

With a growing need for mental health awareness, we are pleased to share with you that our most recent PATH lessons address the crucial topic of violence. Youth Violence is considered a serious public health problem; according to the CDC, it has a long-term impact on the health and well-being of our young people. We feel strongly about increasing awareness and decreasing the occurrence of violence in our school and community. The three P.A.T.H. violence lessons emphasize the value of all human life, examine recent statistics, identify risk factors, and promote protective strategies including gun safety. We encourage students to examine their own beliefs and actions to create a safer learning environment and positive school climate. Because your child's safety is a priority for us, we will continue to invest time into their social and emotional health through these sessions. We consider these efforts a partnership; therefore, this letter provides parental tips for supporting children who have either been victims of violence or may display violent behavior. Your awareness creates an invaluable layer of protection. Please take time to talk with your child this week to learn more about the outcome of these sessions. Additionally, we want you to feel comfortable reaching out to our counseling staff about any questions or concerns you may have.

30%

Youth homicides increased by 30% from 2019 to 2020 which was the largest increase since 1980.^[1]

Did You Know?

- Two out of three of all youth homicides occurred with a firearm.^[1]
- Emergency Departments treat more than 1,000 youth for physical assault-related injuries each day.^[2]
- Youth violence is common. 1 in 5 high school students reported being bullied on school property in the past year.^[3]
- Youth violence discriminates. Young people who identify as lesbian, gay, bisexual, or transgender or are questioning their sexual identity (LGBTQ) have a heightened risk for violence.^[3]
- Youth violence kills and injures. Homicide is the third leading cause of death for young people ages 10-24.^[4]
- Youth violence is costly. Youth homicides and nonfatal physical assault-related injuries result in an estimated \$18.2 billion annually in combined medical and lost productivity costs alone.^[4]
- Some of the signs of school violence include physical marks, such as cuts or bruises; fear of riding the bus to school; depression, anxiety, or moodiness lasting more than a couple of weeks; and sudden loss of friends.

Tips:

- **Set an example by promoting non-violence in your own conflicts.**
- **Know where and with whom your children spend their time.**
- **Educate yourself about violent trends among teens such as fight videos, threats via social media, challenges, and trolling.**
- **Teach acceptance, tolerance, and non-discrimination.**
- **Know warning signs of violent behavior such as extreme moodiness, cruel acts, or uncontrolled anger.**
- **Seek treatment after exposure to potentially traumatic violent experiences.**
- **Directly teach gun safety.**
- **Communicate with the school personnel when students have a safety concern - whether the threat is physical or digital.**
- **Connect them with caring adults in the community.**
- **Prepare them for the consequences of violence in the adult world.**

Hello Parents!



Helpful Resources

- Centers for Disease Control and Prevention: Youth Violence <https://www.cdc.gov/violenceprevention/youthviolence/index.html>
- Futures Without Violence <https://www.futureswithoutviolence.org/>
- Nemours KidsHealth: Parental Gun Safety <https://kidshealth.org/en/parents/gun-safety.html>
- Family Lives: Gangs <https://www.familylives.org.uk/advice/teenagers/behaviour/gangs>
- RAINN: College Campus Sexual Violence <https://www.rainn.org/statistics/campus-sexual-violence>
- 10 Things You Can Do To Prevent Violence In Your School Community. <https://www.pta.org/home/family-resources/safety/School-Safety/Checklist-to-Help-Prevent-Violence-in-Schools>

References

1. Care, E. C. (2020). Juvenile arrest trends infographic. Infographic. Retrieved December 10, 2022, from https://info.mstservices.com/juvenile-arrests-infographic?utm_campaign=Blog%2FNewsletter+Emails&utm_medium=email&hsmi=226490303&hsenc=p2ANqtz--FVRIJsEN5I3nI0uN1MJgyDWwHibaTtdiQqW7oIHdlzAnixYORLWW1wt_ZayNg6Sx6Xmfz6gkkaF-M4cuUI3-U99CrrTX1bC-7zAUglaMNOIDbN
2. Youth Violence |Violence Prevention|Injury Center|CDC. (n.d.). Centers for Disease Control and Prevention. Retrieved October 6, 2022, from <https://www.cdc.gov/violenceprevention/youthviolence/index.html>
3. Federal Data. Federal Data | Youth.gov. (n.d.). Retrieved December 10, 2022, from https://youth.gov/youth-topics/violence-prevention/federal-data#_ftn1
4. Centers for Disease Control and Prevention. (2022, April 14). Preventing youth violence |violence prevention|injury Center|CDC. Centers for Disease Control and Prevention. Retrieved December 10, 2022, from <https://www.cdc.gov/violenceprevention/youthviolence/fastfact.html#:~:text=Youth%20homicides%20and%20nonfatal%20physical,quality%20and%20value%20of%20life.>