

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, schoolaged children are more likely to be diagnosed with depression, anxiety, and Attention Deficit Hyperactivity Disorder (ADHD).

Problems may occur if left untreated.

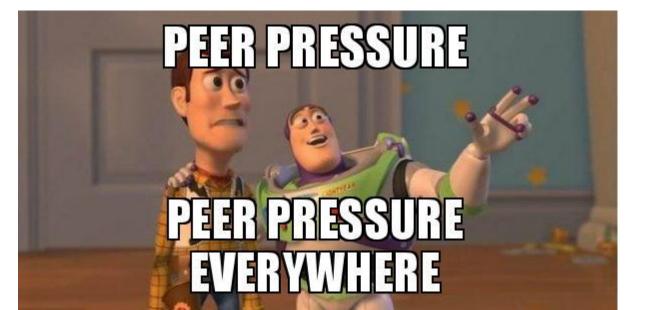
- Poor Grades
- Behavior Issues
- Performance
- Truancy
- Difficulty in learning
- Poor Quality of Life



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,





Barking Dog and the Wise Owl

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

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.

- <u>1. Qustodio Parental Control</u>
- <u>2. OurPact Parental Control</u>
- <u>3. Apple's Screen Time</u>
- <u>4. Unglue Parental Control App</u>
- <u>5. Net Nanny Parental Control</u>
- <u>6. Norton Family Parental Control</u>
- <u>7. Kaspersky Safe Kids</u>
- <u>8. Screen Time Parental Control</u>
- <u>9. FamiSafe Parental Control</u>
- <u>10. Kidslox Parental Control</u>

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?

