

SAC CORNER

QUARTER 1

ISSUE 1 | 2025 - 2026



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
- **National Sexual Assault Hotline:** 800-656-HOPE

THE NEWS

TRENDS

- **Red-pilling and Incels**
Please read about this on the flyer page below!
- **Therapy bots - AI - dangers to be aware of**
This is HUGE!! Please read about it in the trends box and flyer page below!

STUDENTS

- **Take It Down**
- **ReThink**

CAREGIVERS

- **What is a SAC? Why do I care?**
- **The Resource Padlet**
- **Checking your Child's Devices**

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TRENDS

- Chatbots work off the information you feed them. If you say you're a 42yo male they will respond to as that even if you're a 13yo female
 - This means that if a person goes to the ChatBot and says they have Autism, the bot will respond to them and make recommendations based on that. However if the person is self-diagnosed (many teens are) and they actually have Bipolar, a treatment or intervention technique for Autism could be very dangerous to someone with Bipolar - and vice versa!!
 - About 2 years ago we did a homeroom with students explaining the dangers of self-diagnosis and treatment via TikTok, this is the same concept but worse because teens tend to trust AI more than peers
- The chatbots have made many mistakes when dealing with people in a personal capacity, especially teens
 - [AI Chatbot pushed teen to kill himself](#)
 - [AI chatbot suggested a child should kill parents over screen time](#)
 - [National Eating Disorders Association \(NEDA\) had to remove their own hotline chatbot after it recommended weight loss, counting calories, measuring body fat, and other inappropriate suggestions to someone with an eating disorder](#)
 - [2 Different AI companies had chatbots impersonating therapists by providing stolen licenses from real therapists and faked credentials like saying they're board certified and went to certain universities](#)
 - Across multiple articles you find that AI will engage in sexual conversations and/or relationships with kids as well
 - Some pose as doctors and recommend surgeries (ex. nose job from a plastic surgeon posing chatbot)
- Chatbots lack regulation in most cases. They're trained through simulations and being fed data, but they take on a role/character and they run with it. It is completely fictitious but they "act" too well and people trust and believe them. The American Psychological Association (APA) is trying to have regulations imposed, but that's a slow journey. Chatbots give an illusion of authority and accuracy because they aren't humans and they present everything factually with what we perceive as confidence.

STUDENTS

- "Artificial Intelligence and social media are the digital candy for the next generation — sweet, addictive and engineered to have an impact on the cognitive development of our children, but unlike sugar, these new technologies can be weaponized, shape beliefs and, sadly, affect emotions and even be deadly." - Melania Trump
 - Use [this link here](#) to have any nudes, revenge porn, etc. that was posted of you taken down
 - Reminder to students: no matter how adult you may feel - you're a minor aka a child until you are 18. Any nudes of you, even consensual, are child pornography
- [ReThink](#) is an app that can PREVENT students from saying something they may regret or may get them in trouble. You become alerted to "rethink" something you've typed as soon as you type it so you can stop and think about if you really want to post or send it. **Research shows that 93% of the time the adolescents change their mind reducing the willingness to post an offensive message from 71% to 4%.** Help prevent a heat of the moment thoughtless text.

CAREGIVERS

- SAC stands for Student Assistance Counselor. The SAC position in Haddonfield is district wide. Although housed at HMHS, the SAC can be called to any building for counseling assistance. SAC work with students for anything they can think or feel. Some examples are: depression, anxiety, suicidal ideation, homicidal/violent ideation, self-harm, substance use, venting, social woes, interpersonal woes, and also just to talk about **good** things! SACs are also a great source of trending topics that concern the youth. Each year I hold a Mental Health Resource Fair to give parents/guardians access to support services outside of the district (representatives brought here to you) and an info session on what is impacting our kids and what we can do
- Remember we have a resource padlet for families, [here](#), that you can find a wide variety of issues with paired resources!
- Checking your child's devices can feel taboo, often equated to an invasion of privacy. Set the expectations of devices clearly and early on. Devices are a privilege and are not like diaries/journals. They can be viewed at any time. It is important to know what content your child's time is consumed by. Do they follow extremists? Are they searching suicide? Do they look a lot into school shootings or weapons? Does it seem like they are researching diagnoses like depression, anxiety, loneliness, etc. ?
 - The warning signs of mood changes, eating changes, social isolation are all still important, but nowadays many of the clear red flag warnings signs that a child needs help live in their devices and internet activity.
 - "Don't come at them as the expert but with open-ended questions. If you find a meme they think is funny, tell them you don't get it and let them explain it to you." - Josua Stein, MD

WHAT IT ALL MEANS

Decoding the Culture

If you haven't seen Netflix's *Adolescence*, then you may be wondering what all the talk about "red pill" and "incel" is about. It's a concerning culture that is gaining attention. This is a one-page look at breaking down some terms you might be hearing, as well as some emojis to ask your child about if they are using them.

The true meanings behind emojis



Red pill =
misogynistic
beliefs



100 =
80/20 rule



Kidney beans =
self-identify as
an incel

Additionally, 🍎 and 💰 can show identity as an incel.

80:20 is the belief that 80% of women are only attracted to 20% of men.

This of course has no research or evidence base, just a dangerous twisting of the Pareto Principle

Femoid - derogatory word to refer to women

Looksmaxxing - pursuit of improved physical experience; **Bone Smashing** - strike face with blunt objects to reshape facial bones more favorably and defined

AWALT - All women are like that

Chad - attractive males, ideal male; **Stacy** = attractive perfect women; **Becky** - average woman

Roping - suicide term for men who identify as incels and feel black-pilled and hopeless

Black-pilled - feeling helpless and that the situation is out of their control and cannot be changed

Manosphere - this term is used somewhat loosely to describe men's groups that often are associated with fighting against progressive ideas about gender equality. The term is also associated with men who believe men are naturally dominant. (Avoid websites/groups: 4chan, incels.is, and incels.me, Pick Up Artists (PUA), MRA, Men Going Their Own Way (MGTOW), GAB)

Danger - this space (online and physical) can be a source of deep misogynist beliefs and encourage misogynistic behavior, including violence and assault of women

Incel - this is an abbreviation for the term "involuntary celibate" or a person (men/boys) who blame women for their inability to successfully find a sexual partner. (See also: gymcel, braincel)

Danger - this community, although not always, is often validating feelings of entitlement to sex, being a victim, and encouraging acts of terror (rape/murder) of women



The below link will help you learn what to listen and look for if you think your child may be investigating, involved, or influenced by these concepts:

[A Guide to Symbols & Terminology of Incels](#)



How to protect the young men and boys in your life: Healthy Masculinity

- There is nothing wrong with stereotypical likes such as fast cars and working out, but also be sure to encourage and/or ask about non-stereotypical interests he may have like baking, cooking, theater, gardening, reading, writing, etc.
- It's great to encourage strong-self esteem but for all genders, try not to make it about their looks or physique. For boys especially, don't focus on how strong they are or good at sports they. Try complimenting their kindness, the way their brain works, how they listen well, etc.
- Who do they follow? Ask them what kind of accounts they like to follow on social media or what influencers. Check them out yourself. See if there are any pressures to be superior, dominant, aggressive, alpha male, popular, famous, etc.
- Ask them how they feel about things, and what they think about things - they're different. If he gives the same answer, try to explain how the two questions are different to encourage some emotional exploration and provide the validation and security for him to have it
- Encourage checking in on friends and other ways for him to establish safety in their friend group. Leading by example and offering others that safe space. If it's too hard for him to be vulnerable with friends, make sure when his friends are over you offer them the same safe space by asking how they are, their thoughts, etc.

Can you tell if the voice is human or AI?
[Click here](#)



70% of teens use AI companions

37% of parents know their kids use AI

Where to place your concern

AI is everywhere. We can no longer watch a cute animal video online without needing to see if it is even real. AI isn't as new as we think. For the young Gen X or Millennial parents/guardians, you probably remember SmarterChild from AOL Instant Messenger (AIM). You could ask about local movie times, chat about things you like, etc. It shut you down for using foul language and claimed it didn't know about unsavory topics. Nowadays, AI engages with you on all topics, harmless or not.

Today AI will do its best to create an artificial relationship with a person (child or adult) as a friend, as a lover/partner, or as a professional (doctor, therapist, etc.). If you haven't recently, it's time to talk to your child about how often they use AI, what they use it for, and reminding them of the caution to take. Below are some important articles on problems with AI.

The AI Experiences

[This article](#) tells of a 14yr old boy who engaged in a sexual relationship with AI and was encouraged by AI to take his own life. The child died by suicide.

[Here](#) we read about multiple families going to the Senate to hold AI companies responsible. This includes at least 3 teen suicides encouraged/coached by AI including writing the suicide note, [noose setup](#), etc. It also encouraged a teen's eating disorder.

[Emotional reliance](#) on AI is real, for kids and adults. Too much positive reinforcement is bad. It can also interrupt development of human to human conversational skills.

[Illegal Behavior from Therapy Bots](#) is scary. Bots have claimed to be qualified licensed therapists and have stolen the license numbers of real humans - without their consent, to keep the lie going. Bots falsify confidentiality.

[Meta AI](#) lets you discover people's personal chats. Including recipes, searches for younger women, photos, phone numbers, medical information, court cases, and more.

[ChatGPT](#) acknowledges the AI can sometimes encourages risky and dangerous behavior.

Bots leading to [sexual grooming](#) and suicide of an 8th grader.