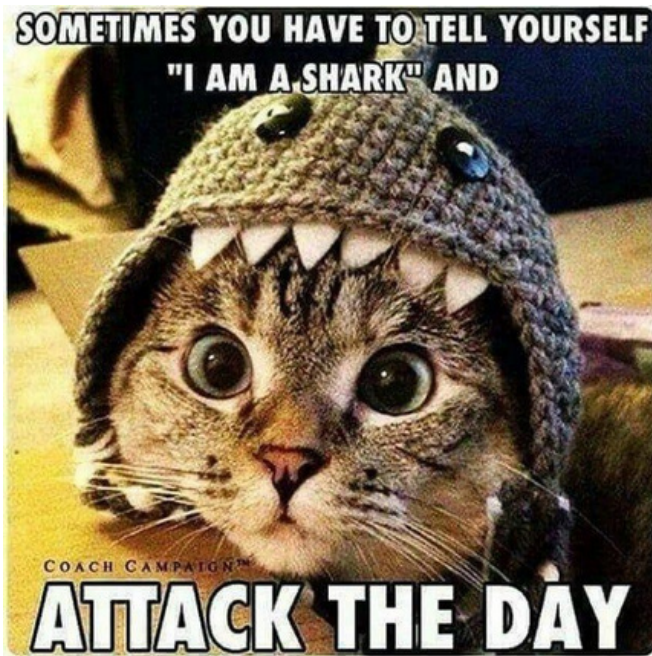


SAC CORNER

QUARTER 3

ISSUE 3 | 2024 - 2025



UPDATE:

ParentSquare has been a tricky transition for the SAC Corner. The SAC Corner will be moving to a quarterly issue via Canva.

CRISIS:

- 988 Lifeline - call or text 988 at any time 24/7 to talk for free and with confidentiality
- 2nd Floor - NJ's Youth Helpline - 888-222-2228 is a 24/7 hotline that can be called or texted for confidential and anonymous help

THE NEWS

TRENDS

- Whippets - marketed to children with an alarming increase
- Black & White for your phone

STUDENTS

- [Telephobia...is..real...?](#)
- Sextortion

CAREGIVERS

- Modeling
- Let Them Fail: they need it more than the win.

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TRENDS

- If you click the [link here](#) you will see just how dangerously the nitrous oxide gas is being marketed to children both by the companies who make it and by celebrities who use it
- Using the grayscale setting can reduce interest in phone use, scrolling, and dopamine received from use. Check [out this story](#), and [this one](#), and finally why not [this one](#) too.

STUDENTS

- Generation Z struggles with anxiety surrounding a phone being used for calls. Specifically audio calls, no Facetime or video features. The lack of seeing someone's face makes them unsure of how they are being received. They are used to visual cues from Google Meet, Zoom, Teams, etc. There are not classes on how to make standard phone calls (making an appointment, taking a job interview/screening, etc.)
 - Do this at home! Teach your child, by having them do it themselves, at home. Have them make their own calls and even some of yours.
- [Click Here](#) to read about the risks of sextortion. Financial sextortion is being extorted for money after being coerced into sending explicit images. DOJ says 7,000 reports in the last year alone, with at least 3,000 victims, and 12+ related suicides. It can be anyone, but reports show mainly boys (think ages 10-17). Offenders often target boys on social media platforms like Instagram, Facebook, and gaming sites. During my SAC internship a police officer was a guest speaker for the students and shared a case. In this case a young boy was groomed over a gaming site by a strange man. The man was friendly, non-invasive (at first), and then over time began sending the boy money to use for his game. After having accepted the money, the boy was then asked for sexually explicit pictures. When the boy refused he was threatened, guilted and extorted from the money he was sent (but did not ask for). The man tracked the boy down and showed up at the house. The mom could tell something was wrong and called the police. Upon arresting the man, the police searched his car and found rope, tape, and weapons for a planned kidnapping if not more. If I recall correctly there was a plan to murder the child. **[Talk to your kids about the risks of sexting!](#)**

CAREGIVERS

- You already do this just by way of being a good parent/guardian, but the extra reminder doesn't hurt. [Modeling](#) is huge. We, as the role models, need to remember that even in our hardest or worse moments we have an opportunity to pause and model calming down, self-regulation, effective communication, taking turns, use feelings in "I" statements rather than accusatory language (especially when talking to the kids themselves).
 - Check out the graphic on the next page. The "click to view" won't work as it is a screen grab, but type it in and check the website out for free resources!
- Two of the biggest issues facing kids since the pandemic have been lack of self-efficacy and lack of resiliency. This isn't entirely the pandemic's fault, it was brewing before that. The pandemic did turn up the heat and expedite it. If you ever attended one of my Mental Health Info Nights, we've talked about this A LOT. (Check it out this year: [click here](#))

What to expect in each stage...

Navigating Behaviors: Needs that can cause behaviors

Infancy (0-2 years):

- Need to begin exploration of basic emotions

Early Childhood (3-6 years):

- Need to communicate and solve simple problems
- Need to understand feelings and make friends

Middle Childhood (7-11 years):

- Need to be with friends and feel accepted
- Need to be self-starter and do things on their own

Adolescence (12-18 years):

- Need to navigate big feelings
- Need of wanting/having a romantic relationship
- Need to question complex thinking

Early Adulthood (19-25+ years):

- Need to find purpose in career goals
- Need to establish financial independence
- Need to explore personal identity



Understanding Your Child's Emotional Development: 11-14 Years of Age

Begin Course

Click to view

Take a no-cost course at ParentGuidance.org

Dr. Skinner teaches the common issues children between the ages of 11-14 face that can either negatively or positively impact a child's emotional development. Additional courses in this series address ages 5-10, 10-13, 14-18 and 19+.

Need more support or info?

Click the [ParentGuidance.org](https://parentguidance.org) medallion to explore an e-Course or visit Ask-A-Therapist.

Works Cited

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Strategies To Prioritize Student Mental Health. Pathway to Success . (n.d.). <https://www.thepathway2success.com/strategies-to-prioritize-student-mental-health/>



Strategies to Prioritize Mental Health

Build Strong Relationships 	Focus on Social Emotional Learning 	Integrate Physical Activity
Daily Emotions Check-in 	Conference Individually 	Practice Coping Skills
Give Brain Breaks 	Daily Morning Meeting Time 	Teach Positive Self-Talk