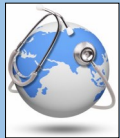




April / 2022

Upcoming Events

- National Autism Month
- Alcohol Awareness Month
- National Child Abuse Prevention Month
- 3/ Daylight Savings Ends
- 7/ World Health Day
- 22/ Earth Day



- 23/ Shakespeare Day
- 25-29/ Youth Violence Prevention Week

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Dangers of Snapchat Drugs

A growing trend amongst adolescents is the easy access to drugs found through Snapchat. Limiting screen time and social media has become a major struggle for parents. Social media networking gives children access to a wide variety of local users, including drug dealers. At least 15 states have reported the sale of counterfeit pills masked as Xanax, Percocet or Oxycontin through Snapchat. There have also been reports of teenagers dying from purchased drugs over social media which have been laced with fentanyl. Other social media platforms, including Facebook, Instagram and Tiktok also give access to the sale of illicit drugs and dealers use these sites to evade detection. Parents are encouraged to build a trusting relationship with their children by seeking to understand and education, as well as monitoring social media usage as much as possible. Visit: <https://www.foundationswellness.net/addiction-news/3-new-drug-trends-among-youth-2022/>



Emerging Drug Trend

A new drug-like substance, named Paint, is finding its way into high schools in California. This pill is clear with a reddish-brown dust color and each pill is said to cost only \$5. It is highly addictive and has psychedelic qualities. The Drug Enforcement Administrative believes “paint” is a slang word for cocaine, but they are unsure. Labs are currently testing the discovered pills to find more information about it. For more information on the this drug, please visit: <https://fox40.com/news/local-news/citrus-heights-police-principal-warn-families-about-paint-after-student-sells-suspected-drug-on-campus/#:~:text=A%20guide%20from%20the%20Drug.can%20be%20slang%20for%20cocaine.>

What People See:

Addiction



What Might Be Going on Under the Surface:

Depression

PTSD

Unhealed Trauma

Poor Parenting

So much more

Boredom

ADHD

Loneliness

Mental Illness

A person trying to cope

@letstalk.mentalhealth





12 Tips for Raising Confident Kids

1. Model confidence yourself. If you tackle new tasks with optimism and lots of preparation it sets a good example for kids.



2. Don't get upset about mistakes. Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them.

3. Encourage them to try new things. Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.

4. Allow kids to fail. It's natural to want to protect your child from failure, but trial and error is how kids learn, and falling short on a goal helps kids find out that it's not fatal.

5. Praise perseverance. Learning not to give up at first failure or bail after one setback is an important life skill. Confidence is about being resilient enough to keep trying, and not being distressed if you're not the best.

6. Help kids find their passion. Exploring their own interests can help kids develop a sense of identity, which is essential to building confidence. Seeing their talents grow will also give a huge boost to their self-esteem.

7. Set goals. Articulating goals, large and small, and achieving them makes kids feel strong.

8. Celebrate effort. Praising kids for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome.

9. Expect them to pitch in. They might complain, but kids feel connected and valued when they're counted on to do age-appropriate jobs, from picking up toys, doing dishes, etc. Being needed by your family is invaluable.

10. Embrace imperfection. Help them understand that what they view on TV and social media — the idea that others are always happy, successful, and perfectly dressed is a fantasy — and a destructive one. Being less than perfect is human and totally okay.

11. Set them up for success. Challenges are good, but they should have opportunities where they can find success. Help get them involved with activities that make them feel comfortable and confident enough to tackle a bigger challenge.

12. Show your love no matter what.

What Selfies Are Doing to Self-Esteem

How they can exacerbate insecurity, anxiety and depression

The average woman between 16 and 25 years old spends over five hours a week taking selfies. With multiple attempts, makeup, re-touching and filters, it's become a competition for the perfect image. The chances of feeling like you don't measure up are very high, which makes experts worry about kids' self-esteem.

Social media can make kids who are depressed or anxious think less of themselves and spend more time comparing themselves to others. The problem of selfies has been the subject of research and surveys. There is even a phrase to describe people who are fixated on so-called flaws in their appearance because of selfies. It's "selfie dysmorphia." It is similar to a diagnosis called body dysmorphic disorder, a mental health disorder related to OCD.

Help your child be more aware of how they use social media, try:

- Discussing how it makes them feel
- Encouraging them to think about how they are feeling before they pick up their phone and that they need to put it down if they start to feel bad about themselves
- Compliment your daughter on how she looks, but also on the things she does and how hard she works.

When she can see how all her skills (academic, sports, interpersonal, etc.) grow with time and effort, she'll feel proud of herself. It will help her learn to look at who she is and not fixate on how she looks.



TOM WOLF, GOVERNOR
 JENNIFER SMITH, SECRETARY

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