

# Paulding County School District Prevention/Intervention News



May 2019

## Keeping Kids Safe

### *Mental health warning signs*

Suicide is the 2<sup>nd</sup> leading cause of death in youth ages 10-14 and the 3<sup>rd</sup> leading cause of death in youth ages 15-19 in Georgia. Paulding County School District takes all warning signs of suicide seriously and we would like to encourage our families to do so as well.

This time of the school year is extremely stressful for students of all ages. Testing, final exams, graduation, etc. can add to the stress of students who may already be struggling with grief or other problems in their personal lives.

Some warning signs that your child might need to be assessed by a professional therapist:

- Lack of interest in things/activities they used to enjoy
- Sleeping too much or insomnia
- Change in behavior – irritability, angry outbursts, withdrawal from family and friends
- Drop in grades
- Any talk or writing about suicide

Suggestions for safety of youth of all ages:

- Prescription medication and firearms should be stored in a locked cabinet/safe

If you are concerned about your child, please call the **Georgia Crisis Line 1-800-715-4225** or go to the nearest Emergency Room.

*“A teacher plants the seed of knowledge, sprinkles them with love, and patiently nurtures their growth to produce tomorrow’s dreams.” Author Unknown*

**THANK YOU**

**to all of the fabulous PCSD teachers for a great school year!**



## Congratulations *To All PCSD Grads*

Whether your child is graduating from Pre-K or High School, this is a milestone. Congratulations to them as they walk into their next adventure: a new school, a higher grade, college, military, into adulthood, whatever their life holds for them. Congratulations to the parents and guardians who have held their hands, tied their shoes, wiped their tears, cheered them on, taught them to drive, encouraged them through their losses and now watch them walk across the stage. Enjoy these days. They pass quickly.



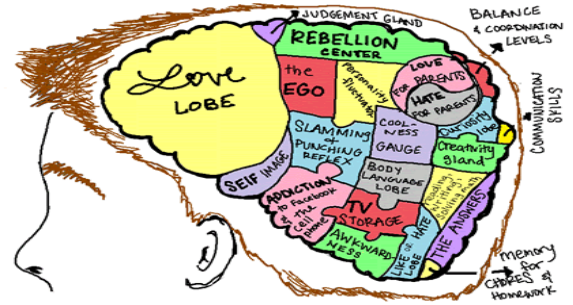
# Connecting with Your Pre-Teen or Teen

*Even when it's difficult!*

The teenage years are a time of independence and needing routines, testing limits and impulsiveness, wanting to be treated as an adult and acting childish. All at once! As confusing as it is for the adults in their lives, it's equally as frustrating for the teenagers themselves because they can't explain their rapidly changing emotions. Here are a few things that might help you connect with your teenager:

- **Schedule a family dinner night** at least once/week. Research shows that family dinners increase resilience in kids.
- **Share ordinary times** like driving in the car or walking the dog and use these times to have conversations.
- **Get involved, be involved and stay involved** in their activities. Attend practices, games, and performances as often as you can. Keep up with their grades via the PCSD online portal. Get to know your teen's favorite app or video game.

## THE AVERAGE TEENAGE BRAIN



- **Get to know your child's friends.** Invite them to your home.
- **Be interested** in their ideas and feelings, even when you don't agree or can't understand the feelings. Just listen to them and help them to problem solve without giving them a solution. You will teach them critical skills and they will come to you with big problems if you are a good listener with small ones.
- **Set clear limits.** Your teen will push your limits but it's important that you are consistent in following through on fair consequences that are related to the behavior. Pick your battles. Try to provide choices in matters that are less important.
- If you are worried that your teen may be struggling emotionally or abusing alcohol or drugs, reach out for help. Call the **Georgia Crisis Line at 1-800-715-4225.**

Information from:

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>



BY THE TIME THAT WE REALIZE OUR PARENTS WERE RIGHT, WE HAVE KIDS WHO ARE THINKING WE'RE WRONG...

~ANONYMOUS

