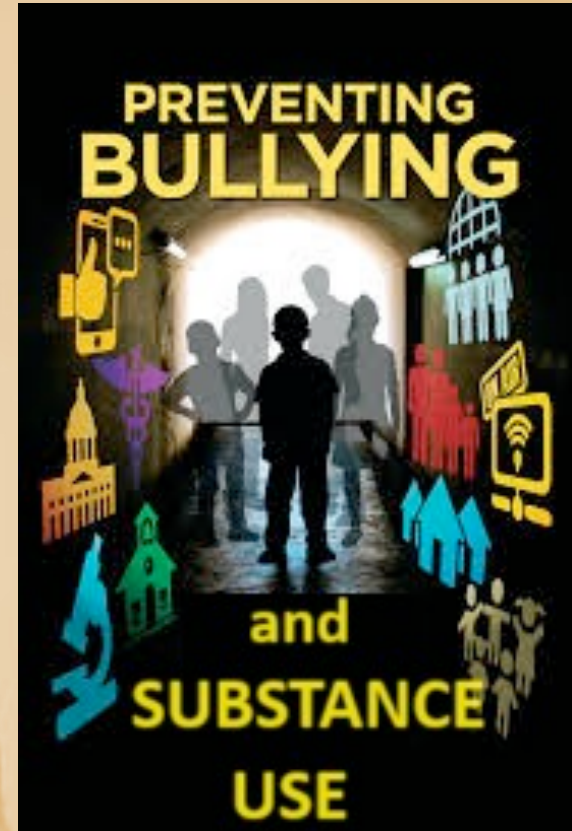
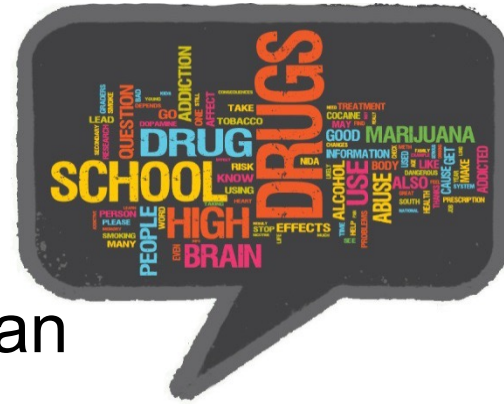


# RECOGNIZING & RESPONDING TO SUBSTANCE USE & BULLYING



A presentation by

# Know the Facts



- More teens die from prescription drugs than heroin/cocaine combined.
- By the 8th grade, some adolescents have consumed alcohol, smoked cigarettes, and/or used marijuana.
- Teens who consistently learn about the risks of drugs from their parents are up to 50% less likely to use drugs than those who don't.
- In a 2019 survey, 20% of students reported being bullied.
- Reports of bullying are highest in middle schools.
- Kids' sense of safety & self-esteem can be impacted.

# How Can I Tell If My Child Is Using Drugs?

## Physical Evidence of Drug Use

- Liquor missing or watered down
- Prescription meds disappearing
- Child sneaking out and staying out past curfew
- Changes in friends
- Stealing money or frequently asking for money
- Locking bedroom or bathroom doors
- Making secretive calls/hiding text messages

# How Can I Tell If My Child Is Using Drugs?

## Changes in Appearance & Presentation

- Red eyes and frequent use of eye drops
- Runny nose (or nose bleeds)
- Wearing dark glasses when not necessary
- Changes in weight, sleep habits
- Cold, sweaty palms or shaking hands, fidgeting
- Hostility, aggression, irritability or anger
- Changes in mood
- Withdrawal, secretiveness
- Loss of interest in what they used to enjoy

# MARIJUANA FACT:

“

Marijuana use in adolescence is linked with an increased risk of depression, as well as suicidal thoughts and attempts, before age 32.

”



<https://www.inquirer.com/health/marijuana-cannabis-depression-anxiety-suicide-mental-health-20190213.html>



## JOHNNY'S AMBASSADORS



“

Adolescent cannabis use may be linked to long-term harms, including cognitive impairment and increased risk of schizophrenia.

”

“

Cannabis use in youth may lead to reduced educational attainment, and, in adults, to poor work performance and dangerous driving.

”

“

Heavy, chronic, and early cannabis use that is not confounded by other drug use is associated with psychosis-relevant phenomena and cognitive deficits.

”



# Learn the Facts to Keep your Teen Safe

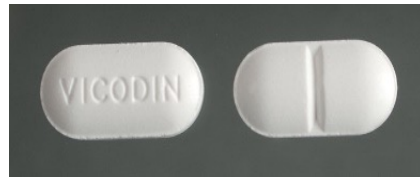
Xanax



Fentanyl



Vicodin



Ritalin



Inhalants



# Vaping: Know the Facts



- A person is 4x more likely to start smoking cigarettes if you vape.
- Vaping can increase irritability, impact attention, memory & learning.
- Vaping can impact how someone thinks, acts, feels & behave.

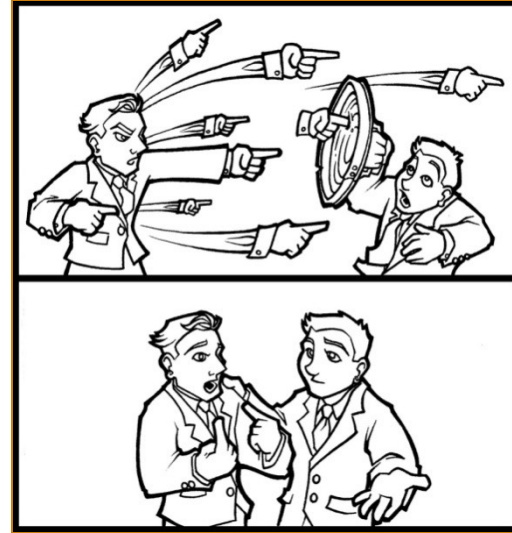


- Most e-cigs & vaping products contain nicotine.
- Some people use e-cigarettes to vape marijuana.



# I THINK MY CHILD IS USING

- **Look for signs**
- **How to Ask**
  - Be direct
  - Watch your tone of voice
  - Talk about your own memories
  - Express concern/Show your love
- **How to Talk**
  - Stay calm
  - Focus on the behavior and why it worries you
  - Consider granting immunity
  - Reward honesty in the future.
- **Seek help**



**Drunk/High/Impaired =  
NOT a good time to talk**



# Types of Bullying

- Bullying is unwanted aggressive behavior that can be physical or verbal, as well as done socially or electronically.
- Physical bullying is hitting, kicking, pushing, etc.
- Verbal bullying is name calling, threatening others, etc.
- Social bullying means gossiping, spreading rumors or friendship manipulation (telling others not to be friends with someone).
- Cyberbullying is bullying with the use of digital technology (i.e. texting, social media, gaming platforms, etc.).



# Traditional vs Cyberbullying

Direct/in person

Community property such as parks

Happens on school

Can escape at home

An extension of traditional bullying

Occurs via social media or digitally

Difficult to know who started it

Can be anonymous

Inescapable

Often many students involved

# Possible Signs of Being Bullied

- **Withdrawal**
- **Irritability**
- **Sadness**
- **Anxiety**
- **Aggression**
- **Loss of self-esteem**
- **Suddenly stops using phone or computer**
- **Upset after using electronics**
- **Changes in eating or sleeping**
- **Unexplained injuries or physical ailments**
- **Hurting or attempting to hurt self**
- **Not wanting to go to school or skipping school**
- **Suddenly changing or avoiding friends**
- **Drop in grades**
- **Loss of interest in school**



# What Parents Can Do To Help

- Be familiar with your child's friends
- Listen and support your child.
- Help your children with problem solving skills.
- Take bullying seriously.
- Stop any bullying that you witness in a safe manner.
- Encourage your child to safely stand up for others.
- Ask for help from school staff.

## Teach your child:

- Coping skills
- Role play how to handle bullying situations
- Social skills

## Allow your child to talk to you without overreacting

- Identify the bullying behavior
- Empower children witnessing the bullying

**Get help  
from others**

Tell the bully  
assertively to  
stop  
threatening  
him/her

**Avoid the  
bully**

Use humor to  
defuse the  
bullying

**Project  
confidence**

**Join with  
others:** Look for  
others to  
intervene

Do not fight back:  
Counter-aggression  
increases the  
likelihood of continued  
victimized

**Do not insult the  
bully;** this will  
only fuel their  
anger.

**Regulate:** Use  
coping skills to  
manage their  
anger.

**Express feelings**

# STRATEGIES FOR KIDS WHEN BEING BULLIED



# Strengthening your relationship with your child



- Be a good listener
- Build a warm & supportive relationship
- Set boundaries
- Ensure your expectations are clear
- Spend more family time
- Self care
- Be open
- Don't invalidate or criticize them

Do you  
have any  
questions?



Where  
can you  
get  
help?



**Contact  
school staff  
for support or  
resources for  
mental health  
services.**



**Please visit our  
website at  
[www.foothillfamily.org](http://www.foothillfamily.org)  
for more information  
about our services.**



**If you are  
interested,  
please call  
Foothill at  
626-993-3000,  
ext. 4**



**Foothill Family is also available to  
provide counseling support for  
students 0-21 years of age with  
Medi-Cal, including services for  
students under a self-pay  
program.**

