

*Bedford Health and Human Services
Bedford Public Schools present...*

TEENS, TWEENS, AND QUARANTINES A CONVERSATION FOR PARENTS

**LEARN ABOUT HOW THIS “NEW NORM” IMPACTS THEIR MENTAL HEALTH,
HOW PARENTS CAN HELP SUPPORT THEM, AND HAVE YOUR QUESTIONS ANSWERED**

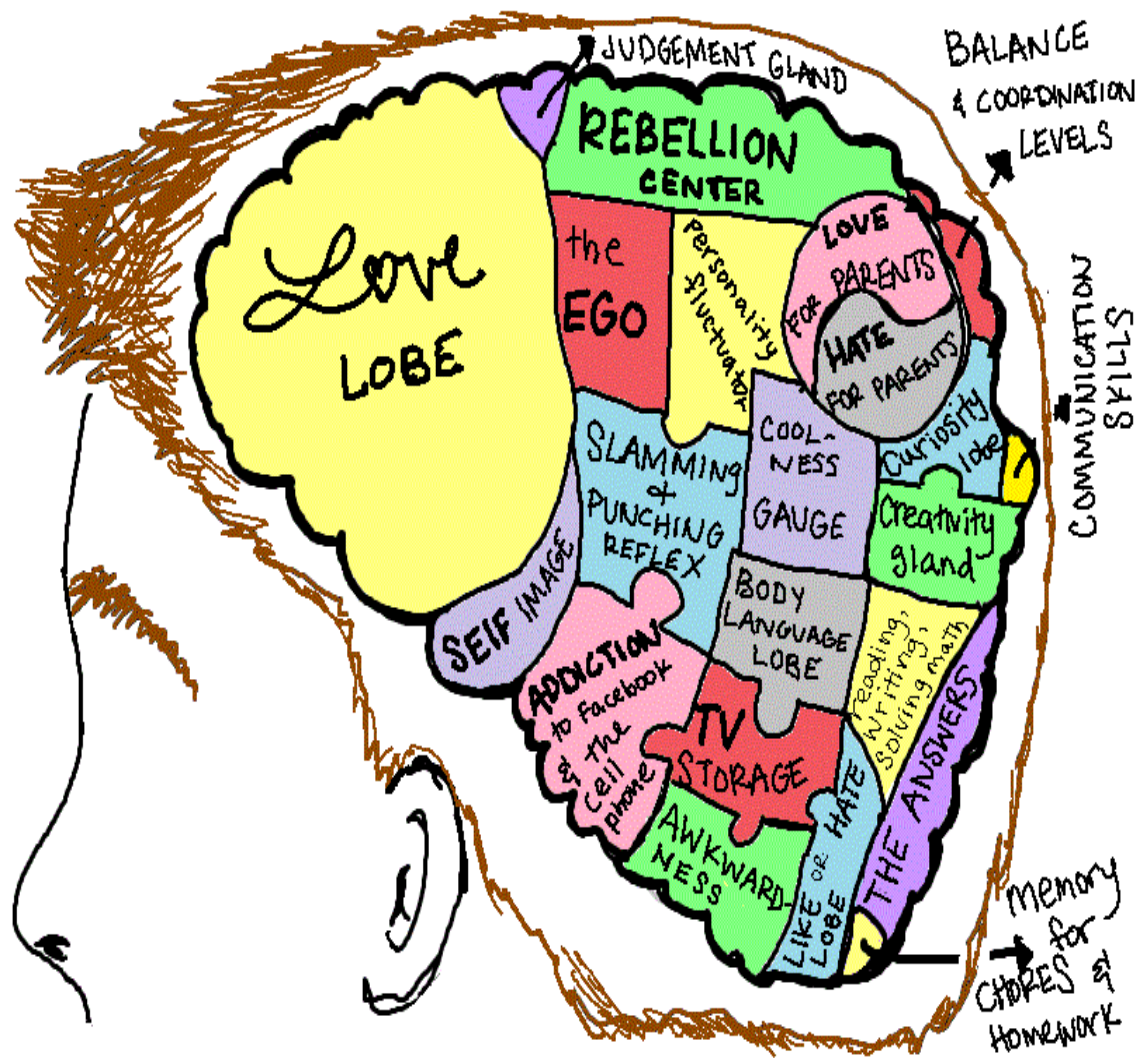
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THE AVERAGE TEENAGE BRAIN



**What's Important to
Teens and Tweens**

Friends

Parents/Family

Control, Freedom, & Autonomy

Connection – Technology, Internet & Phones

Safety --- Physical & Emotional

Privacy

Parents/Family

**In the age of the corona virus,
attending to our mental health,
and the mental health of our
teens/tweens has never been so
important...**

“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

DR. ANTHONY FAUCI MARCH 25, 2020

What to expect:

- **A sprint --- and a marathon**
- **Loneliness**
- **Grieving Process– denial, anger, guilt, depression, acceptance**
- **Loneliness**
- **Changes in behavior**
- **Regression**

What we can do:

- **Social distancing vs. physical distancing**
- **Generosity**
- **Expectations**
- **Can’t vs. Won’t**
- **Happiness**
- **Kindness**

Kindness



More Kindness

COLLEGE STUDENTS WHO
DESIGNED AND CREATED
MASKS FOR THE DEAF
AND HARD OF HEARING



“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

DR. ANTHONY FAUCI MARCH 25, 2020

This is Especially Hard for Teens/Tweens

- **Fears, worries about the unknown**
- **Heightened anxiety, depression**
- **Irrational thinking**
- **Expectations for self, others**
- **Impact on risk-taking behaviors**
- **Perfectionism**

Factors to Consider

- **Finding balance**
- **Managing boredom**
- **Developing routines**
- **Being flexible**
- **Adjusting rules**

“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

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You Are Important

- **What all people need --- sense of safety, connection**
- **Self-care - for you and every household member**
- **Mindfulness, being outdoors, healthy comforts**

How to Support Your Teen/Tween

- **Model how to manage emotions**
- **Encourage care for others**
- **Live in the moment --- the good and the bad**
- **Gratitude**
- **Information sources - state, national, YOU**
- **Reduce exposure**
- **Humor**

Humor



IF YOU
CAN SMELL
MY FART
WE ARE NOT
FAR ENOUGH
APART!!!



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TYPES OF ANXIETY

- **Generalized Anxiety Disorder**
- **Social Phobia**
- **Obsession-Compulsive Disorder**
- **Panic Disorder**
- **Post Traumatic Stress Disorder**

Emotional Symptoms of Anxiety

- **Excessive stress or worrying**
- **Feeling powerless**
- **Having a sense of impending danger, panic or doom**
- **Trouble concentrating**
- **Feeling jumpy and tense**
- **Irritability**

Physical Symptoms of Anxiety

- **Heart palpitations/increased heart rate**
- **Rapid breathing (hyperventilation)/shortness of breath**
- **Chest pains**
- **Dizzy or light-headed**
- **Nausea, sweating, trembling**
- **Feeling weak or tired**

What Are The Worst Things To Say To An Anxious Teen/Tween



What Are The Best Things To Say To An Anxious Teen/Tween...

- **Tell me more about it**
- **I'm listening**
- **Let's breathe together**
- **1 to 10 scale, how horrible is it?**
- **Name 5 things...**
- **How can I help you?**
- **I love you**

Typical Suburban Youth Risk Behavior Survey Results:

- **High School (1,200 students)**
 - 17.6% (211) of students have been cyber-bullied
 - 16.1% (193) of female students have self injured
 - 9.3% (111) of male students have self injured
 - 26.9% (322) of female students have felt sad/hopeless 2+ weeks
 - 14.9% (178) of male students have felt sad/hopeless 2+ weeks
 - 13.1% (157) of students have seriously considered suicide
 - 10.2% (122) of students made a suicide plan
 - 7.5% (90) of students have actually attempted suicide
- **Middle School (600 students)**
 - 20.6% (123) of students have been cyber-bullied
 - 8.5% (51) of students made a suicide plan
 - 13.5% (81) of students have seriously thought about suicide
 - 3.5% (21) of students have actually attempted suicide

SIGNS OF DEPRESSION

- **Sadness**
- **Hopelessness**
- **Lethargy**
- **Lack of interest in normal activities**
- **Difficulty concentrating**
- **Trouble sleeping or sleeping too much**
- **Changes in eating/diet**
- **Self harm**
- **Isolation**
- **Substance Abuse**
- **Suicidal Ideation**

PHONE/TEXT/ONLINE RESOURCES...

- **Crisis Text Line: Text CONNECT to 741741**
- **National Suicide Hotline: 1-800-273-TALK (8255)**
- **Self-Injury Hotline: 1-800-366-8288**
- **National Eating Disorder Association (NEDA): 1-800-931-2237**
- **Substance Abuse Hotline: 1-800-662-HELP (4357)**
- **nationaleatingdisorders.org**
- **suicidepreventionlifeline.org**

LOCAL RESOURCES...

Bedford Public Schools Guidance Department:

www.bedfordps.org/district/counseling-department/pages/covid19-mental-health-well-being

Town of Bedford Youth and Family Services:

www.bedfordma.gov/youth-family

Additional Reading:

- <https://youth.gov/feature-article/covid-coronavirus-resources>
- www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/
- <https://childmind.org/coping-during-covid-19-resources-for-parents/>

JON WILL ANSWER YOUR QUESTIONS...

Please type in your questions via the chat box and Jon will address the issues and challenges you are concerned about



Hope...and Trust



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