



Mental Health Awareness in Middle School.

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Introduction-

- According to the Centers for Disease Control and Prevention (CDC), 1 in 6 children aged 6-17 have a mental health disorder.
- The National Institute of Mental Health (NIMH) found that almost 50% of children aged 8-15 with a mental illness are not receiving treatment.
- A study by the American Academy of Pediatrics identified that social media use can increase depression, suicide risk, and other mental health issues in middle school aged students.
- According to the National Alliance on Mental Illness, school-aged children are more likely to be diagnosed with depression, anxiety, and Attention Deficit Hyperactivity Disorder (ADHD).

Problems may occur if left untreated.

- Poor Grades
- Behavior Issues
- Performance
- Truancy
- Difficulty in learning
- Poor Quality of Life



What makes middle school so hard?

- Social challenges- friendships, dating, bullying, social norms and expectations. Peer pressure
- Physical Challenges-Brain is changing, puberty, body changing, acne, awkwardness .
- Emotional changes-Interests change, becoming more self absorbed,



**KEEP
CALM**

I Have Survived

Middle

School

PEER PRESSURE

**PEER PRESSURE
EVERYWHERE**

Barking Dog and the Wise Owl

- <https://www.youtube.com/watch?v=Kx7PCzg0CGE>

Tips for parents for helping your middle schooler

- Make sure they get plenty of sleep -8-10 hours for a middle schooler
- (nearly 60% of middle schoolers don't get enough sleep)

Monitor the screen time and content of your students electronics.

- [1. Qustodio Parental Control](#)
- [2. OurPact Parental Control](#)
- [3. Apple's Screen Time](#)
- [4. Unglue Parental Control App](#)
- [5. Net Nanny Parental Control](#)
- [6. Norton Family Parental Control](#)
- [7. Kaspersky Safe Kids](#)
- [8. Screen Time Parental Control](#)
- [9. FamiSafe - Parental Control](#)
- [10. Kidslox Parental Control](#)

Tips continued...

- Attending school meetings, parent teacher conferences, functions , events like this
- Support distraction free homework time/space
- Help your child practice stillness, breaks from electronics, time for contemplation, thinking.
- Make sure your child has a breakfast even if it's a little one.

The National Institute of Mental Health (NIMH) suggests that encouraging positive coping skills such as physical activity, journaling, and talking to a friend or family member are effective mental health tips for middle school students.

- Talk Openly About Feelings. ...
- Follow A Routine. ...
- Keep Things Simple. ...
- Teach Them Healthy Ways to Manage Stress. ...
- Limit Their Exposure to social media/violence in games. ...
- Make Time for Play. ...
- Get Them Moving. ...
- Watch Out For Signs of Trouble.



Tips you may have or Questions?

