

Parenting in the Digital Age

Communication is the essence of a relationship.

QUOTES FROM Love is Greater than Hate, by BROOKS GIBBS

“Life is made up of choices. Choices have consequences!”

“If you don’t live with strategy and wisdom, you will live with regret!”

“Your influences affect your thinking, which affects your choices!”

“Who you are (your identity) drives what you do!”

“If you don’t decide who you are going to be, someone else will decide for you!”

STRAIGHT FACTS ABOUT BULLYING

- Over **5.7 million** youth in the United States are estimated to be involved in bullying as either a bully, or a target of bullying, or both.
- **282,000** students are physically attacked in secondary schools **each month**.
- Recent bullying statistics show that **half** of all bullying incidents go unreported.
- **77%** of students are bullied mentally, verbally, and physically.
- Each day **3 million** students miss school for fear of being bullied.
- Every **7 minutes** a child is bullied. Adult intervention is **4%**, peer intervention is **11%**, and NO intervention is **85%**.
- **75%** of school shooting incidents have been linked to harassment and bullying.
- Suicide is the **second** leading cause of death for high school students.
- Suicide is the **third** leading cause of death for college students.
- Suicide is the **fourth** leading cause of death for children ages 10-14.
- Children as young as **five** years of age have completed suicide.
- Bullying among youth is a **significant** public health problem.
- Kids who are bullied are **three to five** times more likely to have suicidal thoughts and attempt suicide.
- Social media **intensifies** bullying.

WARNING SIGNS AND RISK FACTORS OF TEEN SUICIDE

WARNING SIGNS

- Dramatic personality change
- Isolating from family and friends
- Having trouble getting along with friends or with parents
- Quality of schoolwork going down while under pressure to live up to expectations with grades
- Eating or sleeping habits changed
- Complaining of aches and pains, such as headaches or stomach aches, which have no apparent cause
- Loss of interest in appearance and hygiene
- Loss of appetite or wanting to eat all the time
- Giving away some of most prized possessions
- Writing notes or poems about death

RISK FACTORS

- Talking about suicide, even jokingly, saying such things as “That’s the last straw,” “I can’t take it anymore,” or “Nobody cares about me”
- Acting like a rebel in an unexplained and severe way
- Abusing drugs and/or alcohol including binge drinking
- Trouble with a girlfriend or boyfriend... a recent breakup
- Earlier suicide attempt or living through the suicide attempt of a loved one
- Family history of suicide
- Family history of violence or abuse
- Recent traumatic event

**THREATENING SUICIDE PRECEDES FOUR OUT OF FIVE
SUICIDAL DEATHS.**