

CHEMICAL HEALTH TREND CORNER:

Powdered Caffeine Availability

People need to know that ingesting powdered caffeine is very dangerous. Teens and adults tend to underestimate the dangers of use even in very small amounts.



Just a teaspoon of powder can deliver a deadly punch of caffeine! The powder is often marketed as a weight-loss helper. It is also legally and easily obtained.

[Read More:](#)

[Read more about two deaths:](#)

Credit Card Grinder:

Provided by, Hutchinson School Districts' Police
Liaison Officer Berry, Hutchinson PD

A drug tool could be hiding in your teens' purse/wallet.

There are a variety of different kinds to purchase and some come with a wallet. Obviously from the size of it, there is

tremendous value in being able to conceal it (from an offender standpoint).

[Read More:](#)



Chemical Use in Adolescents; What Others See:

Carmen Morrow District 423 Chemical Health
Counselor

As parents, helping our adolescents navigate through the chemical world can be very challenging. Synthetic drugs keep emerging, marijuana potency has gone up drastically since the 1970's, and methamphetamine/Heroin rates are rising again. Yet, our focus should be on alcohol, tobacco/E-cigs and prescription drugs which are the most abused at this age. Education and involvement is the key in helping our children make healthy choices.

First, parents need to be aware that these drugs are available to their teenagers. Most of these drugs can be in your child's hands within hours and certainly within a few days. If your child wants to use; they can! Teenagers typically know who is using. A simple chat or text will easily provide them with a dealer.

Secondly, as a place to start we should be acknowledging that our teens are under a lot of stress and are confused about what is acceptable. The majority of our teens identify that they start using chemicals to

relieve stress and feel better about themselves. Often times they don't have the healthy coping skills to relieve the stress in their life. They want a fast fix to cope with the stress and that is what drugs do.

Much of the teen's confusion begins with the legalization of marijuana and various products marketed toward teens. With the legalization of these products, they see it as a more acceptable option to use. E-cigarette juice even has flavors catered to teens. We have seen an increase of pot smokers among our teens over the last few years, as they do not believe it is as addictive and harmful as previously believed. Marijuana dependency is the number one drug that our teens seek treatment for during their high school years. It quickly becomes a coping mechanism which keeps the teen in a destructive cycle rather than maturing with practiced lifestyle skills.

Adults that are invested in helping our adolescents make healthy choices and keeping our community safe should be more active. They should report underage parties and drug dealers by providing names that are supplying the drugs and the place of use. This can be done in a confidential manner. Parents want to know if their child is using, and authorities need assistance in finding the suppliers.

What are some signs and symptoms of chemical use?

- * The best indicator is your teen's friends. If their friends are making unhealthy choices the odds are that your

teen is too. Healthy friends quickly pull away leaving the teen surrounded by others that are making the same unhealthy choices.

- * At School: absenteeism (certain hrs. partial days, full days) suspension, chronic tardiness
- * Emotional signs: depression, withdrawal/avoidance, defensiveness
- * Physical signs: smell of drugs on breath or clothes, weight loss/overall deteriorating appearance, sudden mood swings, sneakiness/lying, glassy/blood shot eyes, fighting, drowsiness/hyperactivity

Parents have a vital role in helping their child navigate the teen years. As a parent, don't underestimate your importance. As teenagers, there is a natural independence that is occurring as family becomes less important and their friends become more important. As parents, we may have a tendency to become less involved in our teens life during this period. However, this is a time where parents need to be involved! A teenager's frontal cortex is still developing with impulse control, leading to their inability at times to make the right choice in the moment. Our teens need firm boundaries and need to be told often what is expected and not tolerated when it comes to chemical use.

The silent parent is often perceived by their child as giving permission. An actively engaged parent is effective in helping them develop healthy lifelong coping skills instead of turning to drugs.



FIVE THINGS to Know about Bullying

Many common assumptions about bullying are not supported by research. Below we debunk five common misassumptions about bullying, and present what we actually know.

1 **Bullying is not an epidemic.**

Many recent news reports about bullying have labeled the issue a "growing epidemic." In reality, bullying is not going up, it is also not going down. Ongoing prevention efforts are not lowering the overall rate of youth reporting being bullied.

2 **Traditional forms of bullying remain more prevalent than cyberbullying.**

Cyberbullying, or bullying through electronic communications, often dominates the current discourse on bullying, making it seem like it is the most common form of bullying. In reality, rates of cyberbullying are consistently lower than traditional forms of bullying. The vast majority of those who are cyberbullied are also bullied in traditional forms.

3 **Bullying alone does not cause suicide.**

Much of the recent attention to bullying has centered on several tragic cases of bullying-related youth suicides. Though bullying was likely a factor in each of these suicides, bullying was likely [not the only factor](#). Both those who are bullied as

well as [those who bully others](#) are at risk for suicide, with the highest risk for those who [engage in both behaviors](#). Publicizing youth who have died by suicide, may actually lead vulnerable youth to consider suicide, a process called [contagion](#). It is important for all youth who are thinking about suicide to get help. [Suicide Prevention Lifeline](#) (1-800-273-TALK).

4 **All youth involved in bullying are affected.**

Our concern about bullying typically focuses on youth who have been bullied. Research suggests that [those who bully others](#), as well as [those who witness bullying](#), are also at increased risk. It is therefore important to ensure that [all youth involved](#) in bullying are supported.

5 **Criminalization will not solve bullying.**

Bullying and/or cyberbullying laws will likely do little to actually help youth who have been bullied help correct the behavior of those who bully others.

we must focus prevention and intervention that have been [be effective](#), improving climate, social emotional and restorative practices, which focus on repairing relationships and restoring a positive environment.



Instead on strate [show](#) such schoo and learn