

Challenged Youth: Risks, Traumas, and Special Needs

April 2015

“Mental Health Disorders “

by Daid Murphey, Megan Barry, and Brigitte Vaughn

Overview: This article discusses the prevalent phenomenon of mental health disorders among adolescents, including the definition, the warning signs, the types, the consequences and the strategies of dealing with mental disorders. It claims that more than half of all mental disorders and problems like substance abuse start early during adolescence, with depression being the most prevalent form. Adolescents with mental disorders are at an increased risk of getting caught up in harmful behaviors, such as, abuse and unprotected sexual activity. The article also indicates that many treatments like psychotherapy, medication or physical exercises work effectively for mental disorders. However, it points out that the major obstacle of treating mental disorders is that adolescents are unwilling to seek help because of the societal stigma associated with these diagnoses.

Where to Find It:

Go to the OSTRC Document Library, then click on the “Health, Wellness, Safety, & Nutrition” tab on the left. Find the report under the “Mental Health and Wellness” section.

“The Bully-Sexual Violence Pathway in Early Adolescence”

by Applying Science, Advancing Practice.

Overview: This article addresses the relationship between bullying and sexual violence. It indicates that bullying perpetration with homophobic teasing may be predictive of sexual violence among adolescents over time. It conducted a paper-and-pencil survey over 1300 diverse, Midwestern middle school students and found that there is a strong relationship between the early bullying behavior and later gendered harassment and aggressive behavior in the form of homophobic teasing and sexual harassment. In the end, this article suggests using prevention tactics to stop planned bullying or building “rules for behavior” to prevent the bully-sexual violence pathway.

Where to Find It:

Go to the OSTRC Document Library, then click on “Health, Wellness, Safety, & Nutrition” tab on the left. Find the report under the “Sexual Health and Relationships” section.

Featured Information:

“Tips to Help Teachers Address Tragedy with Students”

by The New York Times

Summary:

This article lists some ideas and resources to address the issue of talking to youth about tragic events that have occurred in their personal lives, or in the world around them. Some of them are:

- Talking about the tragic event with youth
- Ask youth to write about their reactions
- Honoring the victims and taking action in their names
- Following the news with youth
- Learn/teach how to grieve and how to move on

The author discussed ideas and strategies in great detail.

Where to find the full article:

Go the OSTRC Document Library, then click on the “Health, Wellness, Safety, & Nutrition” tab on the left. Find the report under the “Trauma, Abuse, and Neglect” section.
