

STUDENT ASSISTANCE PROGRAM



FEBRUARY 2022

WHO ARE WE?

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that:

- **Fosters** safe school environments
- **Promotes** healthy childhood development
- **Prevents** alcohol, tobacco, and other drug abuse

WHEN TO REFER TO STUDENT ASSISTANCE

You can make a referral at any time you have a concern about a student by submitting the referral form. Some signs you may notice include:

- A decline in school performance
- Absenteeism or chronic tardiness
- Levels of activity or alertness change from day-to-day
- Talks Freely about using or partying, or of family members using
- Paraphernalia, clothing, jewelry, pictures, and drawings centered on chemical use
- Perfectionism or difficulty accepting mistakes
- Withdrawal or separation from others

SUICIDE PREVENTION LIFELINE: 800-273-8255

CRISIS TEXT LINE: Text HOME to 741741

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Dating abuse is a big problem, affecting youth in every community across the nation.

TEEN AND YOUNG ADULT STATISTICS

Source: [The National Domestic Violence Hotline](#)

- 9.4% of high school students reported being hit, slapped, or physically hurt intentionally by their partner in the previous 12 months.
- Approximately 1 in 5 women and 1 in 7 men who experienced rape, physical violence, and/or stalking by an intimate partner first experienced some form of partner violence between 11 and 17 years of age.
- More than a quarter (28%) of male victims of completed rape were first raped when they were 10 years old or younger.
- Approximately 35% of women who were raped as minors were also raped as adults, compared to 14% of women without an early rape history.
- The majority (79.6%) of female victims of completed rape experience their first rape before the age of 25; 42.2% experienced their first completed rape before the age of 18.
- 1 in 10 high school students has experienced physical violence from a dating partner in the past year.
- Almost 1 in 10 teens in relationships report having a partner tamper with their social

media account, which constitutes the most frequent form of harassment or abuse.

- Just 1 in 5 victims say they experienced digital abuse or harassment at school during school hours; most take place away from school grounds.
- Only 4% of victims experience only digital abuse or harassment. Social media, texts, and emails provide abuse partners with another tool to cause harm.
- Nearly 1 in 3 college women (29%) say they've been in an abusive dating relationship.
- Most female (69%) and male (53%) victims of rape, physical violence, and/or stalking by an intimate partner had their first experience with intimate partner violence before the age of 25.

HOW DO I GET HELP?

If you know of a teen or parent that could benefit from speaking to a caring, well-trained peer advocate, connect them with the National Dating Abuse Helpline:

- 1-866-331-9474 (TTY: 1-866-331-8453)
- Text "loveis" to 77054
- Live chat at loveisrespect.org

For more information, visit the [Department of Justice, Office on Violence Against Women](#).

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RANDOM ACTS OF KINDNESS DAY IS FEBRUARY 17

Source: [The Random Acts of Kindness Foundation](#)

Just a few ways to spread kindness...

- Bake cookies for a neighbor
- Leave \$5 in a library book (Put a note on it that says it's a random act of kindness and to pass it on)
- Carry groceries to someone's car for them.
- Send a pizza to your vet or local police or fire station
- Babysit for a single parent
- Lend a hand or donate to your favorite charity
- Leave quarters at a local laundromat
- Gift an inspirational book

TRUE NORTH
AT CAPITAL REGION ESD 113

WE'RE HERE TO HELP

CRISIS RESPONSE DISPATCH:

Olympic Health
& Recovery Services:

Grays Harbor, Lewis
& Pacific Counties:
800-803-8833

Thurston & Mason Counties
360-754-1338

There are many ways to spread kindness and it does not have to be random. Make kindness an everyday habit by practicing forgiveness, treating people with respect, and being patient.

More ideas on Random Acts of Kindness:

- [Random Acts of Kindness Ideas](#)
- [Kindness Quotes](#)

Greg Myers:

360-264-3503 | gmyers@esd113.org

TRUE NORTH ADOLESCENT BEHAVIORAL HEALTH SERVICES:

360-464-6867
esd113.org/behavioral-health

RESOURCES TO SUPPORT CHILDREN'S MENTAL HEALTH



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