

**CYBER
BULLYING**



In the Know Al Tanto

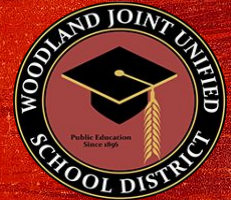
Woodland Police Department Sergeant Ted Ruiz

School Resource Officer (SRO)
Stephanie Wilson, Omar Flores, and Carlos Barrera

OCTOBER 25, 2023
6:00PM
DOUGLASS MIDDLE
SCHOOL



A collaboration between WJUSD and WPD





Welcome!

Our Presenting Team...



Officer Carlos Barrera

Officer Omar Flores

Officer Stephanie Wilson

Parent Awareness



*“There is no more powerful advocate for children than a parent armed with information and options.”
–Rod Paige.*



IN THE KNOW: AL TANTO:

Parent Informational Night Series

The purpose of this evening's seminar is to provide parents with the information, tools, and resources they need to be able to recognize and prevent negative behaviors and engage with the community and the schools to provide safe spaces for our children.



Topics On The Table

Substance Use

Social Media

School Safety



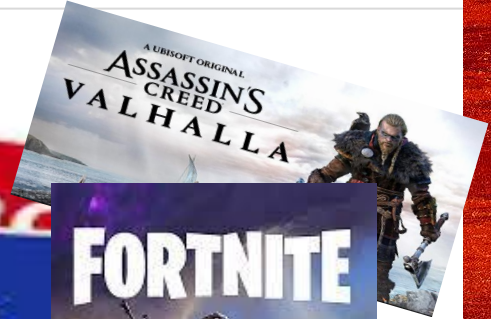
Substance Use: **Recognition, Prevention, and Ways to take Action**





Social Media

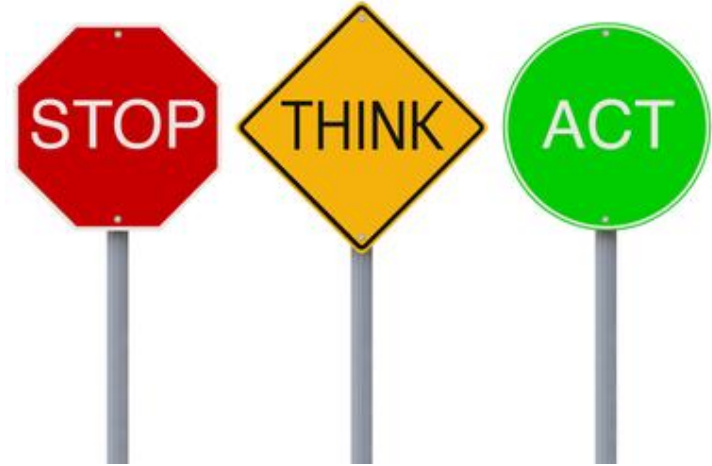
Recognition, Prevention, and Ways to take Action





Safety:

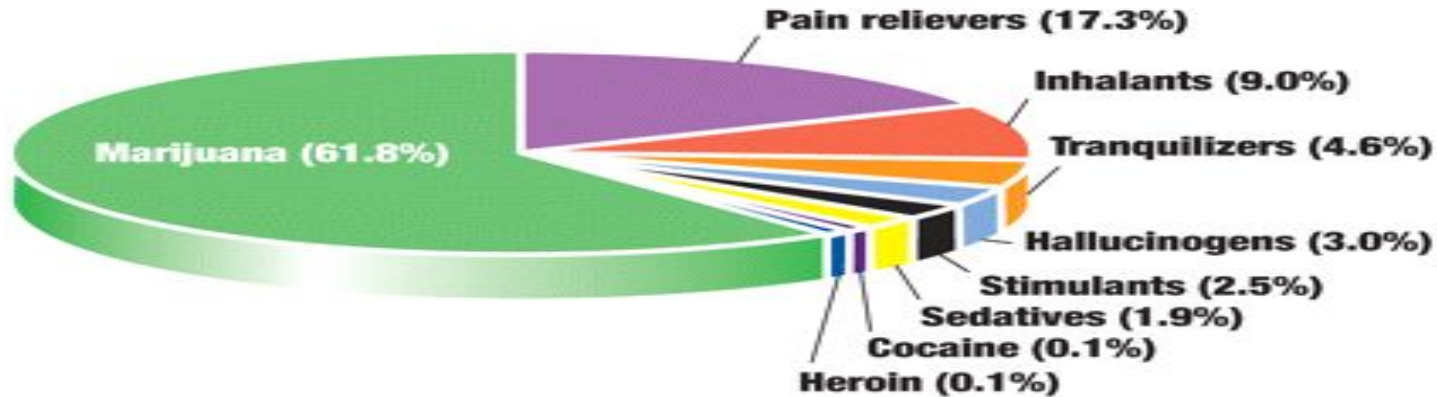
Recognition, Prevention, and Ways to take Action





Marijuana Is Drug of Choice For First-Time Users

SAMHSA's recent drug survey found marijuana use on the rise. Users aged 12 to 17 perceived low risk of smoking pot and cited ease of access.



Source: Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings, SAMHSA, 2011



Recognition and Prevention:

Substance Use

Drugs are chemicals and substances that affect both the mind and the body.



BOREDOM



PEER PRESSURE



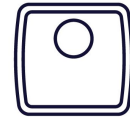
SOCIAL ANXIETY



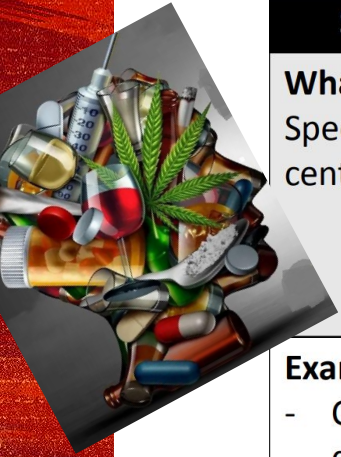
TRYING NEW THINGS



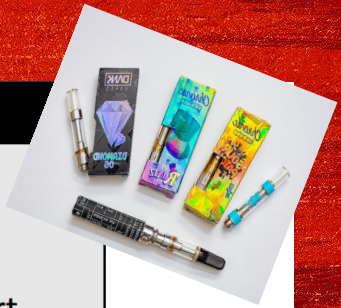
BOOST CONCENTRATION
& GRADES



CONTROL WEIGHT



Stimulants (Uppers)	Depressants (Downers)	Hallucinogens
<p>What do they do? Speed up the brain and central nervous system.</p>	<p>What do they do? Slow down the brain and central nervous system.</p>	<p>What do they do? These drugs alter the user's state of consciousness. (Distort auditory and visual sensations)</p>
<p>Examples:</p> <ul style="list-style-type: none">- Caffeine (coffee, energy drinks, tea)- Nicotine (cigarettes)- Amphetamines (meth, ecstasy)- Speed- "Bath salts"- Cocaine and Crack Cocaine- Diet Pills	<p>Examples:</p> <ul style="list-style-type: none">- Alcohol (beer, wine, vodka, tequila, gin, etc.)- Heroin- Tranquilizers- Sleeping Pills- Marijuana	<p>Examples:</p> <ul style="list-style-type: none">- LSD- Ecstasy- Magic mushrooms- Peyote- PCP





Recognition and Prevention:

Substance Use

RECOGNIZING TEEN DRUG USE

SIGNS OF DRUG USE



PHYSICAL

- Nosebleeds
- Nausea and vomiting
- Tremors and seizures
- Bloodshot eyes
- Change in weight
- Constricted pupils

PSYCHOLOGICAL

- Irritability
- Anxiety and paranoia
- Sudden hyperactivity
- Extreme mood swings

BEHAVIORAL

- Isolation
- Poor hygiene
- Secretive behavior
- Withdrawn behavior
- Loss of interest in activities
- Sudden change in friends



COMMON HIDING SPOTS



- Between or inside books
- Behind posters or paintings
- Inside gaming console slots
- Taped behind dresser drawers
- In lipstick tubes or makeup cases
- Inside over-the-counter medication boxes



DRUG PARAPHERNALIA



- Lighters
- Small baggies
- Rolling papers



- Straws
- Spoons
- Aluminum foil



- Belts
- Plastic pens
- Razor blades



Action:

Substance Use



1 KNOW THAT YOUTH
SUBSTANCE USE IS **NOT** INEVITABLE

2 BE BRAIN DEVELOPMENT SAVVY

3 BE SUBSTANCE SAVVY

4 TALK EARLY AND OFTEN

5 ACT QUICKLY IF YOU
SUSPECT SUBSTANCE USE



**SUBSTANCE USE
PREVENTION IS A
HEALTH PRIORITY**

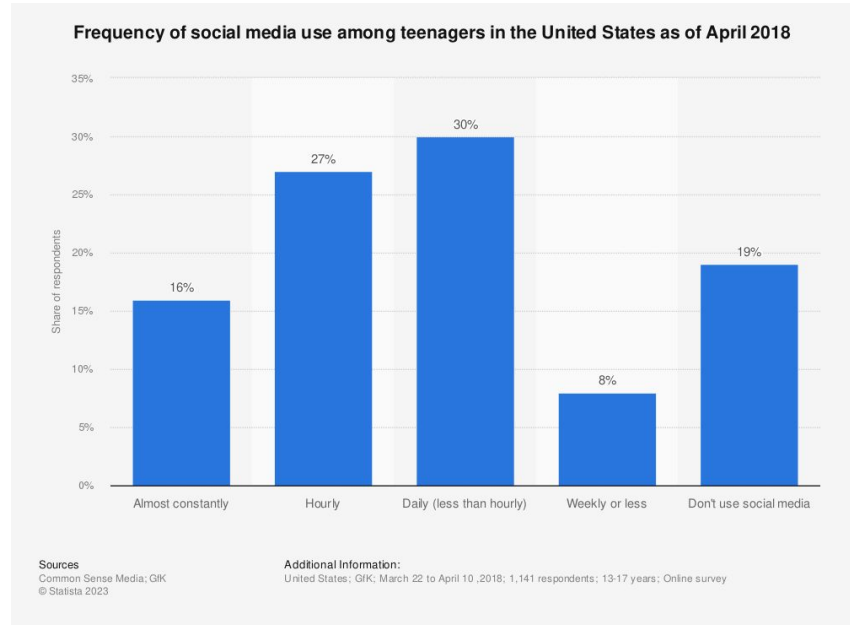


Recognition and Prevention:

Social Media

SOCIAL AND MENTAL HEALTH: THE STATISTICS

- 210 MILLION**
The number of people estimated to suffer from internet and social media addiction globally
- 30 MINUTES**
The time you can cut from social media use each day to significantly reduce symptoms of loneliness and depression
- 52%**
of students said social media made them feel less confident about how they look or how interesting their life is





Recognition and Prevention:

Social Media

Teens who use social media **7+ HOURS PER DAY** are more than **2X AS LIKELY** to have been diagnosed with **DEPRESSION**.

Primary Negative Effects:



EXPOSURE TO CYBERBULLYING



INADEQUATE SLEEP



LACK OF PHYSICAL ACTIVITY

Treatment for mental health issues significantly reduces device-related dysfunction.

SOCIAL MEDIA AND MENTAL HEALTH

Signs it's Affecting your Mental Health

Distracted during work/school



Comparing yourself to others



Doing things just for likes



How to Modify your Use

Remove addictive apps



Prioritise other activities



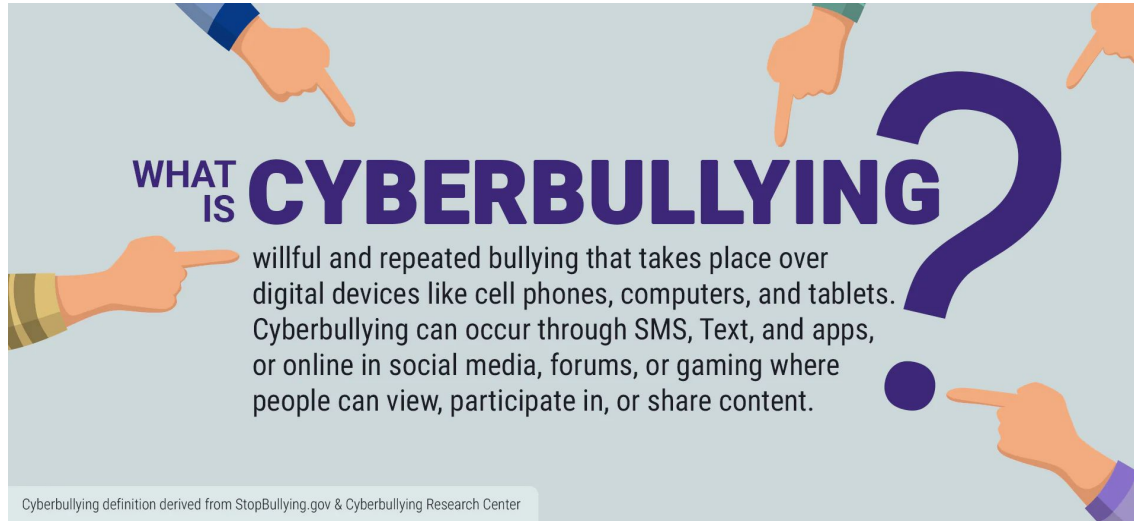
Turn off notifications





Recognition and Prevention:

Social Media

An infographic with a light blue background. It features the text "WHAT IS CYBERBULLYING" in large, bold, dark blue letters. A large, dark blue question mark is positioned to the right of the text. Several hands of different colors (orange, blue, green, purple) are pointing towards the text and the question mark. Below the main text, there is a paragraph of text defining cyberbullying.

WHAT IS CYBERBULLYING

willful and repeated bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

Cyberbullying definition derived from StopBullying.gov & Cyberbullying Research Center



Recognition and Prevention:

Social Media

grooming

noun

Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking.



Grooming and Online Predators



Action:

Social Media

How to Protect Your Child From Cyberbullying



Educate them on password safety



Ensure they don't share identifying info



Check their social accounts monthly



Set social accounts to private

\$%&#



Report cyberbullies and disengage

verywell



Action:

Social Media

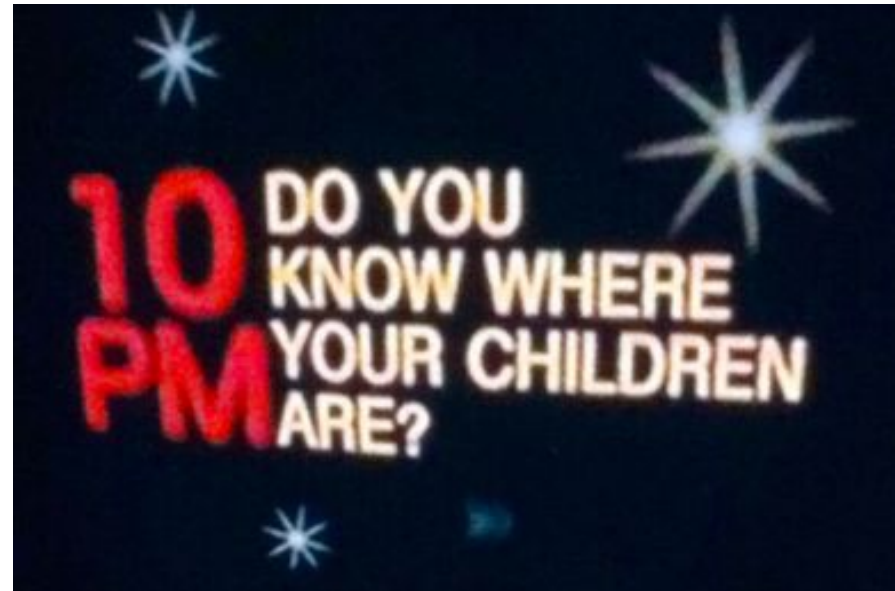
				
<p>TALK TO YOUR CHILD ABOUT ONLINE PREDATORS</p>	<p>EXPLAIN THE RISKS AND CONSEQUENCES</p>	<p>WHAT PLATFORMS AND APPS ONLINE PREDATORS LIKE</p>	<p>ESTABLISH GROUND RULES AND BOUNDARIES</p>	<p>KEEP TALKING...</p>



Recognition and Prevention:

Safety

PARENT
POWER





Recognition and Prevention:

Safety

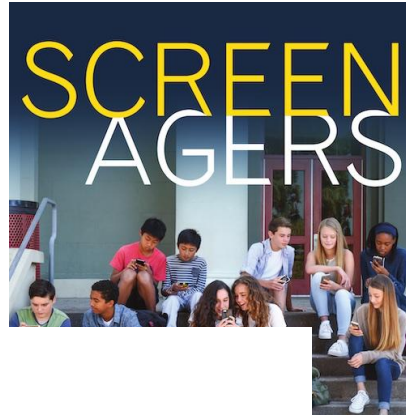


“It’s not just about limiting screen time; it’s about teaching kids to develop good habits in real life As well as managing their screen time.”



Action:

Safety



Qustodio



screenagersmovie.com



the Power Struggle & Responsibility & Respect

NEIL D. BROWN, LCSW
FOREWORD BY DONALD T. SAPOSNEK, Ph.D



Consequences:

Community



- WPD makes referrals through Yolo County Mental Health to Drug and Alcohol Counselors who support WPD.
- Can partner with schools to provide services on campus.



- WPD investigates Quid Pro Quo/Extortion/Blackmail/Sextortion.
- Involves external groups such as detectives, Internet Crimes Against Children Task Force, if necessary



- Referrals to Yolo Conflict Resolution Center
- WPD and Yolo County Mental Health has two full time employees that assist WPD.
- Can partner with schools to provide services on campus.



Consequences:

Schools

SUBSTANCE USE

- WJUSD Progressive Discipline Plan
- Ranges from counseling to suspension to expulsion.
- Factors include: sales, number of offenses and drugs involved

SOCIAL MEDIA

- WJUSD Progressive Discipline Plan
- Actions affecting the school in any way are subject to school jurisdiction.
- Sex soliciting, making threats, harassment, etc.



- WJUSD Progressive Discipline Plan
- Threaten safety of school and students on campus, bullying, etc.
- Referrals to services for mental emotional health



Substance Use Resources



AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
WWW.AACAP.ORG





Social Media Resources



CyberTipline

CyberTipline.org • 1-800-THE-LOST*

RAINN

stopbullying.gov



**National Center on Safe Supportive
Learning Environments**

Engagement • Safety • Environment



Safety Resources



Bullying Woodland Unified School District - School Climate and Bullying Prevention & Intervention

Mental Health Crisis & Access Line • Toll Free • 24-Hours A Day • 7 Days A Week

(888) 965-6647 / TDD (800) 735-2929

Línea gratuita de CRISIS de Salud Mental Acceso las 24 horas

24-часовые бесплатные кризисные линии Психического Здоровья

FURS (Family Urgent Response System)

The Family Urgent Response System (FURS) is a Free 24/7/365 Hotline for current or former foster youth and their caregivers to call and get immediate help. **1-833-939-3877**



Promoting Safe, Healthy & Resilient C

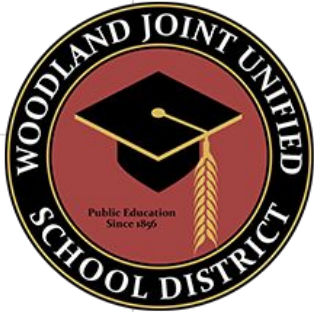


QUESTIONS



SCAN ME





- **Officer Stephanie Wilson** stephanie.wilson@wjusd.org
- **Officer Omar Flores** omar.flores@wjusd.org
- **Officer Carlos Barrera** carlos.barrera@wjusd.org