

FEBRUARY BULLDOG BEAT

Spread the Love

Welcome to our monthly news.

We're so glad you're here!!



BE INVESTED
BE INVOLVED

#THAT'SWHY



LOVE LIKE LEXI

THEIR MISSION



The **Love Like Lexi Project** provides students with hope, self-worth, and purpose as they raise awareness for suicide. Their mission is to empower students to be part of the solution, while helping to give them the tools needed to navigate through life's challenges, so they can choose to LIVE, LOVE and LEAD.

Andrea Mills, Lexi's mother, has created a curriculum to help schools teach students the resiliency they need to choose life. The faculty has decided to bring this program to our school.

LEXI'S STORY

Lexi Webb was an ordinary young woman attending Smiths Station High School. She was student Class President, Beta Club member, on the Homecoming Court and Homecoming Queen, and made very good grades. She was also an outstanding softball player. On February 6th, 2019 Lexi took her own life.



MORE INFO

PARENT MEETING FEBRUARY 13.
AHS AUDITORIUM @ 6 PM

On Monday, 2/13, @ 6 pm, Lexi's mom, Andrea Mills, will address parents and community members on **The Love Like Lexi Project**.

On Tuesday 2/14, she will speak at a school wide assembly.

We will begin a curriculum from **The Love Like Lexi Project** during our advisory classes.



STEERED STRAIGHT

About:

Steered Straight's mission is to educate children, teens, & adults about **marijuana**, vaping, **fentanyl**, **bullying**, **gangs**, and real life stories about the misuse and abuse of **alcohol**.



Parent Academy

February 21, 5:30 pm, AHS Auditorium
Michael DeLeon will present a powerful message to parents & community members on the nature of substance abuse & addiction.

FREE Childcare & Homework Assistance

Free Snack before the Academy

HEALTHY RELATIONSHIPS

Signs of a healthy relationship

Trust- You can be truthful and candid without fearing how the other person will respond.

A Healthy Relationship should bring out the best in you and not tear you down.

Independence- You have space to be yourself outside of the relationship.

REMEMBER...

You should have space to be yourself outside of the relationship.

The relationship should feel balanced and everyone should put the same amount of effort into the success of the relationship.

You should own your faults and not consistently blame one another.



Post Traumatic Stress Disorder (PTSD)



- The term “PTSD” has typically been used when describing what military veterans experience after war, but most researchers estimate that PTSD is actually slightly higher in the teen population than in adults.
- PTSD can come from losing a family member, divorce, abandonment, physical or sexual abuse / assault, school or neighborhood violence, or natural disasters/ fires.
- Appears in forms of nightmares, flashbacks, intrusive memories, avoidance of people/ places/ thoughts or conversations that bring them back to this event, hyper-vigilance, depression, intense physical reactions, or a negative outlook.
- Ways to cope include joining a PTSD support group, practicing relaxation techniques, pursuing outdoor activities, confiding in a person you trust, spending time with positive people, and enjoying the peace of nature.

If you would like to talk to someone, a Peer Helper is always willing to listen & help :)

Healthy Coping Mechanisms

When life gets rough, it's easy to shut down and shield yourself from negative emotions. Instead of shying away from your feelings, try doing this:

- Take a warm bath or do some yoga. Sit back and relax! Let go of all the day's stressors.



- Create a feelings journal. When dealing with troubling points, write them down. Expressing yourself truly helps.



- Make plans with friends! Surround yourself with the people you love most.

Staying Safe Online

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www.Internetsafety.com



It is essential to understand internet safety rules which protect you and your family from threats that may harm your data and devices. Read on to find out about key internet dangers and how to avoid them.

Stay Safe!



Some of the biggest dangers include:

- Identity theft
- Data breaches
- Malware and viruses
- Phishing and scam emails
- Fake websites
- Online scams
- Romance scams
- Inappropriate content
- Cyberbullying
- Faulty privacy settings

Some internet safety statistics:

- -An online attack takes place every 39 seconds.
- 12% of people on the Internet have experienced some form of harassment.
- 59% of US teens have been cyberbullied or threatened online.
- One in seven children is contacted online by someone with sexual intentions.
- 40% of teens would behave differently if their parents tracked their online activity.



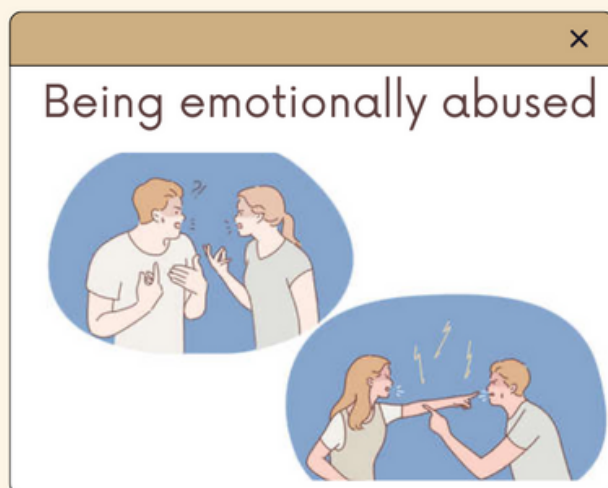
ABUSE



Abuse is a subject nobody wants to think about but is something you need to know. Abuse is harming someone physically, emotionally, sexually, or neglecting someone.



Physical abuse is aggressive or violent behavior by one person toward another that results in bodily injury.



Emotional abuse includes non-physical behaviors that are meant to control, isolate, or frighten you.



Sexual abuse is sexual behavior or a sexual act forced upon a woman, man or child without their consent.



Neglect is the ongoing failure to meet a child's basic needs and the most common form of abuse.

If you are being abused, or know someone who is experiencing abuse, call 800-962-2873 or just talk to someone you trust. You could save a life in minutes.