

Class of 2020 Parent Coffee

10/3/2018

Social Media Info

- The "**finsta**" is a second Instagram **account** many users will maintain, and its content is quite different from their real ("rinsta") **account**. ... A user's real Instagram might have several thousand followers, but a "**finsta**" features a much smaller following, consisting mostly of friends and family.
- There is a notification system on snapchat if someone takes a screenshot of your snap. Kids get around this by taking a pic with a second device or using an add on like Snap Chat++, which allows you to screenshot without notification.

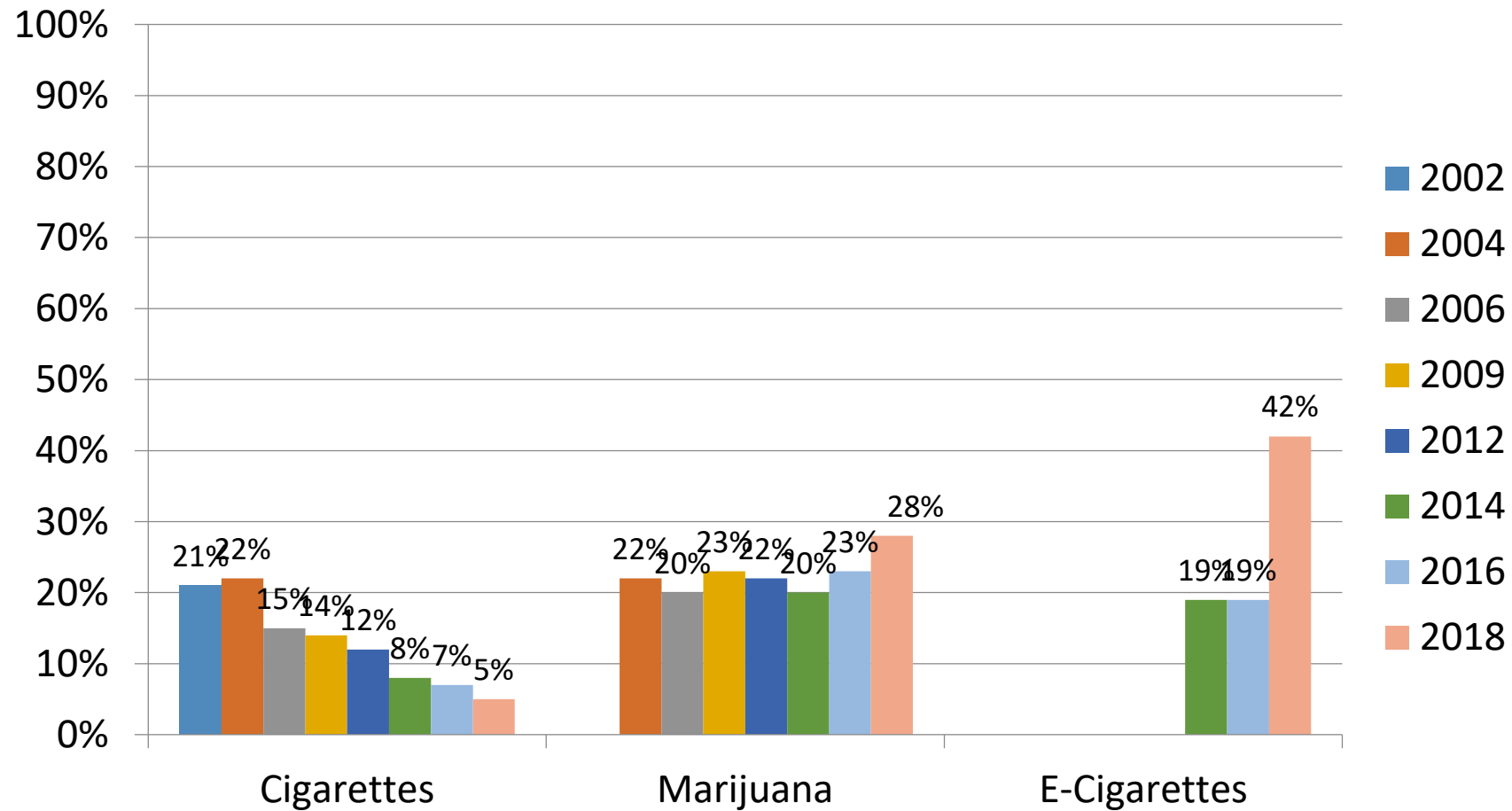
Vault Apps and Video Chat Apps

- Continually educate yourself by opening the App Store/Play Store and search for chat and vault apps because the latest and greatest apps are always changing.
- Video game console chatting is a popular, easy way for people to meet and build relationships with teenagers and children.
- Take advantage of Family Sharing (iPhone) and Family Link (Android). These built in features allow parents to monitor what apps and media are being purchased/downloaded, GPS tracking of members in a family group, screen time management, children to have their own accounts with their own IDs.
- Best advice is to have and build strong communication with your teen and a strong trust relationship.

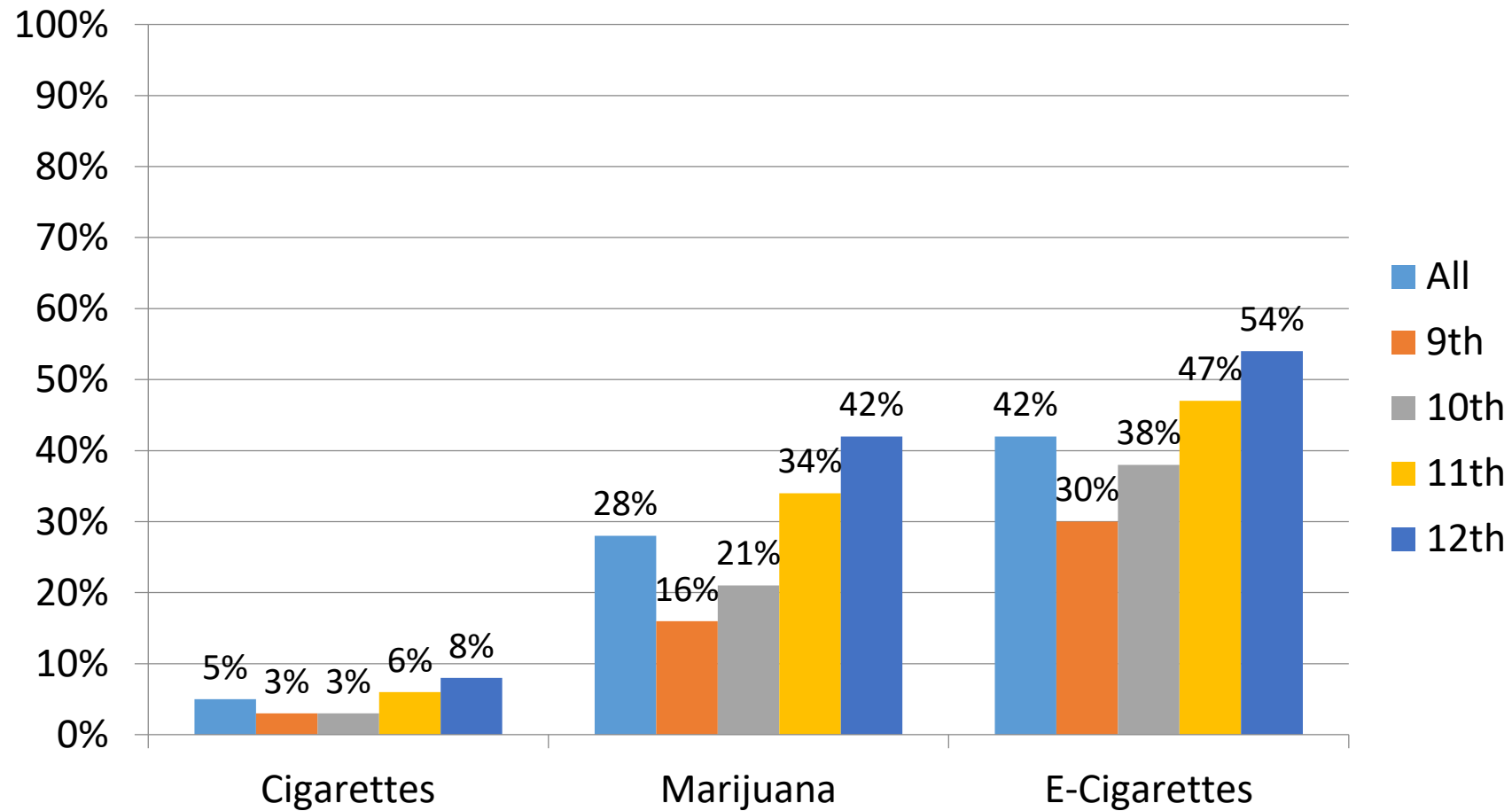
2018 Youth Risk Behavior Survey Data

- Sample size – 3,209
- 7% of the sample was eliminated
- Data was evaluated by Greg Barker at Northern Illinois University
 - Data was “cleaned” to eliminate responses that were deemed to be invalid. This was done by:
 - Eliminating students who said “no” on the survey question “Did you answer the questions on this survey honestly?”
 - Eliminating students whose responses were inconsistent in any of the following sections: substance use or sexual activity.

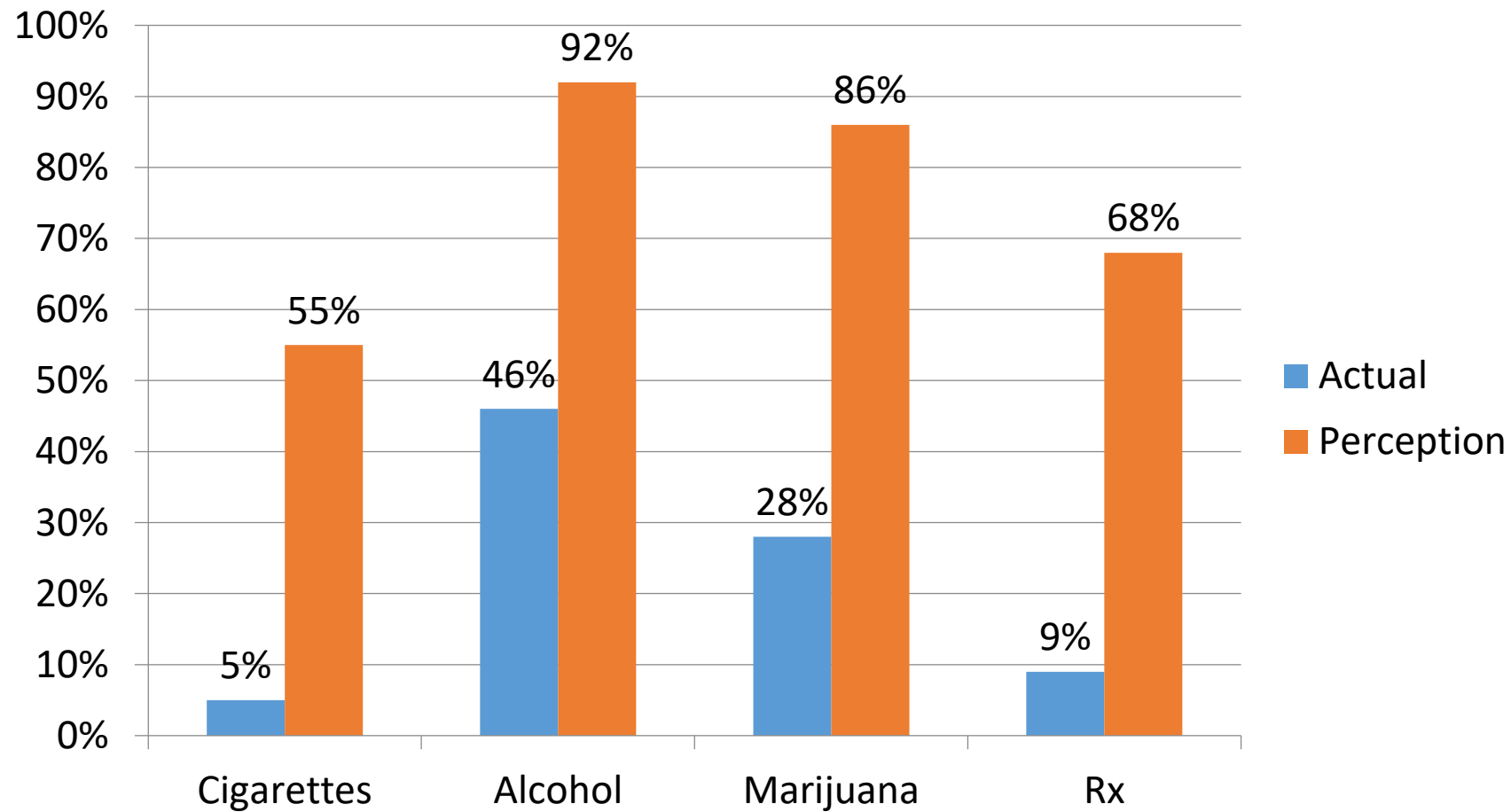
30 Day Substance Use: Historical Comparison



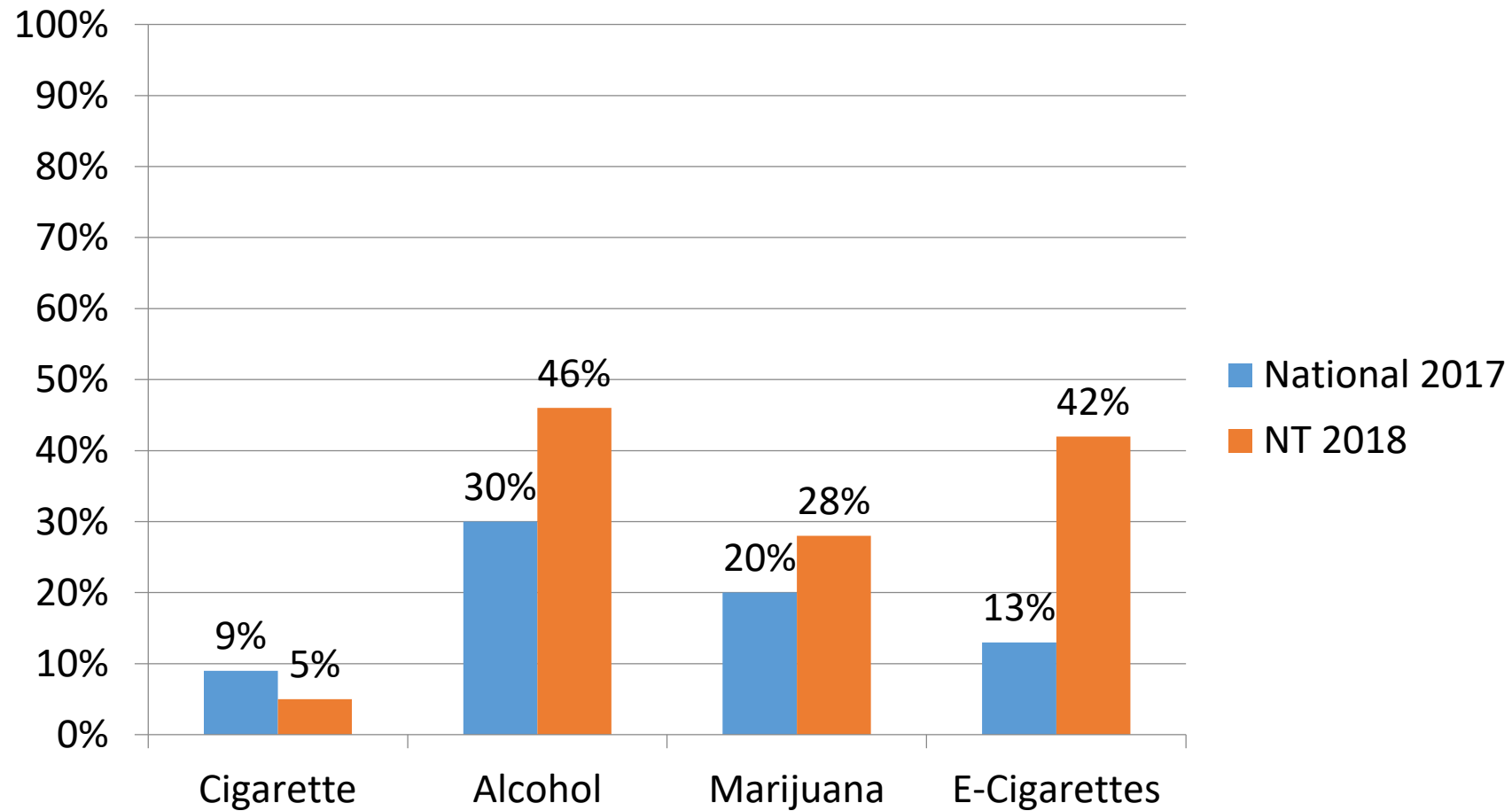
30 Day Substance Use: By Grade



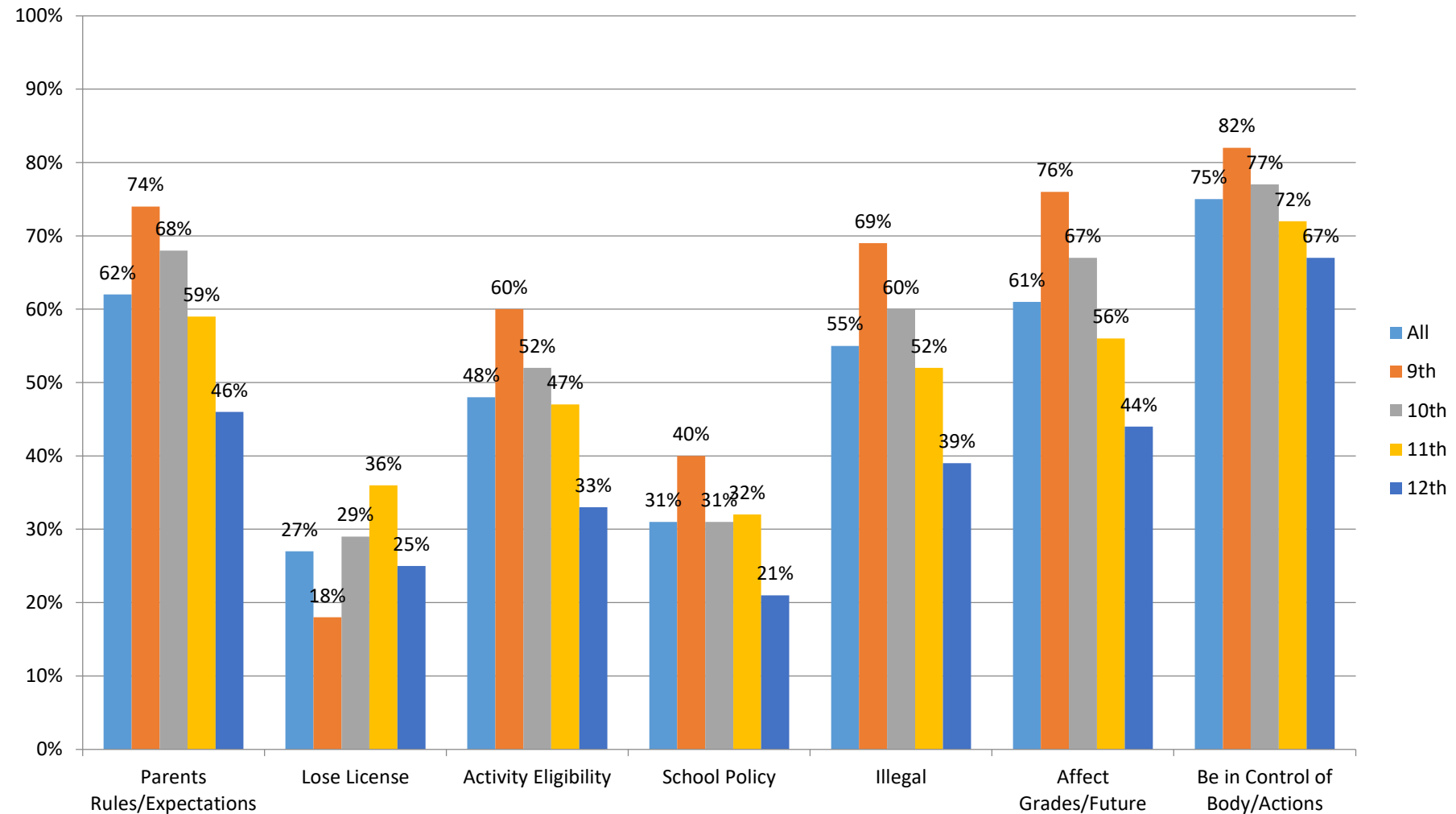
30 Day Substance Use: Actual vs. Perception



30 Day Substance Use: National Comparison



Reasons Not to Drink: By Grade



Vapes

- They are all shapes and sizes.
- They all consist of the same three basic parts: a heating coil, a battery, and a cartridge.
- Easy to modify for use with other drugs (watch tutorials on youtube).
- There is a strong counterfeit cartridge market where the contents of the cartridges are unregulated (particularly true with cannabis cartridges).
- Teens usually get them via older brothers/sisters/friends, local dealers, online (variety of ways), local vape shops with fake IDs, and theft.

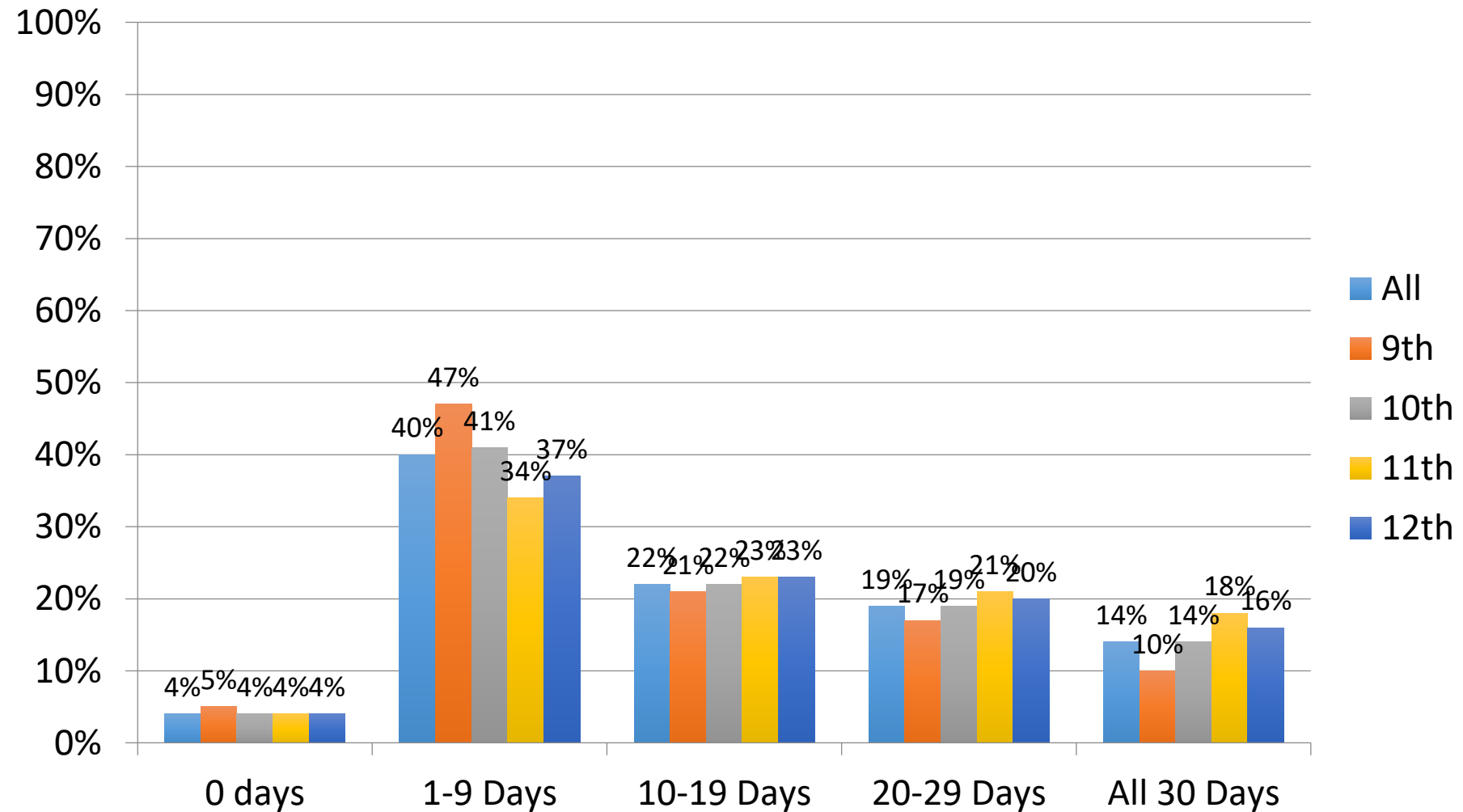
Signs of Vape Usage

- Finding spent cartridges
- Finding strange batteries or battery packs
- Unusual sweet candy smells
- Look for a combination of behaviors that show signs of addiction like frequent bathroom breaks, mood swings, unusual pupil size, opting out of activities to be home alone.
- Friend group changes
- Frequent trips to surrounding communities

Parent Input

- Alcohol access with parent permission is up 4% from the last survey to the current 17%.
- Data consistently says that parents' influence has a high impact on whether students choose to use substances. It is the second highest indicator after wanting to be in control of their own bodies.

Stress/Anxiety: By Grade



Common Sources of Stress: All Students

During the past 30 days, if you felt stressed and/or anxious what was the source(s) of your stress or anxiety?

