6
9	Idaho	36	16.1	34	Delaware	13	10.2
10	Utah	70	15.6	35	North Carolina	134	10.1
11	Arizona	135	14.9	35	Georgia	140	10.1
11	Maine	25	14.9	37	Kentucky	58	9.9
13	Kansas	60	14.7	38	Nebraska	25	9.7
14	Vermont	13	14.5	39	Mississippi	39	9
15	Oklahoma	74	13.9	40	West Virginia	25	8.9
16	Wisconsin	108	13.7	41	Virginia	98	8.7
17	Arkansas	55	13.6	41	Florida	214	8.7
18	Nevada	48	13.3	43	Massachusetts	78	8.3
19	Washington	115	12.5	44	Connecticut	39	8.2
20	Michigan	171	12.1	45	Illinois	143	7.9
21	Tennessee	104	12	45	Maryland	63	7.9
21	Minnesota	87	12	45	California	440	7.9
21	Pennsylvania	213	12	48	New Jersey	88	7.7
24	New Hampshire	21	11.8	49	New York	183	6.6
24	Ohio	187	11.8	50	Rhode Island	10	6.2

In an Average Utah Classroom of 30...



8 will report feeling sad and hopeless



4 will have seriously considered suicide



4 will have made a suicide plan



2 will have attempted suicide one or more times



1 will have had medical treatment for a suicide attempt

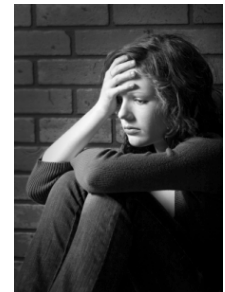
Demographics

- Males are more likely than females to die by suicide
- High risk populations
 - Native American students
 - Lesbian, gay, bisexual or transgender (LGBT) students. LGBT status often increases suicide risk because of being bullied.
- Self-mutilation
- Juvenile delinquency

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Warning Signs

- Writing or drawing about suicide or death
- Talking about suicide or referencing death
- Discussing suicide or a specific suicide plan
- Isolating from friends or family
- Neglecting appearance and hygiene



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Warning Signs



- Giving away prized possessions
- Acting impulsively
- Expressing feelings of hopelessness
- Difficulty concentrating
- Appearing cheerful after a period of depression

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KSL – How to talk to your children...



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Talk Frankly

One of the worst things for a person contemplating suicide is feeling that no one understands or cares about him or her.

Suicidal people feel like they've been trying to tell others how much pain they are in, but nobody hears them. The key to helping is to help this person stop feeling invisible.

People do not want to die –
they want the pain to go away.

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Teens Talk About Suicide



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Crisis Numbers

Utah Statewide Crisis Line
801-587-3000

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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Firearm Safety

Own it?
Respect it.
Secure it.



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Firearm Safety

A hidden gun is a safe gun – **myth or fact**

Myth – Most children already know where guns are in the home. Using proper and responsible firearm storage mechanisms are important.



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Firearm Safety

A firearm safety will always prevent it from firing – **myth or fact**

Myth – The safety is a mechanical device which can become inoperable at the worst possible time. Guns should never be handled carelessly. Never assume that it won't fire just because the safety is on.



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Firearm Safety

Proper storage is the #1 way to help prevent firearm accidents – **myth or fact**

Fact – Nearly all firearms accidents are preventable by taking steps to help ensure that guns don't fall into the wrong hands.



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INTERNET SAFETY

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Texting



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Inappropriate Conduct

Children can develop unhealthy Internet habits –

- Too much time online and less time with healthy physical activities and real relationships
- Distraction from homework
- Late nights and fatigue
- Obsession with their online image

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Establish Rules

Establish rules for Internet, video games, and mobile phone use.

Sign a family media pledge.

Drivers cannot receive a license until they pass a test of the rules of the road. We should be just as careful about teaching children rules for safely navigating the digital highway.

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What Should Rules Cover?

- **Who** children can connect with
- **What** behavior is expected – kindness, honesty, caution
- **When** - time of day, if a parent should be present, rules for homework, meetings, and meals
- **Where** - rules for school, church, with friends, as well as where in the home
- **Why** - identify a purpose, no aimless surfing
- **How** - what devices, websites, apps they can use

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What do teens wish parents would do?

Fight the New Drug asked teens what they wish their parents knew about addressing the issue of pornography:

- "I wish they told me that it exists. That would have been helpful. My parents never even informed me of it."
- "I wish my parents would have talked to me at a younger age (even 8 years old) about sexuality and that porn is wrong."
- "I wish my parents understood that shaming me only led me to hide it."

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What to do if your child is viewing pornography?

- Ask them what they plan to do, and help them set goals and be accountable.
- Commit to a long-term conversation about their progress, with regular checkups and continuing education on the issue.
- If they are not ready to admit their problem yet, don't give up; be patient but continue the conversation over time.

-Fight the New Drug, *The Guideline for Parents*

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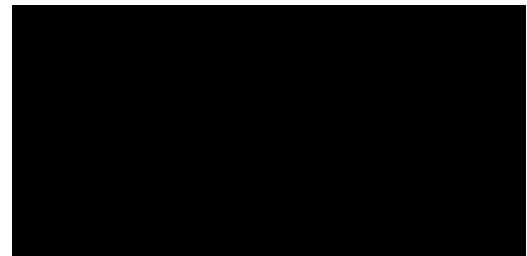
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SUBSTANCE ABUSE

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"Hey, Mom and Dad, can I get drunk and pass out at Sarah's house?"



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Risk Factors

Risk Factors:

- Availability of drugs in the community
- Extreme community deprivation
- Severe family conflict
- Academic failure
- Lack of commitment to school
- Antisocial behavior
- Family history of serious behavior problems
- Friends with drug abuse and other problems



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Risk to Young Developing Brains



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Why Do Kids Try Drugs?

The top reasons given by young people include...

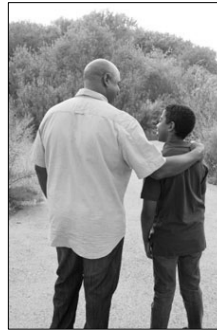
1. To feel grown up
2. To fit in and belong
3. To relax and feel good
4. To take risks and rebel
5. To satisfy curiosity



“Keeping Youth Drug-Free”
U.S. Department of Health and Human Services

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What can you do to protect your child?



Substance abuse is a preventable problem. You are powerful as a parent.

Most kids say they stay away from drugs because they might upset their parents.

Teach your kids the risks of drug use and your stand on them.

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Know Where Your Child Is



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Be Involved

- Stay closely involved in your kids' lives
- Know what is going on in their lives, who their friends are
- Know the five “Ws”

1. Who
2. What
3. When
4. Where
5. Why



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Be the Parent not a Pal

Talk early and often to your kids about drugs and alcohol use
(average age kids start drugs is 9-12).

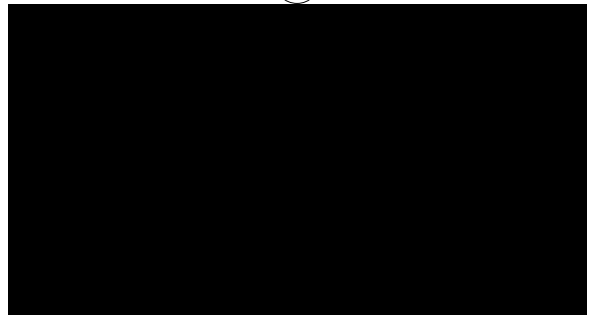
Children need boundaries and guidelines.

Talk to your kids today about the dangers of drugs.

****You are their anti-drug****

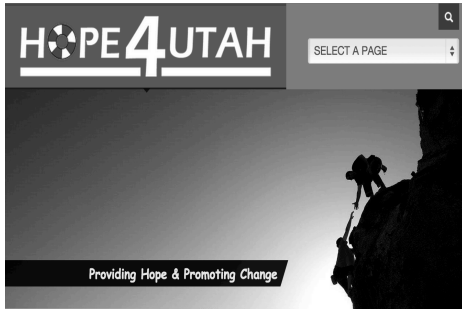
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Be Involved!



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Questions??



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