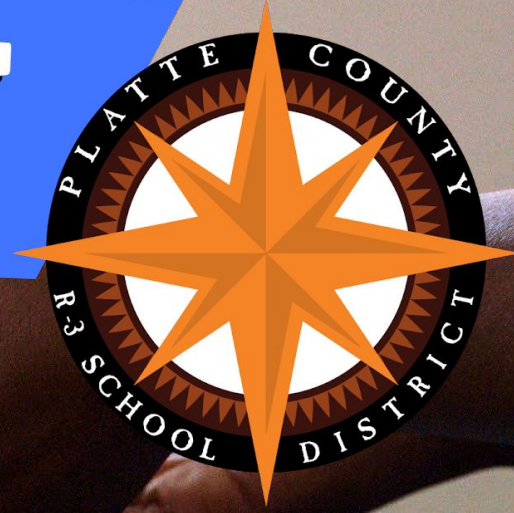


PARENT IgNIGHT



Resilience:

The Biology of Stress & The Science of Hope

PURPOSE



PURPOSE

VISION

Building learners of tomorrow...

MISSION

To prepare individual learners for success in life, the Platte County School District provides meaningful experiences in a safe and caring environment.

VALUES

*Student Focus • Collaboration • High Expectations • Integrity
Visionary Leadership • Innovation • Results Orientation*



“

**Platte County School District's
Parent IgNIGHT, a series of
informative parent sessions,
is designed to include, inform, involve,
and *ignite* parents.**

FORMAT

- Introduce an issue
- Learn from some experts
- Show what we're doing in our schools
- Share what you can do at home



THE ISSUE

RESIDUAL RISK LIFELONG HEALTH IMPACTS

BRAIN DEVELOPMENT

THE ISSUE

- Children are exposed to stresses at earlier ages and sometimes struggle to cope with social media, bullying, identity, and exposure to traumatic events



STUDENT SURVEY

*from 2018 Missouri
Student Survey of
PCHS students

Question: In the past month, how
often did you...

Not at all

Several Days

More than half
of the days

Nearly every
day

Get headaches?

39.8%

42.9%

9.4%

7.9%

Feel calm and happy?

6.4%

21.0%

27.4%

45.2%

Get stomach pains?

54.6%

35.2%

6.4%

3.8%

Fall asleep easily at night?

19.4%

24.5%

21.9%

34.3%

Feel lonely?

64.3%

20.8%

7.2%

7.7%

Feel that sometimes you can't manage with
the things you have on your mind?

56.0%

27.9%

8.3%

7.8%

Feel that it is easy to concentrate during
lessons at school?

18.1%

28.0%

26.9%

26.9%

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03:00:2

FILM

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

fig1

MATH may not teach us how to

ADD LOVE or SUBTRACT HATE

every reason

PROBLEM has

AT SCHOOL



WHAT WE'RE DOING AT SCHOOL

- Bullying prevention
- Behavior approaches through Student Success Team
- Signs of Suicide universal screening
- Mindfulness curriculum
- Trauma initiative



EXPERTS



HEAR FROM OUR EXPERT

- I **Sherrie Kisker**, Community Health Development Specialist
with Platte County Health Department



THE POWER OF RESILIENCE



- When faced with adversity, some people fall apart while others adapt hardship more easily. The difference between the two is **RESILIENCE**
- **RESILIENCE** isn't a trait—it is learned and developed
- It's OK to not be OK



A close-up photograph of two hands clasped together, with a large orange text overlay reading "AT HOME". The hands are positioned in the center-left of the frame, with the fingers interlaced. The skin tone is light, and the texture of the skin is visible. The background is a dark, textured surface, possibly a piece of fabric. The text "AT HOME" is written in a bold, sans-serif font, with a slight shadow effect, and is positioned horizontally across the middle of the image.

AT HOME

WHAT YOU CAN DO AT HOME

- Keep a long-term perspective
- Realize change is part of living
- Look for self-discovery opportunities
- Make connections
- Take care of **YOU!**



RAISING RESILIENT KIDS

HOW TO RAISE RESILIENT KIDS WHO NEVER GIVE UP BASED ON SCIENCE



2

Let Them Make Mistakes

Let them see the *consequences* of their actions. They will learn how to bounce back from their mistakes and do better next time.



Be a Supportive Role Model

Model resilient behaviors. Be calm and consistent. Admit your own mistakes and talk about how you'll get better next time.

1



4

Teach to Manage Emotions

Teach that *all* emotions are okay. Deal with bad behavior to set limits. Brainstorm ways to fix the problem and prevent it in the future.



Praise The Right Way

Give "process praise" by focusing on *strategies, progress, or effort*: "I can tell you've been working really hard." or "You really understand decimals."

3



5

Teach to Problem Solve

Don't rush to solve problems for them or tell them the solution. Brainstorm solutions to

COPING RESOURCES/

[Roots of Resilience](#)

Positive/Negative Coping Skills

[Crisis Text Line](#)

[Encourage Hope & Help](#)

Just Breathe/Mindfulness Apps



Text **HELLO** to **741741**
Free, 24/7 text line for anyone
in any type of crisis.

www.crisistextline.org
www.encouragehopeandhelp.com
If it is an emergency, call 911.



encourage
HOPE&HELP

PRACTICAL STRATEGIES

6 Tips for Helping Teens Manage Stress

Like adults, teens also struggle with stress. Too many commitments, conflict in their families and problems with peers are all stressors that can overwhelm them. The key to helping teens manage stress is teaching them to problem-solve, plan and know when to say yes and no to activities and commitments.

Here's how you can help your kids manage stress successfully:

#1 Step Overscheduling

Today teens are expected to pay attention and perform in school for seven hours, excel at extracurricular activities, come home, finish homework, and go to bed just to do it all over again the next day. Teens need downtime to rejuvenate. Their brains and bodies need to rest and they might not know when to stop.

#2 Make Sleep a Priority!

Sleep is vital for everything from minimizing stress to boosting mood to improving school performance! If your teen isn't getting enough sleep, that's another red flag that they're overscheduled. Again, reducing commitments helps. Also helpful is stressing the importance of sleep, and creating an environment that facilitates it.

10 Tips for Building Resilience in Children and Teens

Content borrowed from the American Psychological Association: <http://www.apa.org/topics/teens/resilience>

Resilience is the ability of a person to recover quickly from life's difficulties. We all can develop resilience (yes, even parents!), and we can help our children develop it as well. In fact, building resilience is a learning process, not just a trait to be born with. It involves behaviors, thoughts, and actions that can be learned over time.

Here's how you can help build resilience in the kids and teens in your life:



#1 Make Connections

Teach your child how to make friends, the skill of empathy, or other's pain. Encourage your child to be a friend in order to get a strong family network your child through his or her disappointments and setbacks with people and resilience. Some find connecting with a higher power through organized privately and you may wish your child to your own worship.

#3 Maintain a Daily Routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

#4 But Remember to Take a Break!

While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying him. Be aware of what your child is exposed to that can be troubling, whether it be news, the Internet or overheard conversations, and make sure your child takes a break from those things if they trouble her.

#5 Teach Them Self-Care

Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

Help Them Help Others

Children may feel helpless can be empowered. Engage your child in age-appropriate work, or ask for assistance in a time task that he or she can master, and storm with children about ways they

Discipline Cheat Sheet

Instead of that, Say this.

Simple phrases and ideas for diffusing tough situations with your child.

What were you thinking??? I'm going to help you with this. <i>Instead say:</i> I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.	How many times do I have to tell you? I'm going to do () so that it will be easier for you. <i>Instead say:</i> Let's go to a quieter place to get this sorted out.	Stop it! You are embarrassing me! Let's go to a quieter place to get this sorted out. <i>Instead say:</i> Let's figure out a better way for next time.
If you don't stop that, no Xbox for a week! I can see this is tricky for you. We are going to solve this later. Let's get a drink of water. <i>Instead say:</i> I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.	Go to your room! Come here. I've got you. <i>Instead say:</i> "Kindness in your eyes and a compassionate hair tussle"	No stars on the star chart for you! Let's figure out a better way for next time. <i>Instead say:</i> We will get this figured out. I can handle ALL of you. It's all good.
Stop. That. Right. NOW! If you need to get your mad out - then go ahead. It's okay. I've got you. <i>Instead say:</i> "Kindness in your eyes and a compassionate hair tussle"	"Silent eye-roll and frustrated sigh" Come here. I've got you. <i>Instead say:</i> "Kindness in your eyes and a compassionate hair tussle"	You are IMPOSSIBLE! We will get this figured out. I can handle ALL of you. It's all good. <i>Instead say:</i> We will get this figured out. I can handle ALL of you. It's all good.

DR. VANESSA LAPOINTE

9 ways to help your kids COPE WITH STRESS

To adults, childhood can seem like a carefree time. But kids still experience stress. Things like school and their social life can sometimes create pressures that can feel overwhelming for kids. As a parent, you can't protect your kids from stress — but you can help them develop healthy ways to cope with stress and solve everyday problems. But it's not always easy for parents to know what to do for a child who's feeling stressed.

Here are a few ideas

1. SAY IT OUT LOUD

Tell your child when you notice that something's bothering him or her. If you can, name the feeling you think your child is experiencing. ("It seems like you're still mad about what happened at the playground.") This shouldn't sound like an accusation like, "in," "OK, what happened now? Are you still mad about that?" or put a child on the spot. It's just a casual observation that you're interested in hearing more about your child's concerns. Be sympathetic and show you care and want to understand.

2. LISTEN TO

Ask your child to tell you and calmly — with no agenda — what's bothering him or her. Think your child should share your child's concerns whole story by asking "happened?" Take your time, too.

3. RECOGNIZE FEELINGS

For example, you might say "That must have been upsetting." "No wonder you feel mad when they wouldn't let you in the game," or "That must have seemed unfair to you." Doing this shows that you understand and what your child felt, why, and that you care. Feeling understood and listened to helps your child feel supported by you, and that is especially important in times of stress.

4. PUT A

Many younger kids have feelings. If your child has words to help him name, putting feelings and develop empathy. Recognize their feelings and develop empathy. Recognize their feelings and develop empathy. Recognize their feelings and develop empathy.

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score

While you were growing up, during your first 18 years of life:

- Did a parent or other adult in the household often...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1
- Did a parent or other adult in the household often...
Push, grab, drag, or throw you (not counting once or twice as a child)?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1
- Did an adult or person at least 5 years older than you ever...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to have sexual intercourse, anal, oral, or vaginal sex with you?
Yes No If yes enter 1
- Did you often feel that...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1
- Did you often feel that...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1
- Were your parents ever separated or divorced?
Yes No If yes enter 1
- Was your mother or stepmother...
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often drunk, bitter, but with a fit, or hit with something hard?
or
Ever sexually abused you or at least a few times or threatened with a gun or knife?
Yes No If yes enter 1
- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1
- Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1
- Did a household member go to prison?
Yes No If yes enter 1

Now add up your "Yes" answers: _____ This is your ACE Score

5 PRACTICAL STRATEGIES TO BUILD RESILIENCE AND DECREASE STRESS

Brought to you by Rachael Kable

Discover five meaningful ways to strengthen your resilience by modifying your self-talk, using mindfulness techniques, and more!

STRENGTHEN YOUR RELATIONSHIPS & CREATE A SOLID SUPPORT NETWORK

COPIING WITH CHANGE

A GROWTH MINDSET

Find out more about positive coping skills, reducing stress, and building resilience at: encouragehopeandhelp.com

The Platte County (PC2) PREVENTION COALITION
Facebook.com/PlatteCountyCoalition

Content borrowed from Kids Health: <http://kidshealth.org>

PARENT IgNIGHT



Signs of Suicide:

*Engaging parents as
partners in suicide
prevention*

Sept. 12, 2019

Future Nights/Topics:

*Coming next
school year!*

TBD 2019-20

A photograph of a classroom scene. A teacher with long brown hair, seen from the back, is sitting on the floor. She is wearing a dark shirt with "PLATTE COUNTY" printed on the back. She is surrounded by a group of young students, mostly girls, who are sitting on the floor and looking at a book or paper she is holding. The classroom has tables and chairs in the background.

THANKS!

Additional questions?

Contact the District at 816-858-5420 or www.plattecountyschooldistrict.com

Dr. Mike Brown, brownm@platteco.k12.mo.us

Dr. Jennifer Beutel, beutelj@platteco.k12.mo.us

Laura Hulett, hulettl@platteco.k12.mo.us



SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change line color, width and style.

Isn't that nice? :)

Examples:



Now you can use any emoji as an icon!

And of course it resizes without losing quality and you can change the color.

How? Follow Google instructions

<https://twitter.com/googledocs/status/730087240156643328>



and many more...