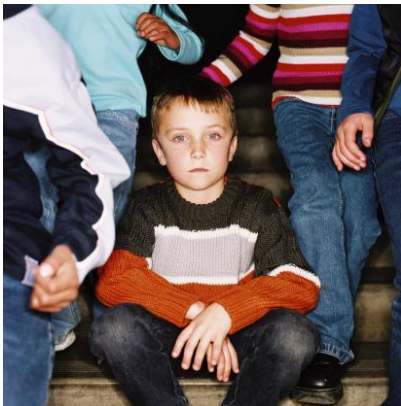




## CHEMICAL HEALTH

### TREND CORNER:

#### Youth Bullying: What Does the Research Say?



Bullying is one type of youth violence that threatens young people's well-being. Bullying can result in physical injuries, social and emotional difficulties, and

academic problems. The harmful effects of bullying are frequently felt by others, including friends and families, and can hurt the overall health and safety of schools, neighborhoods, and society.

The Centers for Disease Control and Prevention (CDC) defines bullying as any **unwanted aggressive behavior(s)** by another youth or group of youths who are not siblings or current dating partners that involves an **observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated**. Bullying may **inflict harm or distress** on the targeted youth including physical, psychological, social, or educational harm. A young person can be a perpetrator, a victim, or both (also known as "bully/victim"). Bullying can occur in-person and through technology. Electronic aggression or

cyber-bullying is bullying that happens through email, chat rooms, instant message, a website, text message, or social media.

The CDC works to understand and prevent bullying before it starts. Research is still developing and helps us to better understand and prevent bullying. School-based bullying prevention programs are widely implemented but not always evaluated. However, research suggests promising program elements include:

- Improving supervision of students
- Using school rules and behavior management techniques in the classroom and throughout the school to detect and address bullying by providing consequences for bullying
- Having a whole school anti-bullying policy, and enforcing that policy consistently
- Promoting cooperation among different professionals and between school staff and parents.
- [Read More:](#)

#### Drinking Games Common Among High School Students



Drinking games are popular among high school students, reports a new [study](#). In a sample of 595 high school students, 30 %

reported playing drinking games at least



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once in the past month, and 12 % reported playing twice or more in the past week. The authors, Brian Borsari and colleagues, analyzed the demographic and alcohol-related behavioral traits of current high school students who reported participating in drinking games. The study also notes that engagement in drinking games is connected to higher alcohol consumption, favorable anticipation of alcohol use, and increased motivation to drink, as was previously noted in studies about drinking games among college students. The National Institute on Alcohol Abuse and Alcoholism's partially funded study appeared online in the May 21, 2013, issue of *Addictive Behaviors*.

### Friends' Online Photos of Alcohol Use Increase Underage Drinking Risk



Exposure to online posts of friends' risky behavior significantly contributed to adolescent smoking and drinking, as

found by a new study of several hundred students whose average age was 15.

Teens who saw pictures on social media sites of their friends drinking alcohol or smoking were more likely to drink or smoke themselves. The investigators noted that while adolescents with friends who drink were at an elevated risk for drinking, exposure to photos of risky behavior online

appeared to pose a higher risk for teens with close friends who were nondrinkers. The National Institute on Alcohol Abuse and Alcoholism and the National Cancer Institute supported the study. [Read More: Peer Influences: The Impact of Online and Offline Friendship Networks on Adolescent Smoking and Alcohol Use](#)

### Drink Up, Drop Out: Underage Drinking and School Failure

Data from the National Survey on Drug Use and Health reveal that 32.3 % of dropouts between 2002 and 2010 reported past-month binge drinking, compared with 23.8 % of 12th graders who remained in school. These combined 2002 to 2010 data were released on February 12, 2013, by the Substance Abuse and Mental Health Services Administration (SAMHSA).



There was a sharp contrast in past-month drinking between dropouts and students who remained in school: 41.6 % of dropouts reported past-month drinking versus 35.3 % of students who completed high school. SAMHSA also found that current alcohol use and binge drinking rates by dropout status varied among racial groups, with 46.9 % of White dropouts reporting alcohol use, compared with 38.8 % of Black and 32.6 % of Hispanic youth who failed to complete high school.



Some racial differences in binge drinking rates for those who dropped out compared with youth who remained in school were especially significant: 36.2 % versus 28.8 % for White youth; 29.2 % versus 9.3 % among Black teens; and 26.4 % versus 22.3 % of Hispanic young people. The combined 2002 to 2010 data found that about one in seven youth, ages 16 to 18, has dropped out of school in the United States. [Read More: Substance Use among 12th Grade Aged Youths by Dropout Status](#)

### **New Documentary Explores Increase of Heroin Addiction as a Result of Prescription Drug Abuse**



Many communities around the country are seeing an uptick in the number of heroin-related overdoses. Much of that is due to people who abuse prescription painkillers switching to heroin after it becomes too difficult to obtain prescription opiates. A new documentary developed by the Safe Communities Coalition of Hunterdon and Somerset Counties. [Available online now:](#) explores this issue. [Read More:](#)

### **Early Romance May Be a Hallmark for Underage Drinking**

"Romantic relationships are a hallmark of adolescence," [Professor Pamela Orpinas](#) of the University of Georgia noted while discussing findings of research that she and her colleagues conducted with a group of 624 students, from 6th to 12th grade, from six school districts in northeast Georgia over a 7-year period.

However, she pointed out, "... dating should not be considered a rite of passage in middle school." Results of the study, supported by the Centers for Disease



Control and Prevention, suggest that adolescents who begin dating, and date often, during middle school are twice as likely to engage in underage drinking, smoking, and marijuana use and are four times more likely to drop out of school.

Students who reported the least amount of dating, or did not date at all, had the best study skills and the lowest rates of alcohol and drug use. Those who reported the highest frequency of dating had the worst study skills and were twice as likely to drink, smoke, and use drugs. Dr. Orpinas and her associates believe that early dating is one element in an overall pattern of high-risk behaviors. [Read More: Dating Trajectories From Middle to High School: Association With Academic Performance and Drug Use](#)





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## PROMOTE MENTAL HEALTH



**MS & HS students**

**report in surveys that  
VERBAL bullying is  
the worst kind. It can  
actually cause  
depression, anxiety &  
fear of coming to  
school.**

**Today in the hallway, challenge  
yourself to say something nice to  
someone who's not smiling.**