

Engage.
Inspire.
Prepare.

Paulding County School District Prevention/Intervention News

Jan/Feb 2022

SOME TIPS FOR HELPING AN ANXIOUS STUDENT

- ❖ Remember that the goal isn't to eliminate anxiety, it's to help a student manage anxiety.
- ❖ Don't avoid things just because they make the student anxious.
- ❖ Express positive and realistic expectations.
- ❖ Respect the student's feelings without empowering the fear.
- ❖ Ask open-ended questions rather than leading questions.
- ❖ Don't reinforce the student's fears.
- ❖ Encourage the student to tolerate the anxiety.
- ❖ Try to keep the anticipatory period (period before) short.
- ❖ Talk things through with the student.
- ❖ Model healthy ways of handling anxiety.

For more information: [What To Do \(And Not To Do\) When Children Are Anxious](#) by Clark Goldstein, PhD

MENTAL HEALTH CONCERNS IN STUDENTS

The COVID-19 pandemic has caused school closures, quarantine, illness, and isolation so it is understandable that students may be feeling worried, anxious, lonely, or sad. If these emotions become too strong, however, students may need some additional support.

Here are a few warning signs that a student may need mental health support:

- ❖ Unable to sleep or sleeping too much
- ❖ Appetite changes
- ❖ Unexplained stomach aches
- ❖ Irritability
- ❖ Loss of interest in things they normally enjoy
- ❖ Unable to concentrate
- ❖ Drop in grades
- ❖ Alcohol or other substance abuse

Parents are encouraged to talk to the school counselor or call the **Georgia Crisis Line at 1-800-715-4225** for any concerns regarding their student's mental health.



*"Nobody, but nobody, can make it out here alone."
~Maya Angelou*



DRUG FREE PAULDING NEEDS YOU

Drug Free Paulding (DFP) is a coalition of community members and youth serving agencies dedicated to preventing underage drug and alcohol use.

DFP meetings are held virtually at 12:00pm every other month. Drug awareness events and youth events are held periodically throughout the year.

If you have an interest in helping Paulding County youth stay drug free, then please consider joining this important coalition. All Paulding residents are welcome!

For information about the next DFP meeting, email [Linda Verscharen](mailto:Linda.Verscharen)



MOST PCSD STUDENTS DO NOT DRINK ALCOHOL, VAPE OR USE MARIJUANA

This is great news for students, parents, and the community. Data from the Georgia Student Health Survey consistently confirms the majority of Paulding County students are choosing healthy behaviors over drinking alcohol, vaping and using marijuana.

When informally surveyed by Drug Free Paulding, students in both middle school and high school said that **PARENTS had the biggest influence on their decision not to drink alcohol.**

According to the Georgia Student Health Survey data from 2020, very few middle school students reported drinking alcohol (4%), vaping (3%), or using marijuana (2%).

In high school, however, 12% or roughly 2,300 high school students reported drinking alcohol in the past 30 days. That's a 200% increase from middle school to high school in the number of students drinking alcohol.

11% of high school students reported using a vape in the past 30 days. That is 267% increase from middle school to high school in the number of students choosing to use vapes.

10% or almost 1,000 high school students reported using marijuana in the past 30 days. This is a 400% increase in marijuana usage from middle school to high school.

Although the majority of PCSD students are NOT drinking alcohol, vaping, or using marijuana, parents are encouraged to start talking to their children early about substance abuse. **Parents CAN make a difference!**

[Georgia Student Health Survey Results](#)

"Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a different way to stand."

Oprah Winfrey

Let's Shine a Light on Domestic Violence as a Community

S.H.A.R.E. House focuses on providing comprehensive services which include:

24 Hour Crisis Line (770) 949-8689

**24 Hour Emergency Shelter
(770) 489-9671**

Support Groups (770) 443-0200

Temporary Protective Orders (770) 443-0200



**Easy & Fun
Valentine's Crafts**
From heart shaped
bookmarks to fingerprint
love trees, there's
something for everyone:

<https://www.easypeasyandfun.com/valentines-day-crafts-for-kids/>



Safe Schools is now Vector Solutions

Report
suicidal
ideation,
bullying, or
any safety
concern



directly to administrators in
the Paulding County School
District via the Vector
Solutions app. Reports can be
made anonymously.

**THANK YOU
PCSD SCHOOL
COUNSELORS!**

NATIONAL 
SCHOOL **FEBRUARY**
COUNSELING **7-11, 2022**
WEEK **SCHOOL COUNSELING:
BETTER TOGETHER**

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

RESOURCES AVAILABLE

The Prevention/Intervention webpage is regularly updated with resources for parents and students. The page includes links to many helpful websites as well as informational flyers and videos. Community events are posted too.

www.paulding.k12.ga.us/preventionintervention



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January 2022 Happiness Calendar

This month, find your motivation and purpose.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GG Greater Good
SC Science Center

ggsc.berkeley.edu
greatergood.berkeley.edu



1 Slow down to **savor happy moments** with loved ones.

2 Give yourself **warmth and understanding** when you're struggling.

3 Reflect on **something you're grateful for** today.

4 **Take photos** of things that are meaningful to you.

5 **Start a good book**, like one of our favorite science books of 2021!

6 Skip the small talk and **connect more deeply with strangers**.

7 Find ways to **support the young people in your life** as they grow.

8 **How forgiving are you?** Take our quiz to find out.

9 Consider what **lessons you've learned during the pandemic**.

10 To **find your purpose**, think about what your strengths and passions are.

11 **Perform a random act of kindness**.

12 Get the Greater Good Toolkit with **30 practices for well-being** this year.

13 Cultivate a craft or hobby that gives you **a sense of flow**.

14 **Identify a larger goal you want to pursue** as part of a group or community this year.

15 **Help your child get motivated** by tapping into their inner superhero.

16 **Share the positivity**: Post online about something that went well for you today.

17 Think about ways you could **diversify your social network**.

18 Try our one-month **Pathway to Happiness program**.

19 **Reflect on the values** that are important to you.

20 Pay more attention to **how you communicate with others**.

21 **Struggling as a parent?** Get some expert advice.

22 **Watch a play, musical, or inspiring movie**.

23 **Enjoy some nature** with your family.

24 Make sure to **get up and move your body** today.

25 Try to **limit multitasking** to feel less exhausted.

26 Be open to **learning from friends who are different from you**.

27 **Recommit to your New Year's resolutions**.

28 **Don't believe everything you read online**.

29 **Take a nap!**

30 **Cultivate a spiritual practice** (whatever that means to you).

31 Take our Science of Happiness at Work courses to **be happier on the job**.

Happy 2022!

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.vic.gov.au/Documents/about/programs/bullystoppers/sminappropriate.pdf> | <https://www.esafety.gov.au/educators/training-professionals/professional-learning-program-teachers/inappropriate-content-factsheet/> | <https://www.revealingreality.co.uk/wp-content/uploads/2021/04/childrens-media-lives-year-7.pdf>



BEFORE THEY MAKE PLANS WITH FRIENDS ...

Establish some family rules for social and extracurricular activities.

Young people don't always have all the facts when it comes to alcohol and other drugs. Talk with your children about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

PEP20-03-01-053




SAMHSA
Substance Abuse and Mental Health
Services Administration

TAKE ACTION

Use these tips to talk with your teen:

- Check in frequently to see how they are doing;
- Choose informal times to talk, such as in the car, during dinner, or while watching TV;
- Be clear and consistent about your expectations regarding vaping and other substance use;
- Establish family agreements together for social and extracurricular activities;
- Let them know you care and are always there for them; and
- Continue talking with your teens as they get older.

 **Help your teen create an “exit plan”** in case he or she is offered an e-cigarette or faced with a difficult decision about vaping (such as texting a code word to a family member). Peer pressure can be powerful, so coming up with realistic action steps and practicing them together in a safe environment will prepare and empower your teen to make good choices when it matters.

Research suggests that one of the most influential factors when a teen is growing up is a strong, open relationship with a parent or caregiver.

For more information about how to talk with your teen about vaping, visit www.underagedrinking.samhsa.gov and www.samhsa.gov.


they hear you®

www.underagedrinking.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration

#TalkTheyHearYou

PEP20-03-01-080

TALKING WITH YOUR TEEN ABOUT VAPING:

Keeping Your Kids Safe




they hear you®



It's never too late to start talking with your teen about the risks of vaping. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you help them understand what e-cigarettes and other vaping products are, and why they shouldn't use them.

WHAT IS VAPING?

The term vaping refers to the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device. While teens may inhale several different substances through electronic cigarettes, some of the most common are marijuana and flavored liquid with nicotine. Vaping is becoming increasingly popular among teens and young adults. In 2019, nearly 41 percent of 12th graders reported vaping—more than an 8 percent increase from 2018. This is why it's important to talk with your teen to ensure he or she understands what vaping is and what the risks are.

WHY ARE YOUNG PEOPLE VAPING?

Teens and young adults vape for many reasons, including peer pressure and wanting to fit in with friends. They may also be curious about all the different flavored vaping liquids available to them. Companies that produce vaping liquids create appealing flavors, such as apple pie or vanilla, to attract teens and get them hooked on their product.

Vaping is also much more discreet than smoking traditional cigarettes or smoking marijuana via other methods. Vapes and e-cigarettes are small and can be easily mistaken for a USB drive, allowing students to use them in school bathrooms, in their own homes, or even in the classroom.

KNOW THE RISKS AND HARMS OF VAPING

There is a common misconception that vaping is completely harmless. The truth is, vaping is not safe, especially for teens and young adults. Research shows that 66 percent of teens think their vaping instrument only contains flavored liquid. What many don't understand is that these liquids may also contain toxic substances such as formaldehyde, diacetyl, and acrolein. Inhaling these chemicals can significantly harm their lungs.

Many vaping liquids also contain nicotine, which can be very addictive for teens and young adults, and can seriously impact their brain development. Exposure to nicotine at a young age can make it easier for teens to get hooked on vaping and using other tobacco products. Research has also discovered that individuals who vape are more likely to go on to use marijuana or smoke traditional cigarettes compared to their non-vaping peers.

Make sure you know the risks and are prepared to talk with your teen about them.

IDENTIFY THE SIGNS

Recognizing signs of vaping can be difficult if you don't know what to look for. One of the most telling signs that your teen may be vaping is the presence of vaping equipment among his or her belongings. Vaping equipment includes e-cigarettes, flavored liquid bottles, and small pods or cartridges that can contain THC oil. It's important to know that e-cigarettes come in many different shapes and sizes, and may not resemble a tobacco product. Many often resemble a pen or flash drive that can be plugged into a laptop to charge.

Other signs include, but are not limited to:

- A faint scent of flavoring in your house that you can't locate or identify;
- An increase in your teen's thirst level;
- A rise in the number and frequency of nosebleeds your teen experiences; and
- A decrease in your teen's caffeine consumption.



Do You Know About Marijuana? Talk With Your Kids About the Facts.

Marijuana: Did You Know?

Talk With Your Kids About the Facts.

Marijuana use may have a wide range of effects, both physical and mental.



Marijuana can cause cognitive and physical issues such as breathing problems; increased heart rate; poor judgment and decision making; and difficulty with attention, concentration, coordination, problem solving, learning, and memory.^{1,2}

Young kids are using marijuana.



Approximately 1.2 million kids ages 12 to 17 used marijuana for the first time in the past year. That is about 3,300 kids a day.³

Marijuana can be addictive.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.⁴ Nearly one in 10 people who try marijuana also become addicted to it.⁵

Teens have a higher risk than adults of becoming addicted to marijuana.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.⁶ One in six people who start using marijuana as teenagers will become addicted.⁷

¹ Crane N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

² Meier, M. H., Caspi, A., Ambler, A., Harrington, H., Houts, R., Keefe, R. S. E., McDonald, K., Ward, A., Poulton, R., & Moffitt, T. E. (2012). Persistent cannabis users show neuropsychological decline from childhood to midlife. *PNAS*, *109*(40): E2657–E2664.

³ Crane, N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

⁴ Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, *72*(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

⁵ Crane, N. A., Schuster, R. M., Mermelstein, R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

⁶ Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, *72*(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

⁷ Hall W, Degenhardt L. Adverse health effects of non-medical cannabis use. *Lancet* 2009;374:1383-91.

Start talking with your kids about the facts. For tips on how—and when—to begin the conversation, visit www.underageddrinking.samhsa.gov.

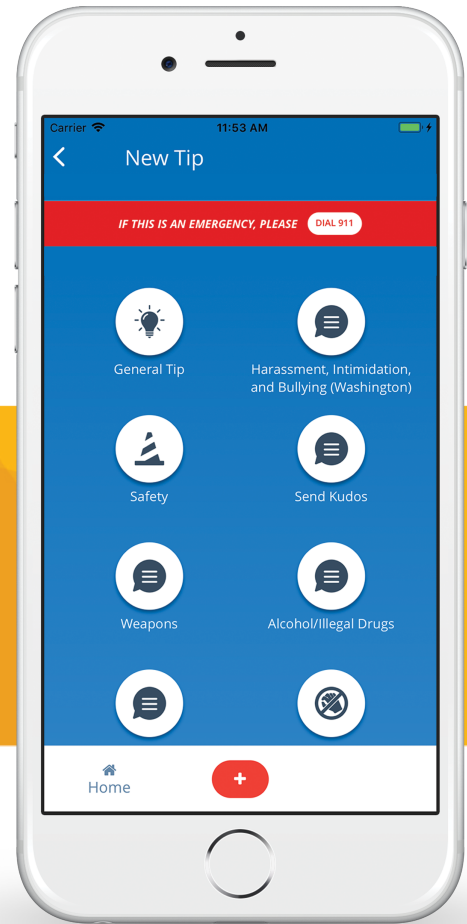


Paulding County School District

Report It

Vector Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.

SUBMIT USING OUR APP



FOR EMERGENCIES, PLEASE CALL 911

EASY WAYS TO REPORT



Visit the website
<http://1895.alert1.us>



Email your Tip to
1895@alert1.us



Call to report your tip
470.264.6152



Text your Tip to
470.264.6152

REPORT ON:

- BULLYING
- INTIMIDATION
- HARASSMENT
- WEAPONS
- DRUGS
- OTHER



Our District Code is: 1895

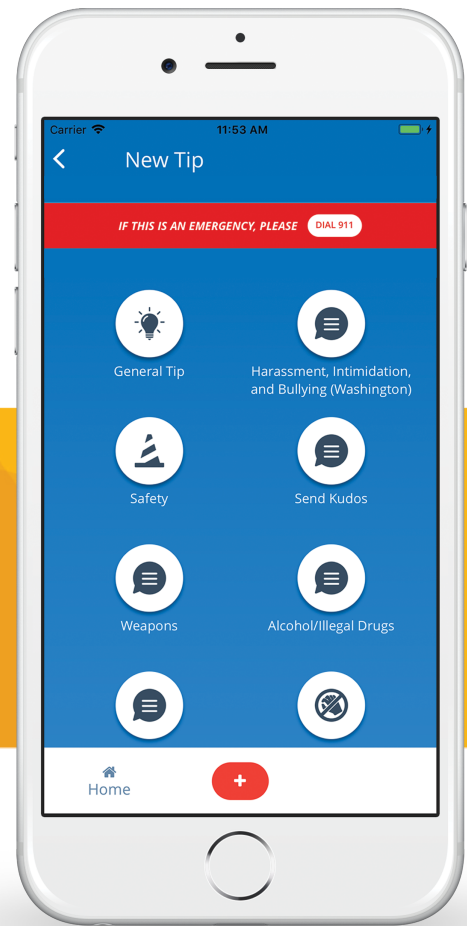
All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.

Paulding County School District

¡Denúncielo!

Vector Alert es el servicio de denuncias de nuestro distrito. Si tienes información sobre una amenaza a nuestra seguridad, ¡haz tu parte y denúnciala! Y recuerda que puedes permanecer en el anonimato.

ENVÍA CON NUESTRA APLICACIÓN



EN CASO DE EMERGENCIAS, LLAMA AL 911

FORMAS FÁCILES DE DENUNCIAR



Visita el sitio web
<http://1895.alert1.us>



Envía un correo electrónico para hacer tu denuncia
1895@alert1.us



Llama para hacer tu denuncia
470.264.6152



Envía un mensaje de texto para hacer tu denuncia
470.264.6152

DENUNCIA:

- BULLYING
- INTIMIDACIÓN
- ACOSO
- ARMAS
- DROGAS
- OTRO



Nuestro Código de distrito es: 1895

All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.