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PRESENT

# GOT PREVENTION

October 2017

## October is National Bullying Prevention Month

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*Don't be a Bully  
Be a FRIEND*



ONE CALL to CITY HALL  
**3 1 1**  
SOMERVILLE



# Bullying Risk Factors

No single factor puts a child at risk of being bullied or bullying others. Bullying can happen anywhere—cities, suburbs, or rural towns. Depending on the environment, some groups – such as lesbian, gay, bisexual, or transgendered (LGBT) youth, youth with disabilities, and social isolated youth – may be at an increased risk of being bullied.

## Children at Risk of Being Bullied

Generally, children who are bullied have one or more of the following risk factors:

- 1) Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”
- 2) Are perceived as weak or unable to defend themselves
- 3) Are depressed, anxious, or have low self esteem
- 4) Are less popular than others and have few friends
- 5) Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.

## Children More Likely to Bully Others

There are two types of kids who are more likely to bully others:

- 1) Some are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others.
- 2) Others are more isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.

Children who have these factors are also more likely to bully others;

- 1) Are aggressive or easily frustrated
- 2) Have less parental involvement or having issues at home
- 3) Think badly of others
- 4) Have difficulty following rules
- 5) View violence in a positive way
- 6) Have friends who bully others

Remember, those who bully others do not need to be stronger or bigger than those they bully. The power imbalance can come from a number of sources—popularity, strength, cognitive ability—and children who bully may have more than one of these characteristics.

If you would like more information please go to <http://www.stopbullying.gov/>.



## SCAP INTERN BEN RUTBERG



I am a junior and community health major at Tufts University. I've come to see that good health, physical and mental, is probably the most important thing that any of us has, but the environments where we live and work are not always built to protect and promote our health. I saw this play out in my own high school, where young people's feelings of self-worth depended on getting good grades, playing the right sports, and going to the best colleges, and where the administration wasn't always sensitive to students' mental health needs. I saw the health of people that I knew suffer as a result of the environment where they had been placed, and that experience made me want to work and empower students to make schools into healthier, more humane places. I am excited that I now have the chance to do some of that work with Lovelee Heller, SCAP, and the students of Somerville.

In my personal life, I love drawing comics, reading the newspaper, and walking about. Someday I hope to get a Master's in Public Health and / or become a famous cartoonist. I look forward to learning more about all the great work happening here in Somerville.



## We Need to Talk About Kids and Smartphones

Nina Langton had no right to be depressed. At least, that's how she saw it. She had a great group of friends, lived in a prosperous neighborhood, and was close with her parents. Like most 16-year-olds at her Connecticut high school, Nina spent much of her free time on her smartphone. But unlike many of her classmates, she was never "targeted" on social media—her word for the bullying and criticism that took place daily on sites like Snapchat. "Part of what made my depression so difficult was that I didn't understand why I was feeling so sad," she says.

Later, after her attempted suicide and during her stay at a rehabilitation facility, Nina and her therapist identified body image insecurity as the foundation of her woe. "I was spending a lot of time stalking models on Instagram, and I worried a lot about how I looked," says Nina, who is now 17. She'd stay up late in her bedroom, looking at social media on her phone, and poor sleep—coupled with an eating disorder—gradually snowballed until suicide felt like her only option. "I didn't totally want to be gone," she says. "I just wanted help and didn't know how else to get it." Nina's mom, Christine Langton, has a degree in public health and works at a children's hospital. Despite her professional background, she says she was "completely caught off guard" by her daughter's suicide attempt. "Nina was funny, athletic, smart, personable . . . depression was just not on my radar," she says.

For more information about this article and subject please go to:

<http://ow.ly/uCJq30fNJIU>



# Overdose Prevention

The MA Department of Public Health launched a campaign with **Overdose Prevention** messaging to encourage people to carry naloxone if they know someone who could overdose from pain meds or heroin. The media campaign includes billboards and posters in high overdose incidence communities as well as paid digital and social media statewide. Aspects of the campaign have been running throughout the summer.

The campaign materials seen below were developed to encourage people who use opioids, friends, and family to ask pharmacists about getting naloxone.



**[Carry Naloxone Call 911 Poster \(11”x17”\)](#)** – Two-sided campaign poster with English on the front and Spanish on the back. (1<sup>st</sup> item above)

**[Pharmacy Card \(4.25”x2.75”\)](#)** – Reminds individuals to ask a pharmacist for more information on getting a prescription for Naloxone. Cards can be handed to the pharmacist or pharmacy technician when asking for a prescription for naloxone. (2<sup>nd</sup> items above) The back of the card shows the four choices that are seen on the phone image. There is also an online version that people can show on their phone (3<sup>rd</sup> item above), which is available on this **[Campaign Webpage](#)**. You can click on the image on the webpage to show the pharmacy staff.

If you are interested in ordering these items to make them available in your programs, they are available (at no cost) to order on the **[Massachusetts Health Promotion Clearinghouse](#)**.



## SOMERVILLE POSITIVE FORCES UPDATE

In September, SPFJr. and SPF100 Alumni Youth Leaders worked hard to help recruit new youth leaders for the Somerville Positive Forces Youth Leadership Development Programs. SPF alumni leaders and staff worked with SHS partners to recruit peers at the SHS club fair. Additionally, SPF leaders tabled during Somerville High School lunches on three days to share program information and distribute hundreds of applications. To reach the many, we collaborated with the Broadcasting Club to share program messages on Student Television throughout the month. We also work with community partners to distribute applications via social media, local cable TV, public and charter schools, various email networks, and community settings. SPFJr. leaders meet to help plan recruitment at their schools and to create an interactive group interview to help select new SPFJr. members.

### **GREAT JOB RECRUITING YOUR PEERS SPF ALUMNI YOUTH LEADERS!**

Also this month, we worked with various community partners to distribute hundreds of substance abuse prevention guides and resource information to parents and staff through numerous Back – to – School events. We are so grateful to Somerserve staff, Ruth Santos and SHS PTSA Leader, MaryLou Carey-Sturniolo, and their teams of volunteers for helping to distribute these guides in our community to help prevent youth substance abuse and provide treatment support information.

### *Special thanks to Ruth Santos and MaryLou Carey-Sturniolo and their teams!*

Finally in September, Nephtalie, Ishivita, and Melissa, SPF 100 Alumni, attended the Harvard Graduate School of Education Site Fair to share program information with prospective student interns. They enjoyed being on Harvard campus and talking with students about their important work. Youth were able to practice community education and communication prevention skills while noticing what a fine applicant entails.

*\*\*\* SPF program update provided by Lovelee Heller-Bottari, and SPF Youth Leaders.*

**SPF Mission** is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.

**SPF Vision** is to create a community where youth are seen as assets and have access to a number of opportunities and experiences that foster human potential and leadership.

**For more information** about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or [lheller@somervillema.gov](mailto:lheller@somervillema.gov)



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## VOLUNTEER OPPORTUNITIES

### Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

### Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

[www.somervillema.gov/SCAP](http://www.somervillema.gov/SCAP)

### SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.