January 2022

BACKPACK NEWS TEENS

Resilience

Resilience, or the ability to overcome hardship, is an important concept for parents and guardians to help their child(ren) and teens develop.

According to the Center on the Developing Child at Harvard University, *"The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver or other adult*".

Strategies to Build Resistance

- Work to solve problems independently, but also don't be afraid to brainstorm solutions together with an adult.
- Work to build a strong emotional connection with your parents or other adults/family members you trust.
- Promote healthy risk-taking—this is something that pushes you outside of your comfort zone but will result in little harm if you are unsuccessful. Examples are a new sport, talking to a shy peer or trying out for the school play.
- Practice optimism and positivity

Stressful Situations & Resilience

Not all stress is harmful and certain situations, with the help of supportive parents/adults, can be growth-promoting.
During a stressful time, you can talk through the situation, express your feelings, and work on a plan of how to overcome the situation with your parent or trusted adult.

Over time, we become better able to cope with life's obstacles and hardships from the confidences gained with learning how to work through problems, and it's important to have supportive adults to lean on for support during this time.

Sources:
Resilience. Center on the Developing Child at Harvard University. https://developingchild.harvard.edu/science/key-concepts/resilience/

Resilience in Children: Strategies to Strengthen Your Kids. https://www.psycom.net/build-resilience-children

Athlete's Foot

Athlete's Foot is a skin infection that is caused by a fungus that can cause bumps, redness, itchiness and peeling of the skin between the toes.

This fungus grows in warm and damp areas, such as public showers and pools, and locker rooms, which is why it's a good idea to wear flip flops in these areas.

To treat athlete's foot, your doctor may have you apply a powder to your foot or taking a medicine by mouth, but you'll also want to keep your feet as dry as possible, wear cotton socks and change them daily.

5 Ways to Fight the Flu

Flu season is in full swing, and here are a few tips to prevent getting the flu:

1. **Get the Flu Vaccine**
2. **Wash your hands often** – *Wash your hands before you eat, after you cough/sneeze and after using the restroom.*
3. **Avoid individuals that are sick** – *Wearing a mask can help and social distancing. Keep your hands out of your nose, mouth and eyes to prevent the spread of germs.*
4. **Cough/Sneeze into a tissue or your elbow**
5. **Stay home if you have the flu** – *You don't want to pass along germs to others and resting can help you recoup faster.*

Source: 5 Ways to Fight the Flu; https://kidshealth.org/en/teens/fight-flu.html#cathealth-basics

Marijuana

What is Marijuana?

Marijuana is a mix of dried leaves, flowers and stems from a plant called "Cannabis sativa". The active ingredient in marijuana is called THC which gives a person a high that stems from the nerve cells that control sensory perception and pleasure.

Short-Term Effects of Marijuana

In addition to the high users of marijuana receive, THC connects with receptors on nerve cells in other parts of the brain that control thinking, memory, coordination and concentration, which can cause trouble thinking and problem solving, problems with memory and a loss of coordination. Additionally, you may experience an increase in appetite, drowsiness and a decrease in inhibitions.

Long-Term Effects of Marijuana

Lasting side effects from use of marijuana may include changes in the brain, fertility issues, respiratory issues, immune system problems and emotional problems, such as depression, anxiety or bipolar disorder.

Additionally, marijuana is illegal in the state of Wisconsin and those caught using, growing or selling marijuana may face criminal charges, including jail time. These criminal records could hurt your plans for college or finding a job. Also, many jobs require drug testing prior to employment.

What if I want to quit?

Those who want to quit using marijuana may experience withdrawal symptoms, and a counselor or doctor can help you find the right combination of assistance to quit.

Source: Marijuana; https://kidshealth.org/en/teens/marijuana.html?ref=search