

**CYBER
BULLYING**



In the Know Al Tanto

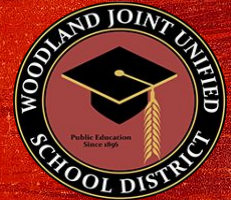
Sargento del Departamento de Policía de Woodland,
Ted Ruiz

Oficial de Recursos Escolares (SRO)
Stephanie Wilson, Omar Flores, and Carlos Barrera

25 DE OCTUBRE DE 2023
6:00 p.m.
ESCUELA SECUNDARIA
DOUGLASS



Una colaboración entre WJUSD y WPD





¡Bienvenido!

Nuestro equipo de presentación...



Oficial Carlos Barrera

Oficial Omar Flores

Oficial Stephanie Wilson

Conciencia de los padres



*“No hay un defensor más poderoso para los niños
que un padre armado con información y opciones.”*

–Rod Paige.



IN THE KNOW:
AL TANTO:

Serie de noches de información para padres

El propósito del seminario de esta tarde es brindar a los padres la información, las herramientas y los recursos que necesitan para poder reconocer y prevenir comportamientos negativos e interactuar con la comunidad y las escuelas para brindar espacios seguros para nuestros niños.



Temas sobre la
mesa

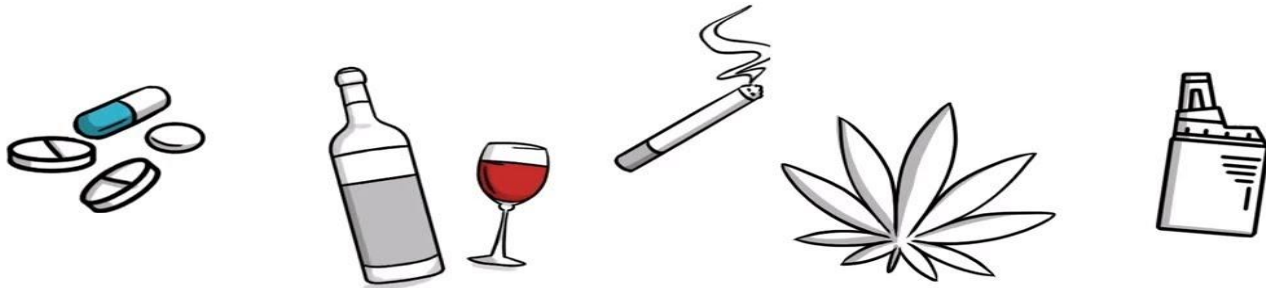
Uso de sustancias

Redes sociales

Seguridad Escolar



Uso de sustancias: **Reconocimiento, Prevención Y Formas De Actuar**



Uso De Sustancias



Redes sociales Reconocimiento, prevención y formas de actuar





Seguridad:

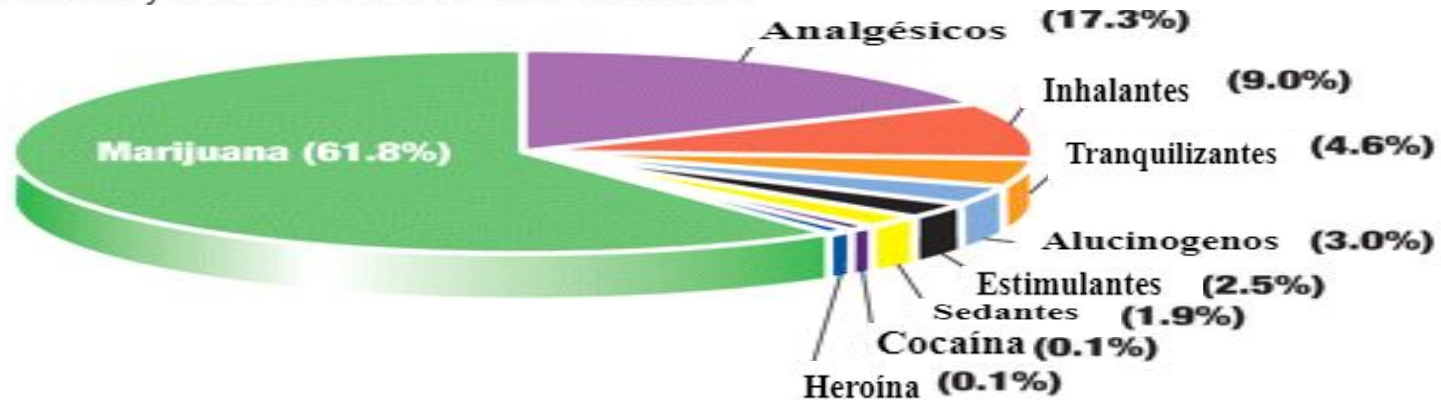
Reconocimiento, Prevención Y Formas De Actuar





La Marihuana Es La Droga De Elección Para Los Consumidores Primerizos

La reciente encuesta sobre drogas de SAMHSA encontró que el consumo de marihuana está aumentando. Los consumidores de entre 12 y 17 años percibieron un riesgo bajo de fumar marihuana y mencionaron la facilidad de acceso.



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



Reconocimiento y Prevención:

Uso de sustancias

Las drogas son sustancias químicas y sustancias que afectan tanto a la mente como al cuerpo.



ABURRIMIENTO



PRESIÓN DE GRUPO



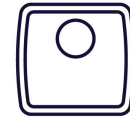
ANSIEDAD SOCIAL



PROBANDO COSAS NUEVAS



AUMENTAR LA CONCENTRACIÓN
Y LAS CALIFICACIONES



CONTROLAR EL PESO



Estimulantes (superiores)	Depresores (tranquilizadores)	Alucinógenos
<p>¿Qué hacen? Acelera el cerebro y el sistema nervioso central.</p>	<p>¿Qué hacen? Desacelera el cerebro y el sistema nervioso central.</p>	<p>¿Qué hacen? Estas drogas alteran el estado de ánimo del usuario. conciencia. (Distorsionar las sensaciones auditivas y visuales)</p>
<p>Ejemplos:</p> <ul style="list-style-type: none">- Cafeína (café, bebidas energéticas, té)- Nicotina (cigarrillos)- Anfetaminas (metanfetamina, éxtasis)- Velocidad"Sales de baño"- Cocaína y CrackCocaína-Píldoras de dieta	<p>Ejemplos:</p> <ul style="list-style-type: none">- Alcohol (cerveza, vino, vodka, tequila, ginebra, etc.)-Heroína-Tranquilizantes-Pastillas para dormir-Marijuana	<p>Ejemplos:</p> <ul style="list-style-type: none">-LSD-Éxtasis-Setas mágicas-Peyote- PCP



Reconocimiento y Prevención:

Uso de sustancias

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



ESCONDITES COMUNES



- Entre O Dentro De Libros
- Detrás De Carteles O Cuadros
- Dentro De Las Ranuras De La Consola De Juegos.
- Pegado Detrás De Los Cajones De La Cómoda
- En Tubos De Lápiz Labial O Estuches De Maquillaje
- Dentro De Cajas De Medicamentos De Venta Libre



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**

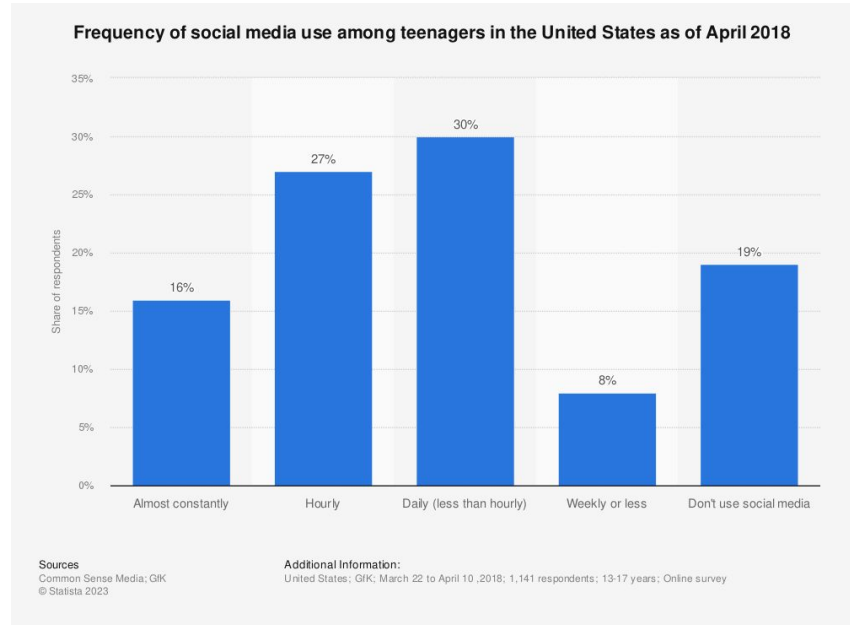


Recognition and Prevention:

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



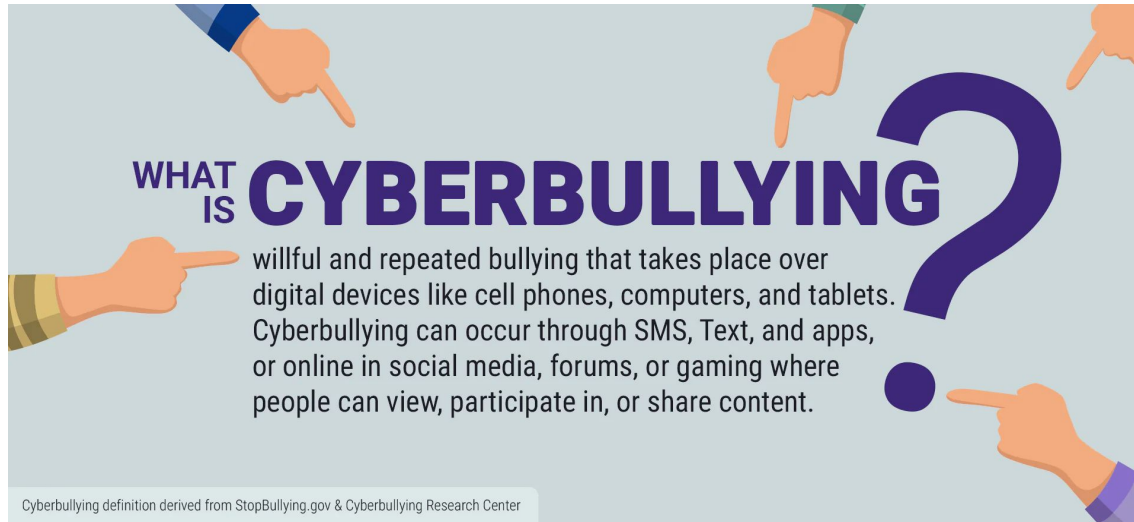
Turn off notifications





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

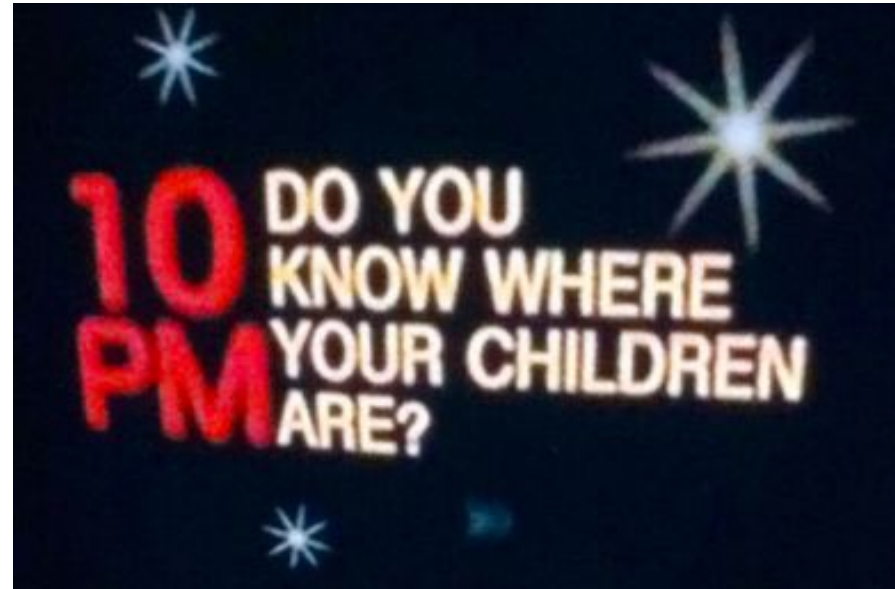
				
<p>TALK TO YOUR CHILD ABOUT ONLINE PREDATORS</p>	<p>EXPLAIN THE RISKS AND CONSEQUENCES</p>	<p>WHAT PLATFORMS AND APPS ONLINE PREDATORS LIKE</p>	<p>ESTABLISH GROUND RULES AND BOUNDARIES</p>	<p>KEEP TALKING...</p>



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.”

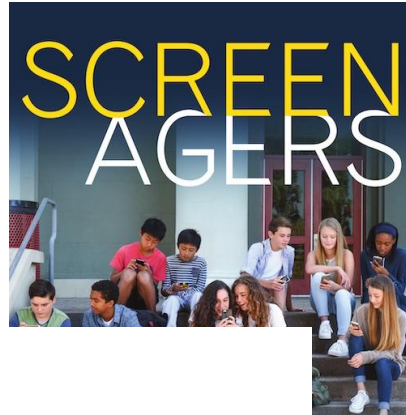


Action:

Safety



Qustodio



screenagersmovie.com





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**



EMPOWER YOLO

Promoting Safe, Healthy & Resilient C

 **nami** | Yolo County
National Alliance on Mental Illness

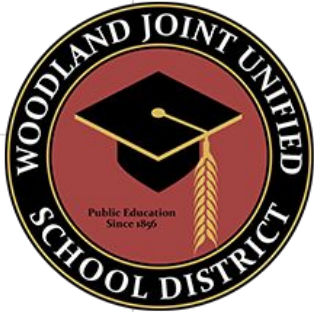
KNOW THE SIGNS

QUESTIONS



ENCUESTA





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