

THE GREAT BODY SHOP

Parents' Bulletin



Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077 or 203-762-2938

KEEP THIS BODY SAFE

THIS MONTH IN THE GREAT BODY SHOP, WE'LL BE TALKING ABOUT PERSONAL SAFETY. THE LESSONS ARE:

LESSON 1: KEEP THIS BODY SAFE

HERE, WE'LL TALK ABOUT LIGHTNING STORMS, BICYCLE SAFETY, THE HEIMLICH HUG (TO HELP SOMEONE WHO IS CHOKING) AND INJURIES CAUSED BY ACCIDENTS.

LESSON 2: GANG PRESSURE

GANGS ARE GROWING IN MANY NEIGHBORHOODS, AND THE PROBLEM EXTENDS FROM THE STREET RIGHT INTO THE CLASSROOM. WE'LL DISCUSS SOME OF THE PROBLEMS WITH GANGS AND THE REASONS KIDS JOIN THEM. WE'LL ALSO TALK ABOUT WAYS YOUR SON/DAUGHTER CAN HANDLE FEELINGS IN A POSITIVE WAY, AND HOW HE/SHE CAN SAY "NO!" WHEN PRESSURED BY FRIENDS.

LESSON 3: GETTING HELP

WE'LL TALK ABOUT SOME OF THE PEOPLE AND ORGANIZATIONS WHO CAN HELP WHEN A STUDENT HAS A PROBLEM.

LESSON 4: SEXUAL HARASSMENT AND ABUSE

YOUR SON/DAUGHTER WILL LEARN THAT NO ONE HAS THE RIGHT TO TOUCH HIM/HER IN A WAY THAT FEELS UNCOMFORTABLE OR CAUSES BODILY HARM. WE'LL TALK ABOUT WAYS TO HANDLE PEOPLE WHO DON'T RESPECT OUR PRIVACY AND THE IMPORTANCE OF LOOKING FOR HELP WITH PROBLEMS WE CAN'T HANDLE ON OUR OWN.

About Accidents

According to the National Safety Council, accidents are the leading cause of death for children. Traffic accidents account for almost half of these deaths.

- ◆ Keep children in a safety seat until they weigh at least 60 pounds. Make sure older children always wear a seatbelt — even if you're just going to the corner store.
- ◆ Teach children to exit the car on the curb side.
- ◆ Make sure your child knows never to get into a car if the driver has been drinking.

Tough Times Ahead

The National Center for Health Statistics has some alarming news for parents. Suicide is a leading cause of death for pre-teens, 10-14 years of age. Pre-teens and adolescences can be trying times for parents and children alike. The events, demands and stress of recent times have left children ill equipped to handle the pressures they face. Adults have had a lifetime to learn coping skills. Children may lack the skills they need to successfully face life's serious challenges, resulting in serious depression.

Depression is on the rise for teens. At about age 10, children begin to compare themselves to others. They compare physical appearance, skills, talents, and popularity, as they try to discover where they fit in with others. By adolescence, there may be major changes in their feelings of helplessness, hopelessness and a negative self-image. Since these thoughts are often not shared with parents, it may be difficult to detect if your child is depressed or at risk of suicide. However, the experts say there are some things to look for:

- ◆ depression
- ◆ strong feelings of sadness, discouragement, despair that lasts for weeks or months
- ◆ self-destructive behavior, such as taking drugs or self injury
- ◆ talking about death
- ◆ withdrawal from family and friends
- ◆ changes in appearance or eating or sleeping habits
- ◆ a lack of interest in favorite activities
- ◆ giving away favorite possessions
- ◆ talking about feeling helpless, hopeless, or worthless

If you suspect your child is depressed, get help! There are many agencies in the community to assist you. Call your school for a list of possible resources. Your child needs you more than ever during these years!

Read All About It

<http://www.kidshealth.org> The Nemours Foundation. Truckloads of information on behavior and emotions, food and fitness, surgeries, and growing up healthy. This site also has great games.