

## Upcoming Events

- Alcohol Awareness Month
- Child Abuse Prevention Month
- 2/ Autism Awareness Day
- 4/ Stray Animals Day
- 22/ Earth Day



**Center for Humanistic Change**  
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## CHC Student Assistance Program Team

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## Cessation Programs for Teens

**INDEPTH / Alternative to Suspension:** This program informs teens about nicotine dependence and how they can end their addiction to all tobacco products, including e-cigarettes, as an alternative to suspension. 60% of student participants reported that they were willing to quit e-cigarettes after completing the program.

**Online Youth Cessation:** NOT For Me is a self-guided, online tool that leverages the American Lung Association's evidence-based N-O-T Not OnTobacco® program to help teens break nicotine dependency, no matter what tobacco products they use.

**Not On Tobacco® (N-O-T):** Youth Cessation Program A cessation program created specific for teens, N-O-T is an evidence-based program that takes a holistic approach of behavior change that can then be applied and practiced in a teen's everyday life. Approximately 90% of teens who participate in the program want to cut back or quit tobacco all together.

**Tobacco Resistance Unit:** Youth-led coalition to help PA youth, ages 12 to 18, stay tobacco and nicotine free. TRU is managed by the Pennsylvania Alliance to Control Tobacco (PACT) and the American Lung Association in Pennsylvania and funded by a grant through the Pennsylvania Department of Health.

TRU youth:

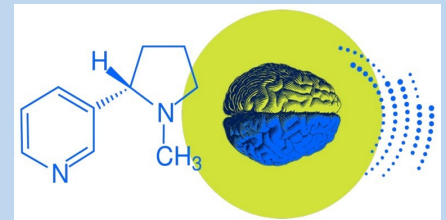
- Plan and attend tobacco-free events (TRU Storms)
- Educate their peers about the dangers of nicotine addiction and expose the lies of Big Tobacco
- Help youth who smoke or vape quit
- Make their voices heard on public policy issues regarding tobacco products

**To start a TRU group at your school, please contact:**  
[julia.mcafee@lung.org](mailto:julia.mcafee@lung.org)

**Regional Pennsylvania Tobacco-Free Coalition:** Dedicated to saving lives by eliminating tobacco use and tobacco-related lung disease throughout the Northcentral, Northeast and Southcentral regions of Pennsylvania.

Coalition members will receive:

- Invitations to quarterly coalition meetings.
- An opportunity to join work-groups that develop essential resources for your community.
- Networking opportunities with public health professionals.
- Monthly newsletter



## Youth Cessation Counseling My Life, My Quit



Free confidential service for teens 13-17 who want help quitting all forms of tobacco, including vaping.

Getting started is as easy as texting  
"Start My Quit" to 855-891-9989

For more information visit  
[mylifemyquit.org](http://mylifemyquit.org)

**MY LIFE  
MY QUIT**™



## What Parents & Educators Need to Know About TikTok & Instagram Reels

While these apps offer creative expression and community engagement, they also pose significant risks that parents, educators, and counselors need to be aware of.

### Why These Platforms Are a Concern:

**Social Comparison & Self-Esteem Issues:** Teens are constantly comparing themselves to unrealistic beauty and lifestyle standards, which can lead to anxiety and depression.

**Addictive Scrolling Habits:** Algorithms keep users engaged for hours, often at the expense of sleep, school performance, and real-world interactions.

**Exposure to Inappropriate & Risky Content:** Many videos glamorize dangerous challenges, hypersexualization, eating disorders, and even self-harm behaviors—content that is easily accessible despite moderation efforts.

### What You Can Do to Help:

- **Start the Conversation:** Ask your child what they're watching and discuss content together. Open dialogue builds awareness and critical thinking.
- **Set Healthy Boundaries:** Encourage screen time limits and device-free times, such as during meals and before bed.
- **Teach Digital Literacy:** Remind teens that social media is not reality—it's a curated highlight reel designed to manipulate engagement.
- **Monitor & Guide Their Experience:** Use parental controls and explore the platform yourself to see what content your teen may be exposed to.
- **Don't Trust App Ratings Alone:** Just because an app is rated 12+ doesn't mean it's appropriate for a 12-year-old. TikTok and Instagram contain explicit content, harmful trends, and unmoderated comment sections. Review apps independently through resources like Common Sense Media.

These conversations and boundaries help protect kids from harmful online influences while still allowing them to engage with digital spaces in a healthier way.

2nd Annual Benefit

## SPRING GOLF OPEN

Monday, May 5, 2025

Green Pond Country Club  
Check-in Opens 8AM - Scramble Start 10AM



Individual Player - \$160

Includes 18 holes of golf with cart, lunch, buffet dinner, contest prizes, premium raffle.  
**Sponsorships available!**



### Coaching Kids Through Friendship Conflict



Every child eventually finds out that friendship isn't just about fun and play. Sometimes, friends have disagreements and hurt feelings. Learning how to handle these conflicts is important for mental health, as it helps kids communicate better, boosts their confidence, and strengthens their relationships.

**Is the Friendship Over?** / Kids might think a friendship is over after one hurtful incident or if a friend wants to play with someone else. Explain to your child that conflicts are normal and don't mean the friendship has to end. Teach them to talk with their friends, see things from the other person's viewpoint, and find compromises when disagreements arise.

**How Can I Help?** / Before conflicts happen, remind children that friendships teach us about ourselves and others. Highlight the qualities of a good friend, like honesty and kindness. Also, let them know that friendships can change as interests evolve.

- Be a good listener and let them share their feelings.
- Show support and understanding, even if you don't completely agree.
- Only give advice if they ask, especially with older kids.
- Help resolve conflicts by guiding them to see both sides and explore solutions, like taking turns.

If a friend says something hurtful, encourage them to talk it out. Practicing how to express feelings can deepen friendships. If your child often reacts negatively, urge them to take a pause and calm down. If the conflict seems bigger, it might indicate a friendship isn't right for them. Allow them to grieve if a friendship ends, and be there to listen and validate their feelings.

This project is funded, and paid for with tax payer dollars, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

# How Your Child's Sensory Processing Issues May Change Over Time

Kids don't outgrow sensory processing issues. But the signs change as kids get older. Here's what you might see.



## Baby

- Feels limp or stiff when held
- Doesn't want to be cuddled
- Has problems eating or sleeping
- Can't calm self; is extremely fussy
- Constantly needs to touch people or objects

## Grade-schooler

- May play too rough with others
- Appears awkward in social settings
- Has trouble with writing utensils, buttons, zippers, etc.
- Has a hard time making transitions between places or activities

## High-schooler

- Feels anxious or depressed in social settings
- Is resistant to changes in routine or trying new things
- Has trouble staying focused
- Is slow to complete tasks
- Has difficulty understanding and responding to physical touch, which can cause trouble with dating

## Preschooler

- Is fussy about how clothes and shoes feel
- Constantly moves around; can't seem to get comfortable
- Has frequent temper tantrums
- Is oversensitive to smells, lights and noise
- Finds the playground overwhelming

## Middle-schooler

- Is afraid to try new things
- Acts impulsively
- Doesn't finish tasks; is easily distracted and fidgety
- Struggles to understand personal space
- Has clumsy, uncoordinated movements; has trouble playing sports

# ADHD MONSTERS

That No One Talks About...



Black & white thinking



Difficulty making decisions



Auditory processing disorder/issues



Forgetting to use the restroom



Struggling to recall commonly use words



Moodswings



Sensory processing disorder/issues



Difficulty switching tasks



Hyper fixations



Forgetting to eat or sleep



Intense fear of rejection



Depression



Difficulty sleeping



Poor impulse control



Difficulty sleeping



Anxiety