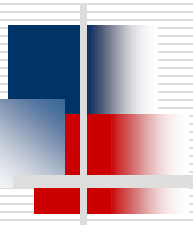


Parenting 2.0: Safeguarding Our Children in Challenging Times



ACADEMY
DISTRICT 20

The Peak of Excellence

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Challenging times

- ❑ The leading causes of death for children are suicide, accidents, and homicide
 - ❑ In recent years more young people have died from suicide than from cancer, heart disease, HIV/aids, congenital birth defects, and diabetes COMBINED.
 - ❑ Adults have a responsibility to work on prevention at school and in homes and neighborhoods
 - ❑ Children are dying in nearly record numbers
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Recommendations for parents

- ❑ Bring back the family meal
 - ❑ Don't let technology steal your child
 - ❑ Avoid setting their room up to be a kingdom
 - ❑ Know where your child is and know their friends and their parents—Network
 - ❑ Support the school and let your child experience consequences
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Current Issues:

Driving and riding in cars

- ❑ Most dangerous thing your child does
 - ❑ Approximately 3000 U.S. teens die in car accidents every year and most were not wearing seatbelts
 - ❑ Graduated driving laws when enforced save lives
 - ❑ Don't let your teen be "INTEXTICATED"
 - ❑ Contract for life www.sadd.org
 - ❑ Irony is you thought the phone was for safety!
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More recommendations

- ❑ Avoid putting children in the middle of divorce
 - ❑ Importance of modeling—Gandhi quote
 - ❑ Enjoy your children and let them know they are the sons and daughters you always wanted
 - ❑ Make family the priority but don't try to be best friends with your child
 - ❑ Separate the deed from the "doer"
 - ❑ Teach restitution
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Current Issues: Technology/Internet/Social media



Current Issues:

Technology/Internet/Social media

- ❑ There is something dangerous and largely unguarded in almost every home!
 - ❑ Children today view being connected as a birthright but it is a privilege
 - ❑ What are sexting and cyberbullying all about?
 - ❑ Technology access very likely interferes with your child's sleep
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Tips for Parents

- ❑ Online activities are not just your child's business
 - ❑ Discuss online behavior with them and what information is appropriate to share
 - ❑ Demand to know the online communities and your child's password
 - ❑ Be up front that you will investigate their postings, profiles, website etc. because you care!
Take Charge!
 - ❑ Numerous programs allow parents to monitor cell phone and internet activity
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Fathers need to be more involved



- ❑ Reality is that “parent” is still a code word for Mom in most families
 - ❑ The supreme test of a society is can it teach men to be good fathers?
Margaret Mead
 - ❑ Positive association between father involvement and child well being and academic success
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Youth Risk Behaviors: 2015

Youth Risk Behavior Surveillance Survey High School

- ❑ 29.9% felt sad or hopeless
- ❑ 17.7% seriously considered suicide
- ❑ 14.6% made a plan
- ❑ 8.6% made one or more attempts
- ❑ 2.8% actually got to medical help

Only one out of three who attempt suicide get to help

28% of U.S. students in grades 6–12 experienced bullying.

20% of U.S. students in grades 9–12 experienced bullying.

Current Issues: Bullying and Suicide

- ❑ Children who have been bullied have reported a variety of behavioral, emotional and social problems.
 - ❑ Suicide is the second largest cause of mortality in children and adolescents.
 - ❑ Studies reported positive associations between all bullying types and suicidal risks.
 - ❑ High risk groups include: LGBT, Disabled, Race & Religion
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Youth Suicide in CO: 2014

Colorado Healthy Kids Survey

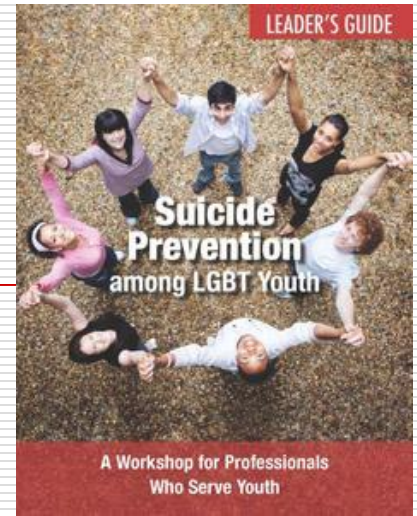
LGBT

- ❑ 24.3% felt sad or hopeless (59.4%)
- ❑ 14.5% seriously considered suicide (48.5%)
- ❑ 11.4% made a plan
- ❑ 6.6% made one or more attempts* (28.2%)

**in past 12 months*

Current Issues: LGBT and Suicide

- ❑ Higher rates of family rejection & gender based bullying
 - 8X more likely to have attempted suicide
 - 6X more likely to have higher levels of depression
- ❑ Family Acceptance Project
- ❑ Human Rights Campaign: LGBT-Friendly Cities in US included Denver, Boulder, Aurora, & **Colorado Springs**



Current Issues:

Non-suicidal self injury (NSSI)

...a variety of behaviors in which an individual intentionally inflicts harm to his or her body ***for purposes not socially recognized or sanctioned and without suicidal intent***



Talking to kids about NSSI:

A Respectful Curiosity

- ❑ Connect with compassion, calm and caring.
- ❑ Understand that this is his/her way of coping with pain.
- ❑ Show a “respectful curiosity”
- ❑ Refer and offer to go with your child to the school counselor, psychologist, social worker or nurse.
- ❑ Do not discourage NSSI
- ❑ Never publicly humiliate your child or talk about their SI in front of peers.
- ❑ Get help and if NSSI behaviors become repetitive, seek out Dialectical Behavior Therapy.

HANDOUT:

http://www.selfinjury.bctr.cornell.edu/documents/pm_respectful_

Current Issues: Depression



Current Issues: Childhood & Teen Depression

- ❑ Not a weakness or flaw and kids can not just “snap out of it”
 - ❑ More than sad, a mood disorder that affects a person thinks, feels, behaves
 - ❑ Depression may run in families but it is still not known if it is genetic or learned.
 - ❑ Estimates are that by end of teen years that 20% of adolescents will have suffered from depression
 - ❑ The majority do not received treatment
 - ❑ Untreated depression can lead to substance abuse, academic failure and even suicide
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Symptoms of Teen Depression:

Present for more than two weeks and affects daily functioning

- ❑ Persistent sad, irritable mood
 - ❑ Sense of hopelessness
 - ❑ Withdrawal from friends, family, activities
 - ❑ Lack of energy and enthusiasm
 - ❑ Changes in appetite & sleeping patterns
 - ❑ Risky behaviors (drinking & driving; gun play; choking game)
 - ❑ Suicidal thoughts
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Symptoms of childhood depression

- ❑ Vague somatic complaints (headache, body aches)
 - ❑ Frequent absences from school
 - ❑ Regression in behaviors (thumbsucking, bedwetting)
 - ❑ Behavior problems at school
 - ❑ Drop in grades
 - ❑ Frequent absences
 - ❑ Suicidal comments and fascination with death
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Depression is treatable

- ❑ Depression may be related to brain chemicals and medication can be effective
- ❑ Depression may be triggered by a stressful events and counseling can be effective
 - ❑ Loss (romance; death by suicide; dignity)
 - ❑ School (academic/discipline crisis)
 - ❑ Home (arguments; abuse; domestic violence)
- ❑ Most effective treatments involve a combination of cognitive behavioral therapy and medication

Current Issues:

Youth Suicide: Tips for Parents

- ❑ Do not be afraid to talk to your child
 - ❑ Know the risk factors and warning signs
 - ❑ Act immediately to get help
 - ❑ Turn to school and community mental health resources
 - ❑ Tighten the circle of care that surrounds your child
 - ❑ Remove all lethal means: Get the gun out of the house
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Risk factors of youth suicide

- ❑ There are no predictors of youth suicide
 - ❑ Risk factors come together in a perfect storm
 - Alcohol & substance abuse
 - Accessibility to means (firearms)
 - Depression/Co-morbidity
 - Previous suicidal behaviors
 - History of trauma or loss
 - Hopelessness
 - Impulsivity
 - NSSI
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Warning signs of youth suicide

Adolescents

- ❑ Suicide notes/social media posts
 - ❑ Threats
 - ❑ Plan/method/access
 - ❑ Depression (helplessness/hopelessness)
 - ❑ Giving away prized possessions
 - ❑ Exposure to suicide
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Warning signs of youth suicide

Elementary

- ❑ Efforts to hurt self
 - ❑ Running into traffic
 - ❑ Jumping from heights
 - ❑ Scratching/cutting/marking the body (NSSI)
 - ❑ Death & suicidal themes
 - ❑ Sudden changes in personality, friends, behaviors
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HELP

Turn to the school for

- Suicide is preventable
 - Everyone plays a role in suicide prevention
 - There are evidence-based treatments for all risk factors
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Recommendations for schools

- ❑ Provide developmentally appropriate safety information in all school communications
 - ❑ Elementary level address bicycle and water safety
 - ❑ Middle school meeting for parents includes dangers of the choking game and suicide warning signs
 - ❑ H.S. level meeting includes above and information about graduated driving and dangers of substance abuse
 - ❑ Provide parent training sessions and referrals to community mental health providers
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Recommendations for schools

- ❑ Utilize school technology experts to help parents keep up with the latest developments
 - ❑ Inform the parents of adolescents about the consequences of sleep deprivation
 - ❑ Welcome parental input into safety planning
 - ❑ Teach parents the importance of restitution and separating the deed from the “doer”
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Protective factors

- Good relationships with other youth
 - Seeks adult help when needed
 - Lack of access to suicidal means
 - Access to mental health care
 - Religiosity
 - School environment that encourages help seeking and promotes health
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Protective factors

- ❑ Family cohesion and stability
 - ❑ Coping and problem solving skills
 - ❑ Positive self worth and impulse control
 - ❑ Positive connections to school and extracurricular participation
 - ❑ Successful academically
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Helping children: key points

- ❑ Recognize their developmental levels and protect children from horrific violence in television, movies and video games
 - ❑ Reach do not preach to your child and insist your child's life revolve around their family
 - ❑ Support the school and do not prevent your child from receiving consequences because children learn from their mistakes
 - ❑ Be realistic about academic expectations
 - ❑ Do not hesitate to get professional help when it is recommended
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Resiliency

- ❑ Learned behavior
- ❑ Importance of being surrounded by caring family and friends
- ❑ Utilize coping skills and vent strong emotions
- ❑ Keep an optimistic view
- ❑ www.apa.org



Recognize that all children need:

- ❑ Three or more significant adults in their lives in addition to parents.
 - ❑ A sense of safety and belonging in the home, school, and community.
 - ❑ Three or more hours of organized activities weekly.
 - ❑ Adolescents need volunteer work
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In Conclusion

Be involved in your child's life especially
outside of school! YOU ARE THE
PARENT!

www.nova.edu/suicideprevention

*Scott's most recent book, **Suicide in
schools: Routledge Publishing (2015)***

Contact email

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YOUTH SUICIDE: Resources



Suicide Prevention Resource Center

sprc.org

American Association of Suicidology

suicidology.org



American Foundation for Suicide Prevention

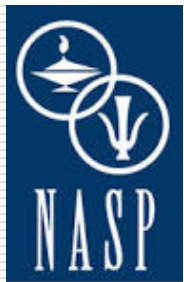
afsp.org

National Association of School Psychologists

nasponline.org

Centers for Disease Control

cdc.gov



NATIONAL
ASSOCIATION OF
SCHOOL
PSYCHOLOGISTS



American Foundation
for Suicide Prevention