



Engage.
Inspire.
Prepare.

Paulding County School District Prevention/Intervention News

March 2019

Most of our Students Do NOT Vape, Drink Alcohol or Use Marijuana

Ask any teenager and they might tell you, "Everybody does it." Here in Paulding County, that's simply not true! Paulding County middle and high schools participated in a positive social norming poster campaign to show students how FEW of them actually vape, drink alcohol, or use marijuana. The posters were based on each school's data from the 2018 Georgia Student Health Survey. Thank you to the Drug Free Paulding Community Coalition for sponsoring the campaign.

Digital Citizenship and Cyberbullying

The internet can create a false sense of anonymity, making it easy to push aside cultural norms and values. Students often say things to each other on social media sites, gaming sites, or over text messaging that they would never say to someone in person.

Digital citizenship is the first step towards combating cyberbullying. This means teaching youth to act as responsible citizens in the online world, just as they do in the real world. If students are taught to respect each other online then we have moved one step closer to making the internet a kinder place for them.

Students need to feel safe to report bullying behavior or suicidal messages to a Trusted Adult. Parents are encouraged to talk about these topics with their child, multiple times, as their maturity grows and their use of the internet expands accordingly.



"Good habits formed at youth make all the difference." ~Aristotle



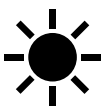
End of the School Year Can Be Stressful!

As the end of the school year approaches, students are preparing for standardized tests, final exams, proms, graduations and other fun but stressful events. This time of year is stressful for parents too!

What do you do to relax? When I ask parents this question, I often hear that parents don't have the time to relax. This concerns me because children are learning about relaxing, having fun and stress management from THEIR PARENTS! Believe it or not, your kids actually DO follow in your footsteps!



Watch TV. Listen to Music. Play Video Games. Go for a Walk. Write in a Journal. Read a Book. Exercise. Play a Sport. Play an Instrument. Call a Friend. Sing. Dance.



How can you tell if you aren't managing your stress well? Here are some signs that you might not be able to parent effectively because of stress:

- ✦ Feeling angry or irritable a lot of the time
- ✦ Feeling hopeless
- ✦ Having trouble making decisions
- ✦ Crying easily
- ✦ Worrying all of the time
- ✦ Arguing with friends, partner or spouse
- ✦ Overeating or not eating enough
- ✦ Being unable to sleep or wanting to sleep all the time
- ✦ Health problems like: sore back or neck, headaches, upset stomach, high blood pressure.

The list on the left has some suggestions for healthy activities to relieve stress. Continue adding your own ideas to the list too!

APRIL IS NATIONAL
CHILD ABUSE
PREVENTION MONTH

SHOW YOUR
SUPPORT WITH A
BLUE BOW ON YOUR
DOOR.

MAKE YOUR OWN
BOW OR ORDER ONE
FROM THE
PAULDING CHILD
ADVOCACY CENTER



Parents have an important role of modeling healthy behaviors that will teach young people how to handle the normal stress that comes with academic, social and extracurricular activities.

"It's not the load that breaks you down, it's the way you carry it." Lou Holtz



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