

SCHOOL BASED SERVICES

STUDENT ASSISTANCE PROGRAM

and

PREVENTION



WELCOME

February 2024

In This Issue

PG. 2 Teen Dating Violence Awareness

PG. 3 Eating Disorders Awareness

PG. 4 Overdose Prevention

PG. 5 How to Respond to an Overdose

PG. 6 Black History Month

PG. 7 Random Acts of Kindness Week

PG. 8 February Word Search

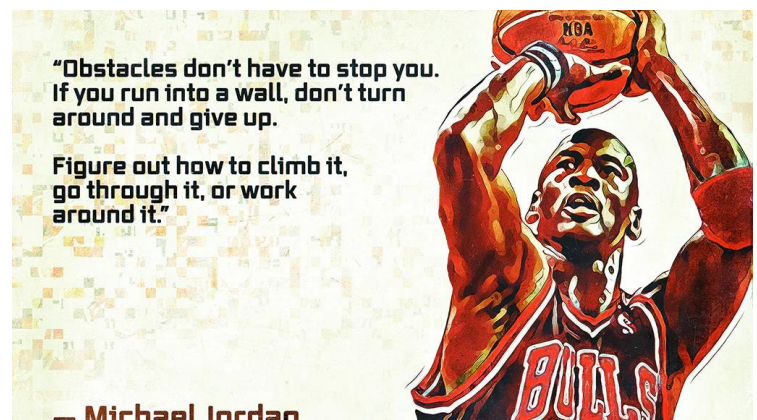
Welcome to the February 2024 issue of Devereux TCV Community Services Student Assistance Program & Prevention Newsletter! Here's to hoping warm weather is coming our way very soon. Our school based services satisfaction surveys were just sent out via email. Please take the time to complete these to let us know how your SAP or Prevention Liaison/contracted staff is doing in your school. February is a month to focus on love and happiness. Let us all help to spread kindness throughout our schools and in the community. As always let me know if you need anything. Stay safe everyone!

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TEEN DATING VIOLENCE AWARENESS MONTH



TEEN DATING VIOLENCE STATISTICS



about 1.5 million boys and girls in high school (US) admit they've been intentionally hit or physically harmed by a romantic partner in the past year



1 in 11 female high school students & 1 in 15 male high school students report that they have experienced physical dating violence in the past year



1 in 9 female high school students school students report that they have experienced sexual dating violence in the past year

33%

of young people are victims of sexual, physical, verbal, or emotional dating abuse



Teens who experience teen dating violence are hesitant to seek help because they aren't aware of domestic violence laws.

1/3

of teenagers involved in abusive relationship have **spoken out about the violence**

3x

young women ages 16 to 24 are **3x more likely** than the rest of the nation to be **abused by a partner**

1/2

of adolescents who experience rape or physical/sexual abuse will **attempt suicide**

National Teen Dating Abuse Helpline

Call 1.800.799.SAFE (7233)

Text "START" to 88788

<https://www.teendvmonth.org/>

provides information and resources to help bring attention to this serious issue

For Violence Prevention visit

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>

Eating Disorders Awareness Week

Eating Disorders Awareness Week (EDAW)

is a annual campaign that raises awareness of eating disorders and aims to educate the public on the severity of these illnesses and to give hope to those who are affected by them.

February 26 - March 3, 2024

<https://www.nationaleatingdisorders.org/>

CRISIS TEXT LINE: Text “HOME” to 741-741

Signs of an Eating Disorder



Dramatic or frequent fluctuations in weight



Preference to make one's own meals, not have what others are having, or eating something different from the rest of the family



Expressing excessive body dissatisfaction



Extreme food restrictions



Secretive exercise



Feelings of guilt after eating



Frequently weighing self

Source: Hudson, L. (2018, August 1). Eating disorders: Warning signs, treatments & types of eating disorders. Michigan Medicine. <https://healthblog.uofmhealth.org/health-management/common-signs-of-eating-disorders-and-proven-treatments-to-help>

#END OVERDOSE

IMPLEMENTATION TOOLKITS



Everyone has a role to play in helping prevent fatal and non-fatal drug overdoses. Check out these implementation toolkits that include fact sheets, videos, conversation starters, and other resources that are tailored for specific audiences at different opportunities for prevention.

<https://www.cdc.gov/stopoverdose/implementation-toolkits/index.html>

CDC's Work is Guided by Six Principles and Five Strategic Priorities to Address the Overdose Crisis

MISSION | Prevent Overdoses and Substance Use-Related Harms

GUIDING PRINCIPLES



Promote Health Equity



Address Underlying Factors



Partner Broadly



Take Evidence-Based Action



Advance Science



Drive Innovation

STRATEGIC PRIORITIES



Monitor, Analyze, and Communicate Trends



Build State, Tribal, Local, and Territorial Capacity



Support Providers, Health Systems, Payors, and Employers



Partner with Public Safety and Community Organizations



Raise Public Awareness and Reduce Stigma

¹ Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2021. Available at <http://wonder.cdc.gov>.



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

How to Respond to an Overdose



Check for responsiveness

Call their name and rub the middle of their chest with a closed fist.



Call 911

The Good Samaritan Law provides certain legal protection, whether you have drugs on you or not



Give Naloxone

Follow the directions for nasal or intramuscular naloxone kits.



Support breathing

If the person is breathing again but is still sedated, they don't need more naloxone. If the person is not breathing, start CPR as directed by 911.



Recovery position

If you can't stay to wait for help or if breathing is restored, put the person on their side supported by a bent knee.

PREVENT OVERDOSE RI

WHAT IS NALOXONE?

A medication that can reverse opioid overdose.



VERY SAFE



EASY TO ADMINISTER



NOT ADDICTIVE



WEARS OFF IN ABOUT AN HOUR



ONLY REVERSES OVERDOSES CAUSED BY OPIOIDS

Visit

<https://www.cdc.gov/stopoverdose/naloxone/index.html>

for information on Naloxone and how to use it



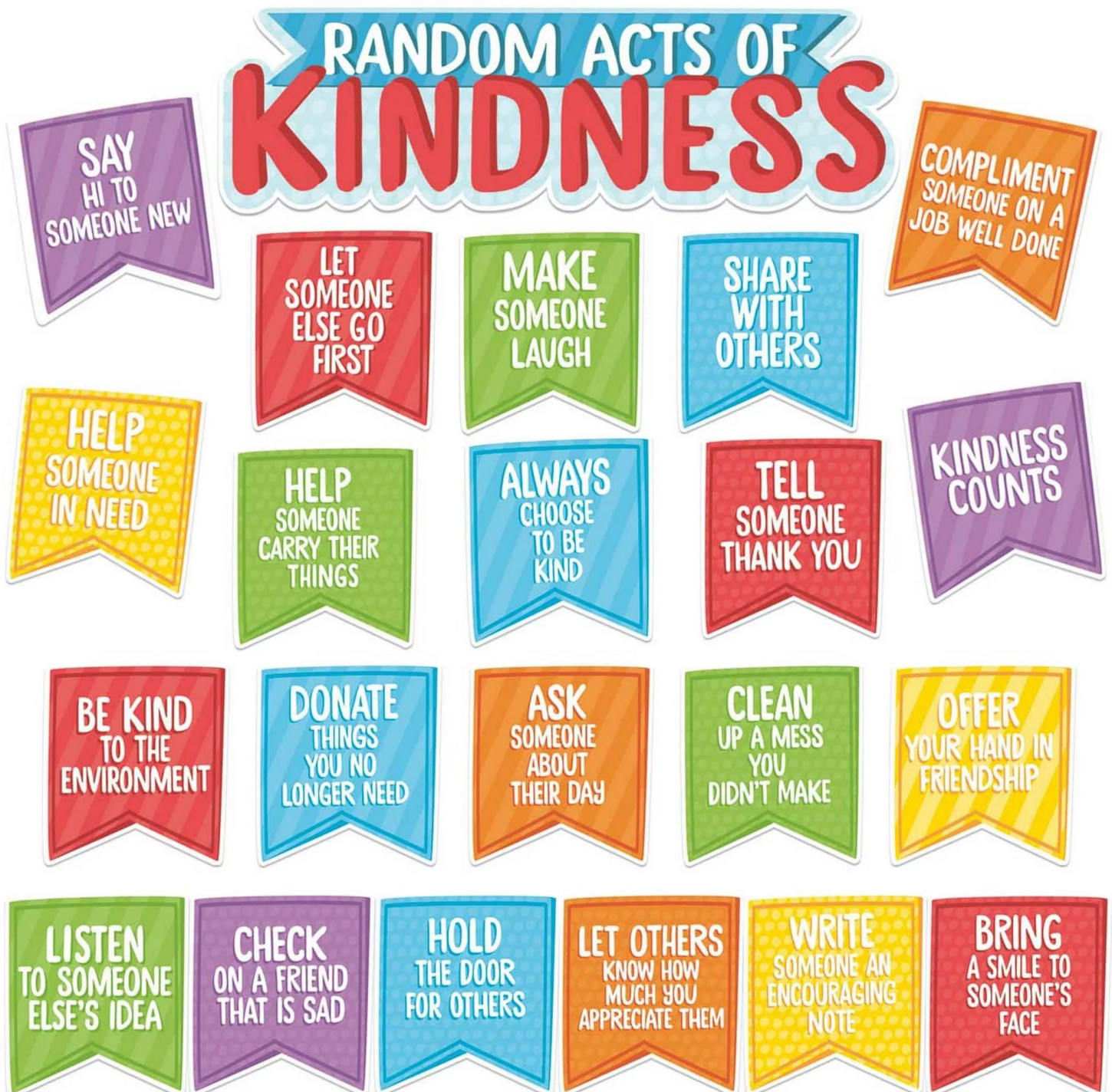
February is dedicated as Black History Month,
honoring the triumphs and struggles
of African Americans throughout history

<https://blackhistorymonth.gov/ForTeachers.html>

provides ready-to-use lesson plans,
student activities, collection guides, and research aids

RANDOM ACTS OF KINDNESS WEEK – FEBRUARY 14-20, 2024

UNITED STATES



Name: _____ Date: _____



AQUARIUS
CANDLELIGHT
CARNATION
CHOCOLATE
COZY
CUPID
FEBRUARY
FIREPLACE
FRIENDSHIP
GROUNDHOG DAY
HEART
HUG
KISS
LEAP YEAR
LOVE
MARDI GRAS
PINK
PISCES
PRESIDENTS DAY
RED
ROMANCE
ROSES
SKIING
SNOW
SWEETHEART
VALENTINE
WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

O	D	Z	C	J	Y	A	D	G	O	H	D	N	U	O	R	G	A	B
K	N	I	P	P	W	I	N	T	E	R	I	A	S	G	C	N	G	N
D	B	K	P	S	U	I	R	A	U	Q	A	Y	V	A	S	N	O	W
F	Y	R	A	U	R	B	E	F	N	R	Z	F	N	K	I	P	F	E
I	I	D	F	B	C	Q	P	J	C	O	B	D	S	S	R	M	R	I
R	C	B	F	O	E	A	Q	B	C	J	L	Q	A	E	L	O	V	E
E	H	S	P	T	R	A	E	H	T	E	E	W	S	K	J	R	Y	L
P	O	A	T	L	V	A	Z	U	L	L	K	I	Y	N	L	R	P	F
L	C	R	A	L	Y	F	R	I	E	N	D	S	H	I	P	M	B	K
A	O	G	H	Y	X	A	G	U	N	E	W	J	V	H	M	W	I	L
C	L	I	J	D	M	H	P	X	N	K	A	J	Y	A	V	S	V	E
E	A	D	V	K	T	I	D	T	L	J	V	Y	L	Z	S	Z	A	A
K	T	R	S	Z	S	J	S	C	A	R	N	A	T	I	O	N	L	P
Q	E	A	K	C	C	D	S	E	S	O	R	I	W	R	R	D	E	Y
R	K	M	E	U	A	L	J	Q	W	R	O	M	A	N	C	E	N	E
O	T	S	I	Y	E	D	M	X	E	H	E	A	R	T	T	X	T	A
G	N	I	I	K	S	K	E	H	M	O	Z	F	T	E	R	C	I	R
Y	E	B	Y	H	X	I	U	R	S	U	X	C	H	Z	G	R	N	Z
Y	W	O	F	Z	T	G	D	C	H	I	V	R	S	G	F	Q	E	M