

STUDENT ASSISTANCE PROGRAM



WELCOME FEBRUARY!

WHO WE ARE

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:

- 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; a loner; separates from others.

As a rule, an isolated instance of poor or unsatisfactory performance is not necessarily grounds for referral. However, if a student exhibits several of these signs, or there is a repeated pattern of behaviors, a referral is appropriate.

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 partner violence before the age of 25.
- 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 experienced 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 reports 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 takes places away from school grounds.

- Only **4%** of victims experience only digital abuse or harassment. Social media, texts, and emails provide abusive partners with just 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](#).

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 make a donation to your favorite charity.
- Leave quarters at a local laundromat.
- Gift an inspirational book.

There are many ways to spread kindness but my personal favorite isn't about a random act of kindness, but making kindness an everyday thing in the way you treat people, being patient, non judgmental, forgiving, and giving someone the benefit of the doubt.

More ideas on Random Acts of Kindness:

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

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

TRUE NORTH ADOLESCENT BEHAVIORAL HEALTH SERVICES:

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

RESOURCES TO SUPPORT CHILDREN'S MENTAL HEALTH



SUICIDE PREVENTION LIFELINE: 800-273-8255

CRISIS TEXT LINE: Text HOME to 741741