



May / 2022

### Upcoming Events

- National Autism Month
- Alcohol Awareness Month
- National Child Abuse Prevention Month
- 7/ World Health Day



- 22/ Earth Day
- Shakespeare Day
- 25-29/ National Youth Violence Prevention Week

### Center for Humanistic Change

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## UNDERAGE DRINKING STATS

Nearly 1/3 of all drunk driving deaths happen to people ages 16-20.

1/3 drunk driving deaths:  
16-20 YEAR OLDS



There are about 10.8 million underage drinkers in the United States.



One in six teens binge drinks.



Only 1 in 100 parents believes his or her teen binge drinks.

# 100 PARENTS

Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

### Drug Overdose Death Rates

96k+

Over 96,700 people die from drug overdoses in a year.

72%

Opioids are a factor in 7 out of every 10 overdose deaths.

1M

Drug overdoses have killed almost a million people since 1999.

Source: National Center for Drug Abuse Statistics

## When Teen Drinking Becomes a Disorder

Alcohol Use Disorder (AUD) develops from a variety of factors in a teen's life, including home environment, social situations, and genetics. Serotonin, which is a neurotransmitter, is determined by a combination of genetic factors and attributes to AUD. Poor serotonin function can lead to depression, impulsivity, antisocial behavior or aggression and in turn can predict AUD. Additionally, social influences often lead to teenage risky behavior. Adolescents tend to abuse alcohol and other substances when their romantic partner or friends drink more frequently or have more positive attitudes toward alcohol. The term "unstructured socializing" is when adolescents hang out without adult supervision and it increases risk taking behaviors. It is important for parents and community members to look out for the signs of AUD, including loss of interest in activities or hobbies, coordination disturbances, change in personal appearance, red eyes, and slurred speech. Source: NY Times 10.21.19



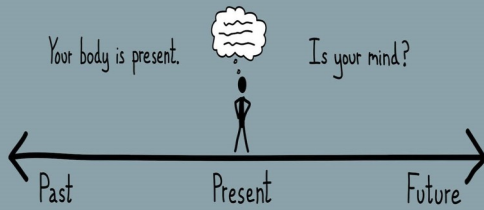
# Four Ways to Teach Digital Safety to Children

## How Kids Can Benefit From Mindfulness

When kids direct their attention to what they're doing in the moment, they become more absorbed in the present, which helps them spend less time thinking about the past or the future. Once they learn to be more mindful, they may appreciate any activity more, from eating lunch to brushing their teeth.

Practicing mindfulness may help kids:

- Zone out less often.
- Spend less time thinking about past mistakes or worrying about the future.
- Lower their stress levels.
- Improve their mood and self-confidence.
- Reduce their risk of depression.
- Feel more optimistic and appreciate life more.



## Ways That Your Child Can Adopt Mindfulness Techniques

Try different activities together, focusing on the sensations you feel in the moment:

- **Eat mindfully.** Sit at the table without distractions (like television), notice everything about your food: How it looks, smells, tastes. How hot or cold it feels. The texture on your tongue.
- **Take a walk.** Notice your knees bending, arms swinging and feet hitting the ground. Or notice sights and sounds that you encounter, like colorful birds or the whoosh of passing cars.
- **Focus on your breath.** Sit with your eyes closed, and breathe in and out. Feel the cool air enter your nostrils, notice your chest rise and fall. Make your breathing more interesting, run in place for a minute first.

## 1. When appropriate, discuss news about cyberbullying and privacy issues with the whole family.

Ask how your child might respond to certain incidents, and invite feedback about how you can best help them with any issues online.

Remember both of your responses are likely to change as your kids age, so keep these dialogues ongoing.



## 3. Come to bullying solutions together.

Many kids don't tell their parents that they're being cyberbullied out of shame or embarrassment. They also might be afraid your involvement will make things worse.

Whatever the outcome is, make sure you and your kid are in agreement.

## 2. Monitor for behavior and mood changes.

It's rarely advisable to betray your child's trust by scrolling through their text messages or private communications without their knowledge. This can easily backfire and lead to even more secretive behavior.

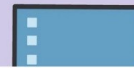
Instead, watch out for mood changes and red flag behaviors, which may indicate something isn't going well online.



## 4. Prepare your child for bad behavior before it happens.

Teach them to walk away without retaliating when bullying starts. When possible, "block" them from communicating with your child online. If somehow the bullying continues, document the exchanges as evidence.

As a parent, this is the best stage to intervene.



## GRANDPARENTS Raising Grand Kids

Call Kinconnector helpline 1-866-KIN-2111 or visit online at: [kinconnector.org](http://kinconnector.org)

## Mind "Full" vs. Mindful

Learn to be present and enjoy the moment.

