

What Parents Need to Know about Anxiety and Stress in Young People

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Scope of Work

Acknowledgement

- This is a serious and emotionally loaded topic.
- We are not diagnosing students today.

Risk factors and health

- Genetic predispositions
- Adverse childhood/adolescent experiences
- Controllable factors

Agenda

- Context and Research: Gallup and CDC
- Jean Twenge's research on IGen
- Research on the CSS environment
- Benefits of exercise/sports
- Key takeaways
- Parental resources

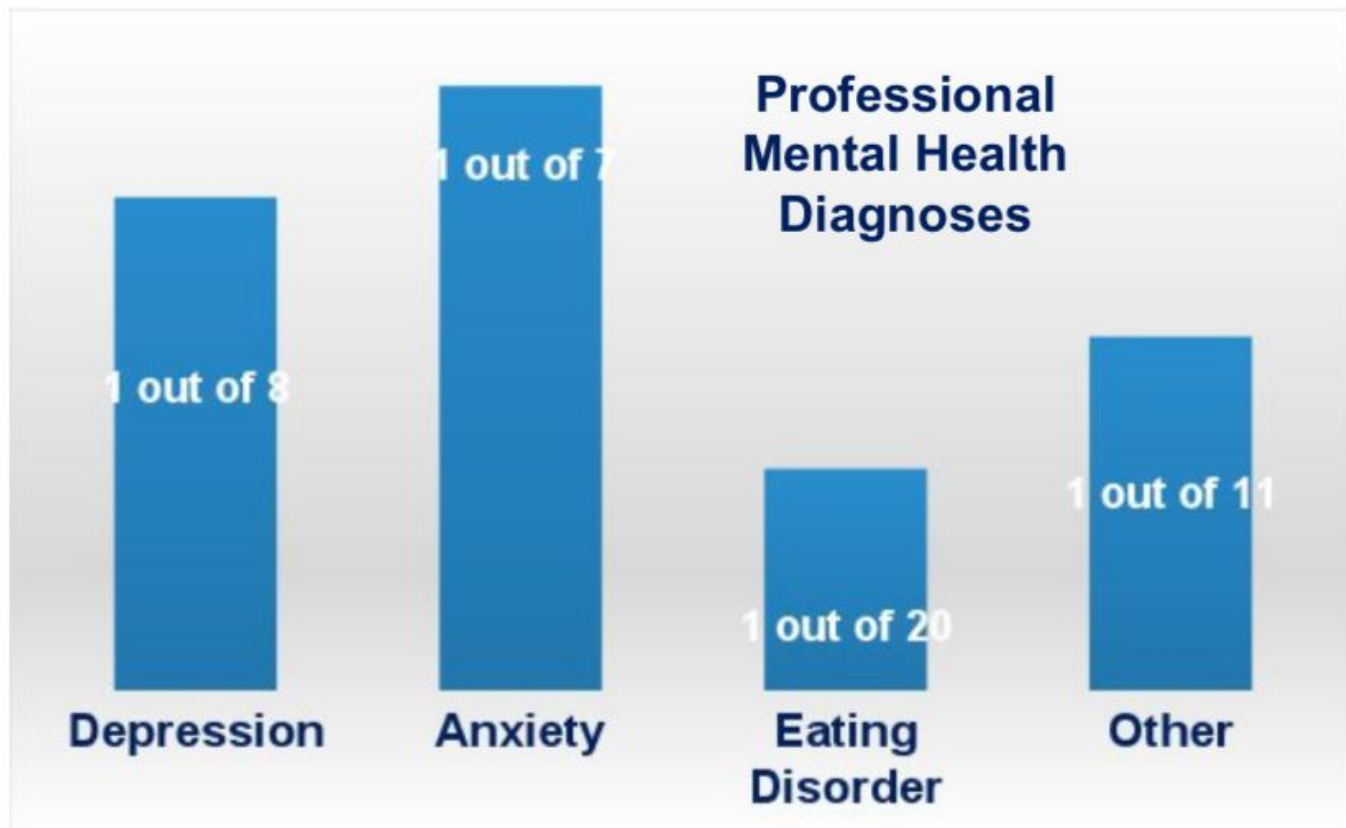
Data collected from a variety of data sources between the years 2005–2011:

Children aged 3-17 years had:

- ADHD (6.8%)
- Behavioral or conduct problems (3.5%)
- Anxiety (3.0%)
- Depression (2.1%)
- Autism spectrum disorders (1.1%)
- Tourette syndrome (0.2%) (among children aged 6–17 years)

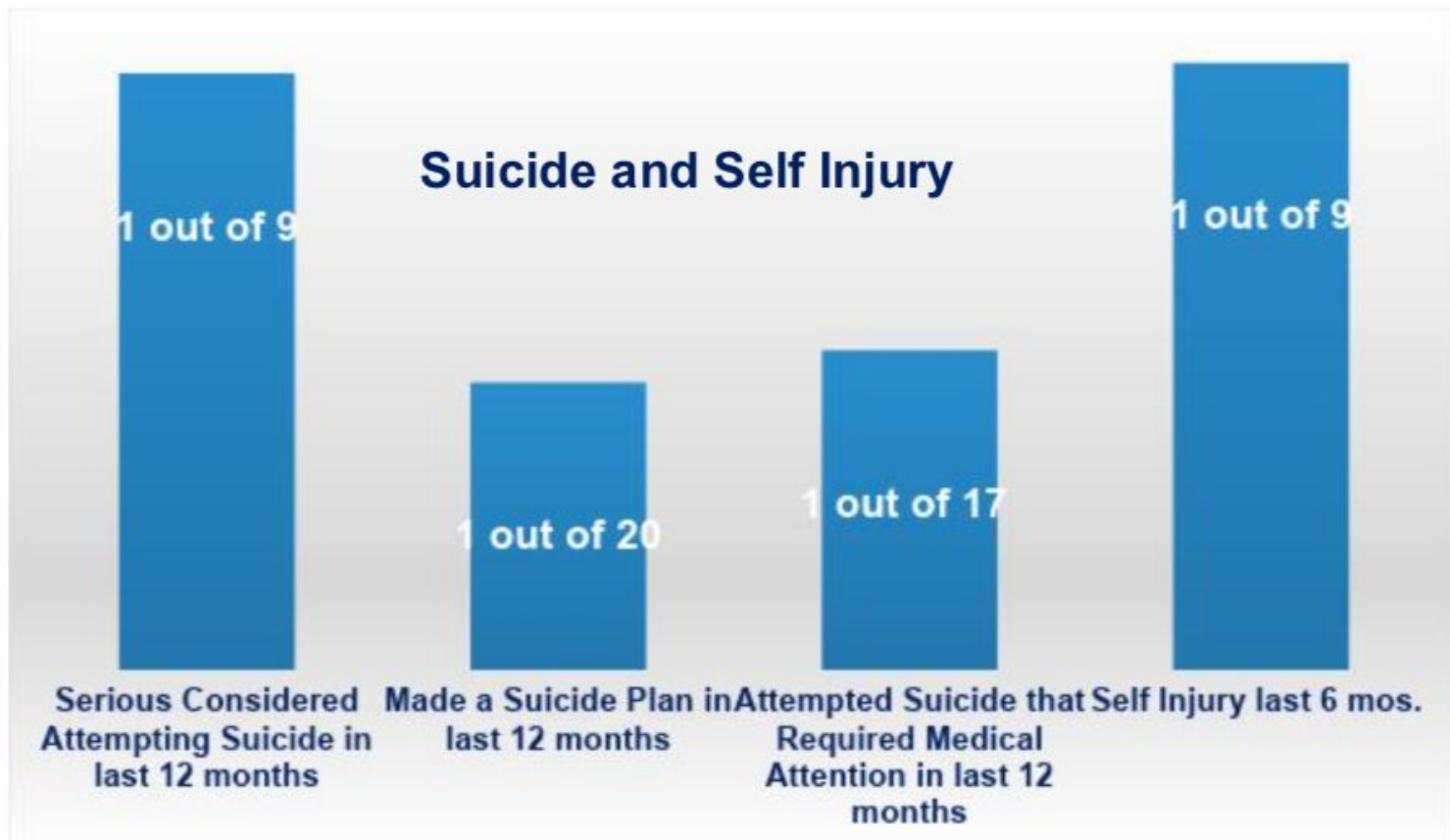
NAIS 2013: A SNAPSHOT OF OUR STUDENT BODY THE INDEPENDENT SCHOOL HEALTH CHECK

14,424 upper school students in 44 schools (23 day/21 boarding)



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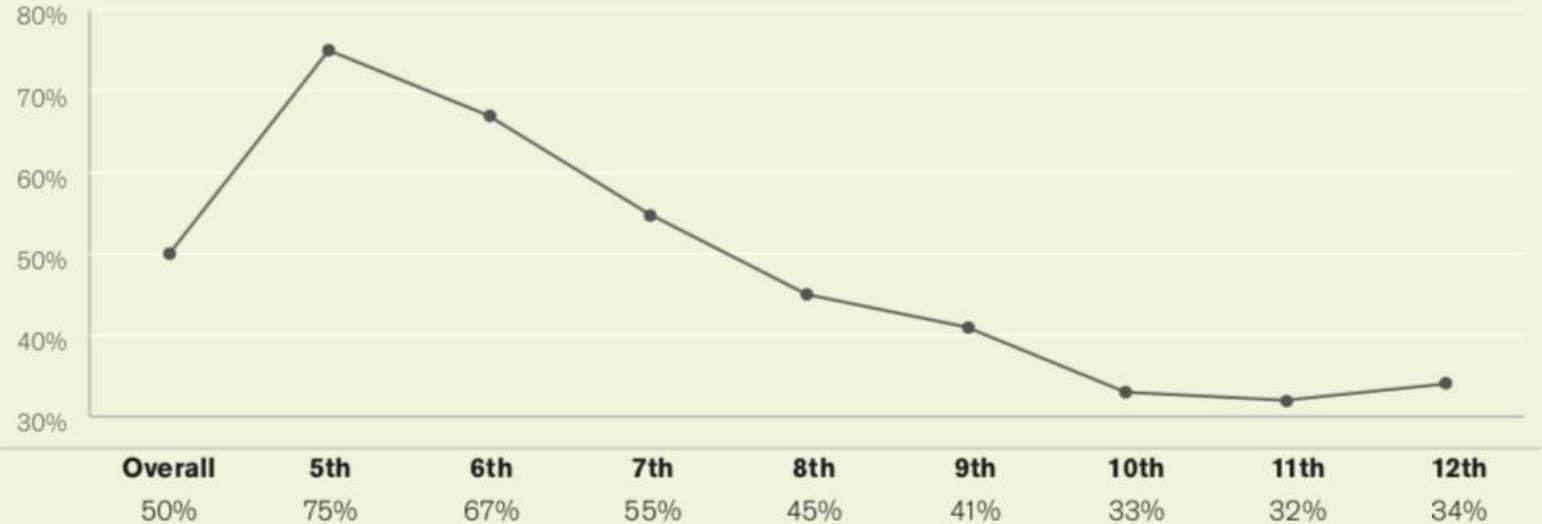
14,424 upper school students in 44 schools (23 day/21 boarding)



Gallup Student Poll Engaged Today — Ready for Tomorrow

FALL 2015 SURVEY RESULTS

% ENGAGED, BY GRADE



Jean Twenge

Jean M. Twenge, Professor of Psychology at San Diego State University, is the author of more than 130 scientific publications and 6 books, including *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood*.

iGen: The Smartphone Generation | Jean Twenge | TEDxLagunaBlancaSchool

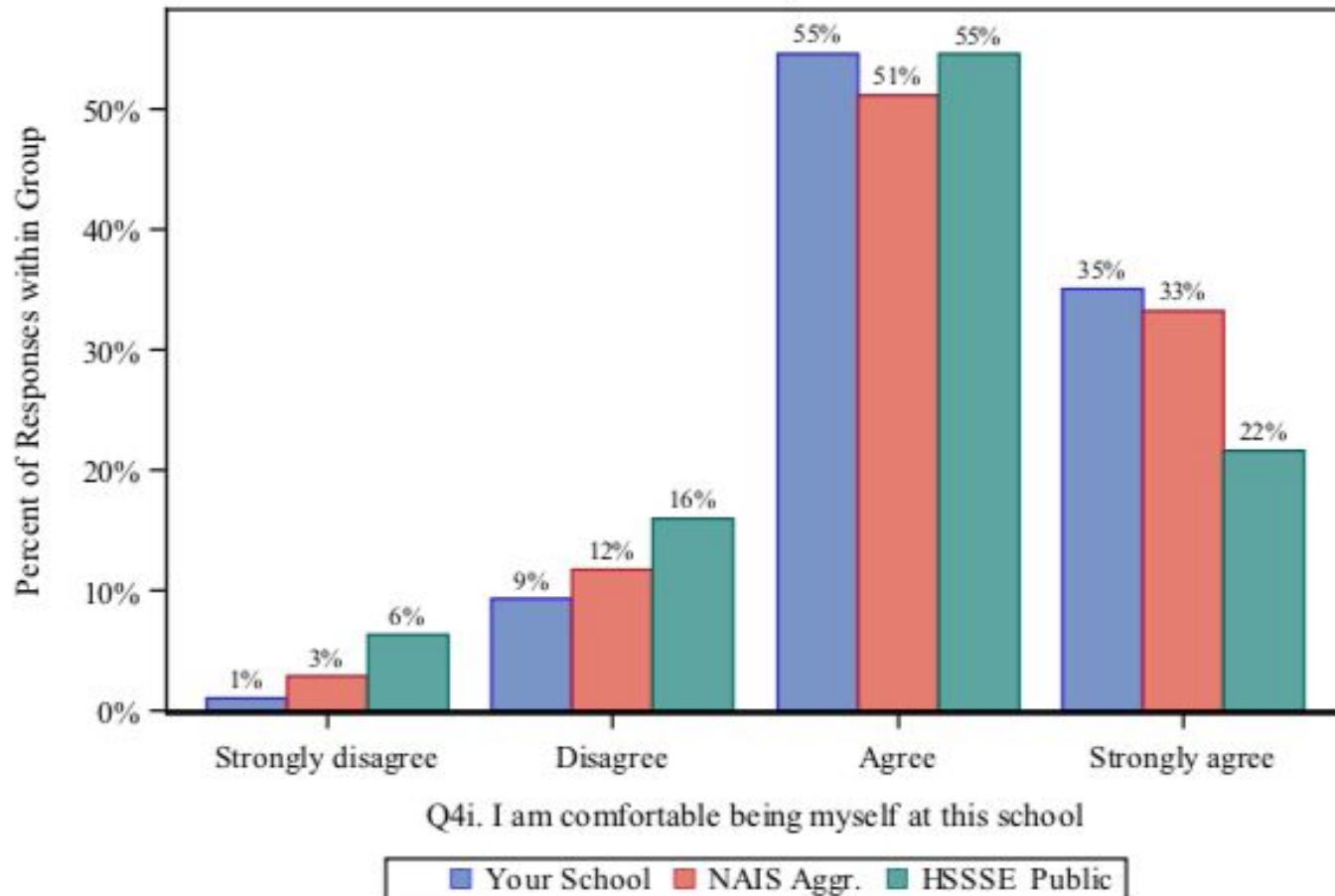
https://www.youtube.com/watch?v=UA8kZZS_bzc&feature=youtu.be



Relative risk of unhappiness: 10th graders

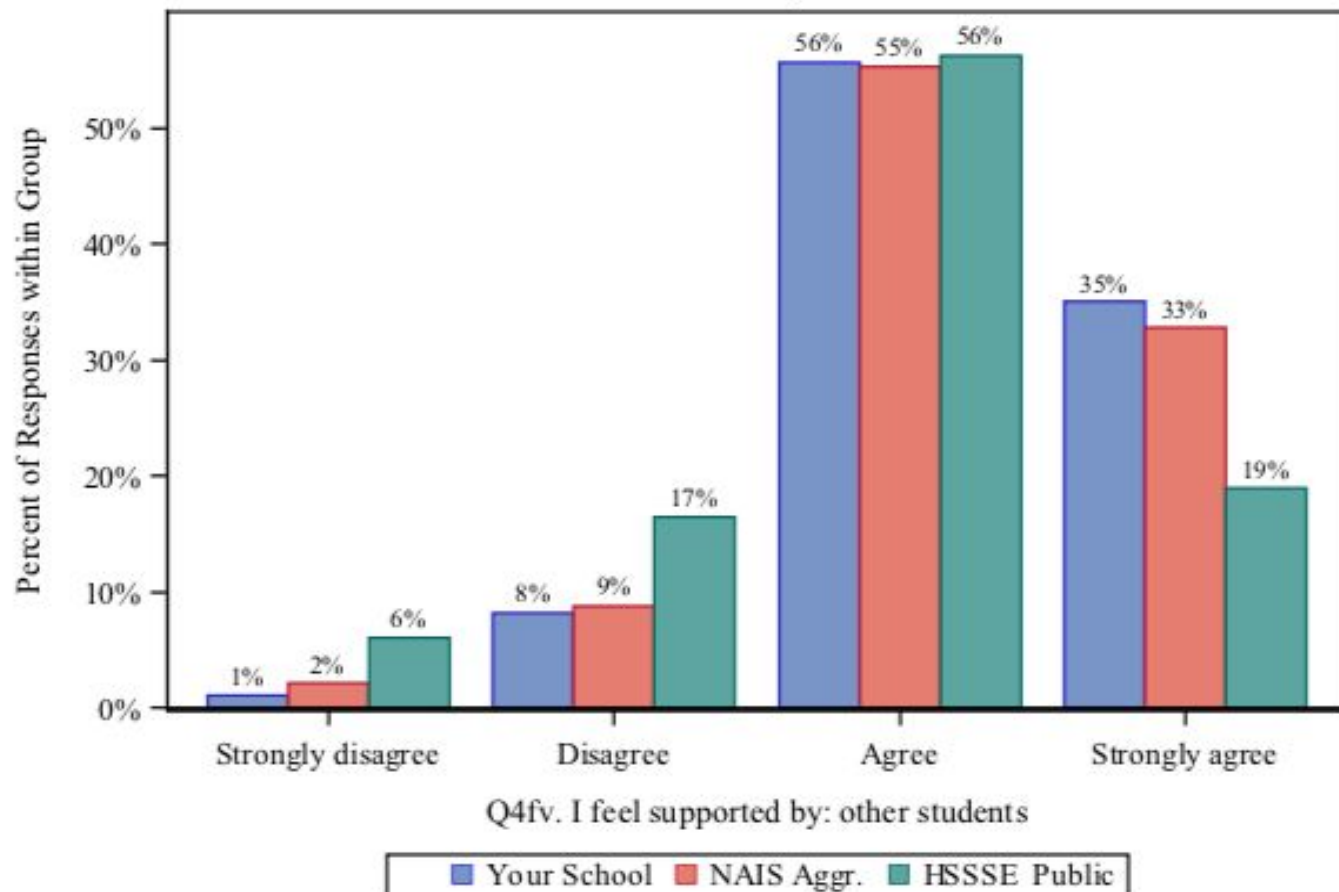


Colorado Springs School Bar Graphs



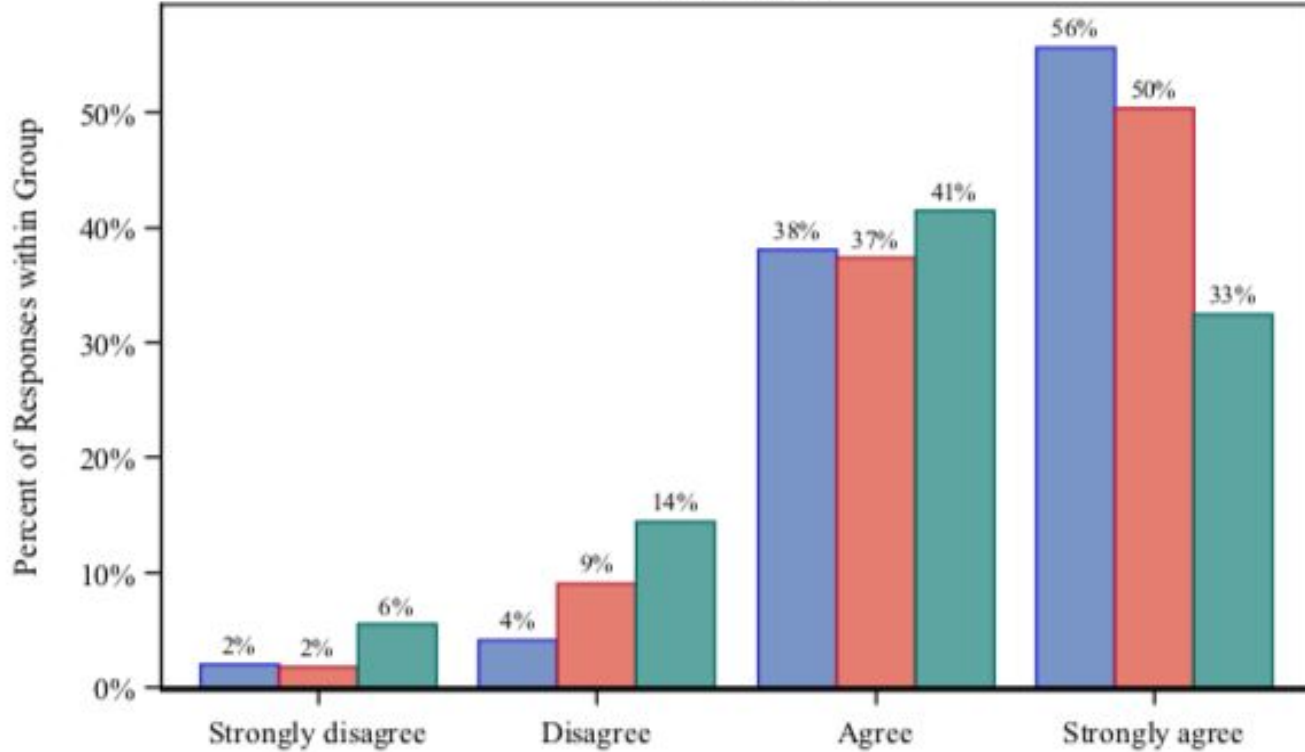
CSS 90%
agree or
strongly
agree
NAIS: 84%
Public: 72%

Colorado Springs School Bar Graphs



CSS 91%
agree or
strongly
agree
NAIS: 88%
Public: 75%

Colorado Springs School Bar Graphs

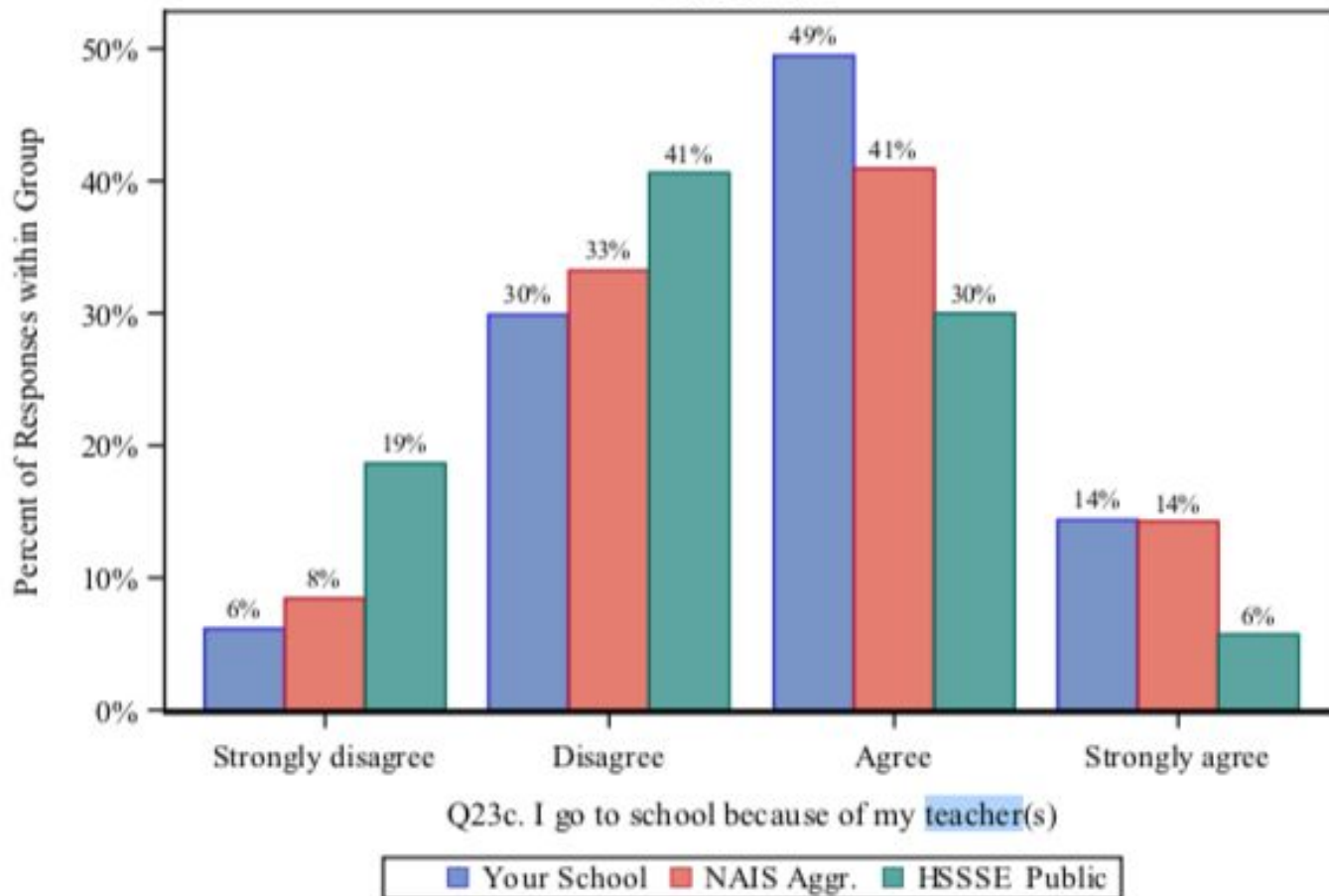


Q4e. There is at least one adult in this school who knows me well

■ Your School ■ NAIS Aggr. ■ HSSSE Public

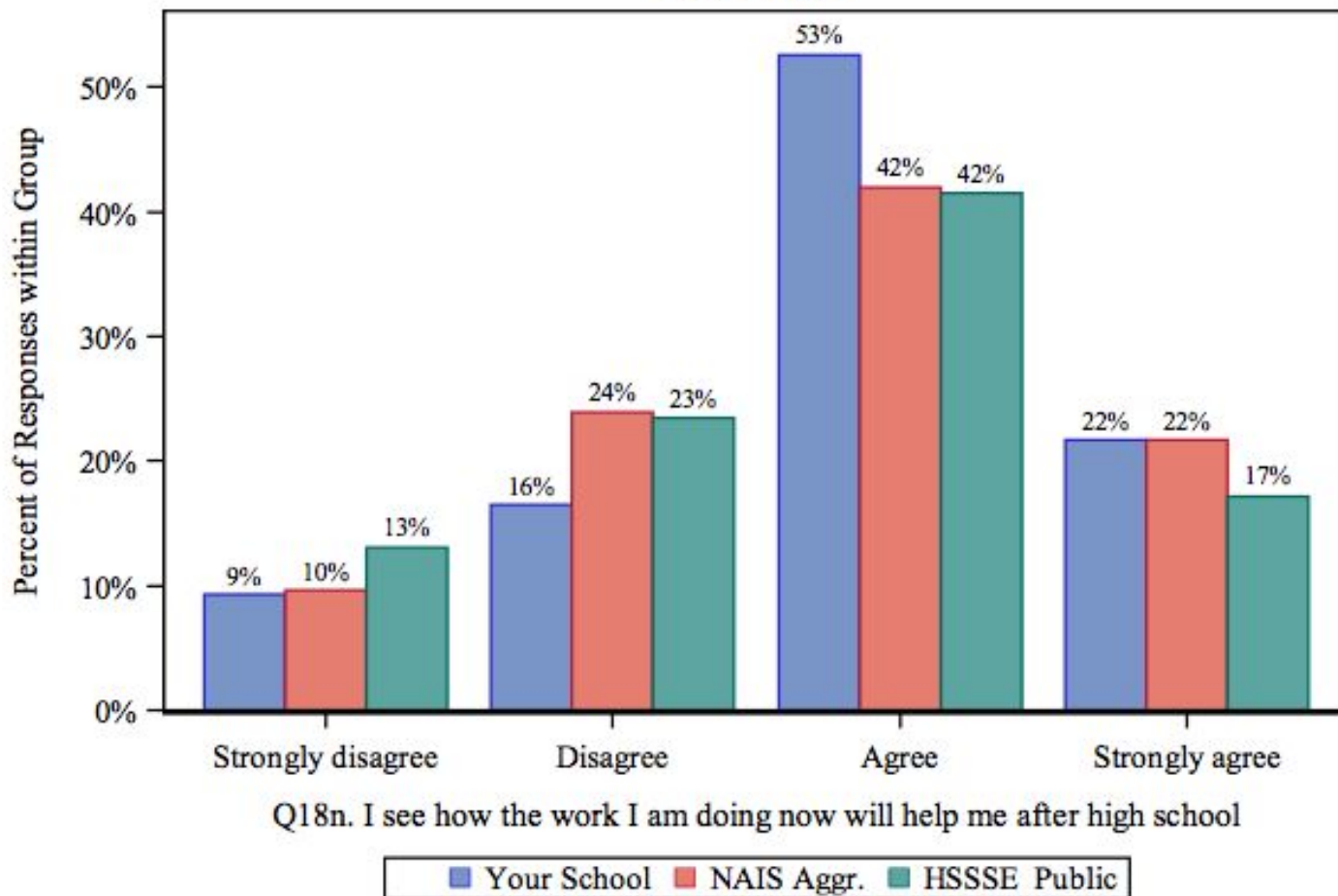
CSS 94%
agree or
strongly
agree
NAIS: 87%
Public: 74%

Colorado Springs School Bar Graphs



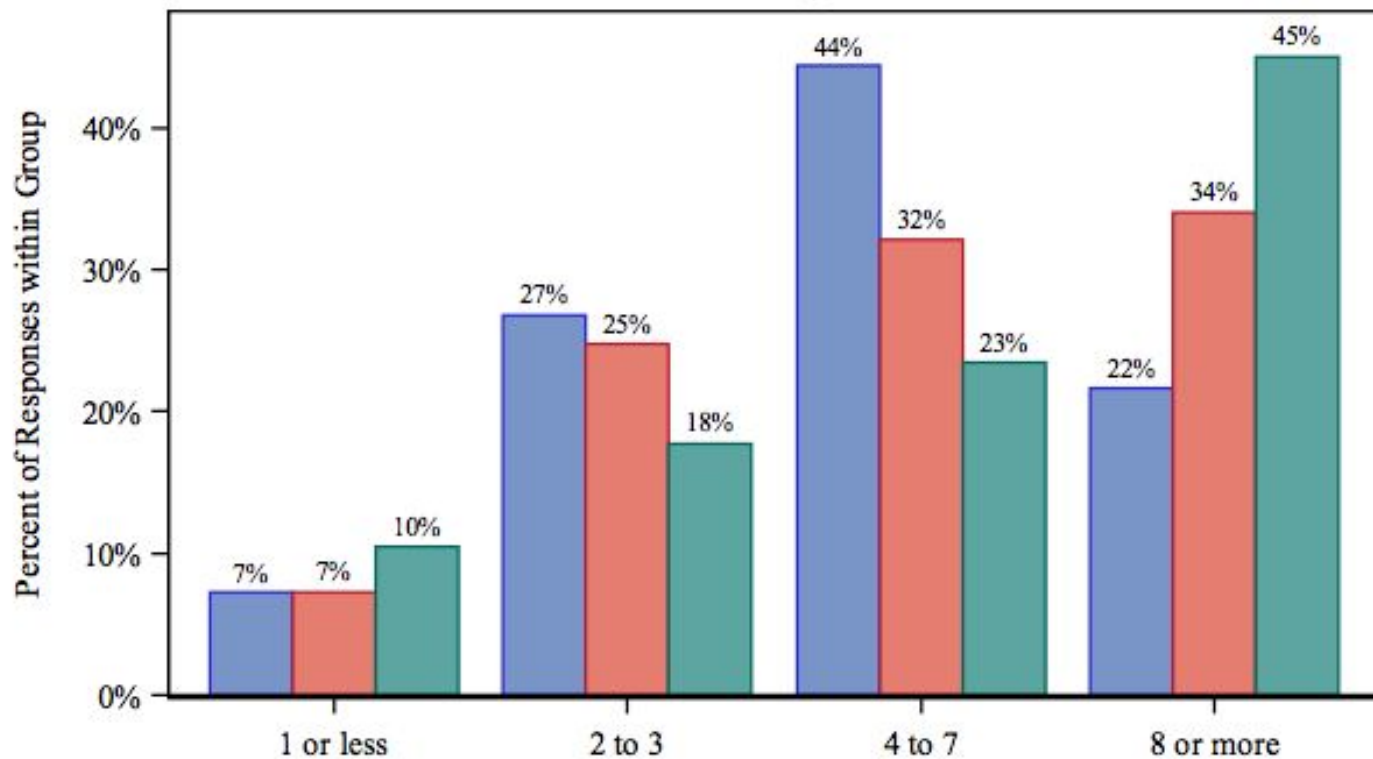
CSS 63%
agree or
strongly
agree
NAIS: 55%
Public: 36%

Colorado Springs School Bar Graphs



CSS 75%
agree or
strongly
agree
NAIS: 64%
Public: 59%

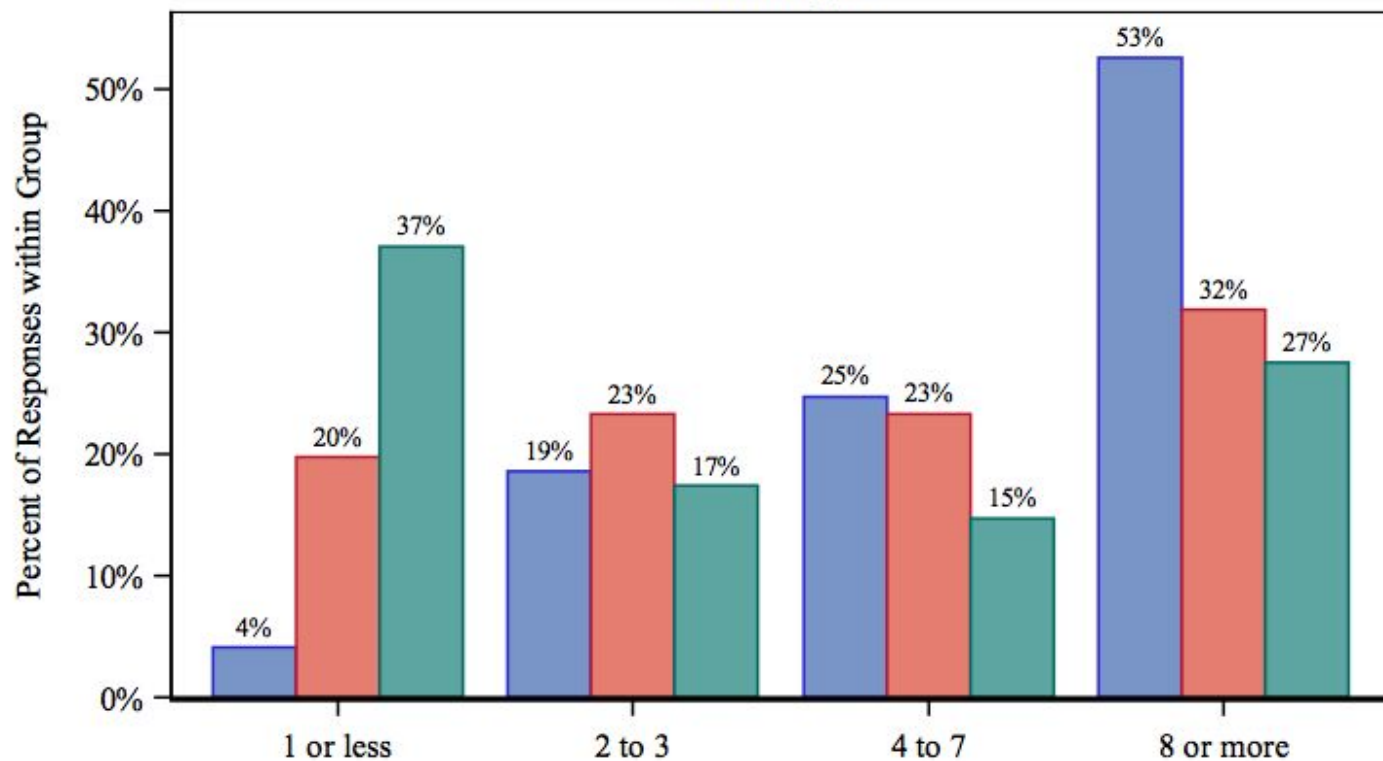
Colorado Springs School Bar Graphs



Q8k. In a typical week, how many hours are spent outside of school: Using technology for personal interest (talking on the phone, texting, and social media)

■ Your School ■ NAIS Aggr. ■ HSSSE Public

Colorado Springs School Bar Graphs



Q8e. In a typical week, how many hours outside of school are spent: Participating in school-sponsored activities (clubs, athletics, student government)

■ Your School ■ NAIS Aggr. ■ HSSSE Public

Supporting Students (and Parents) at CSS

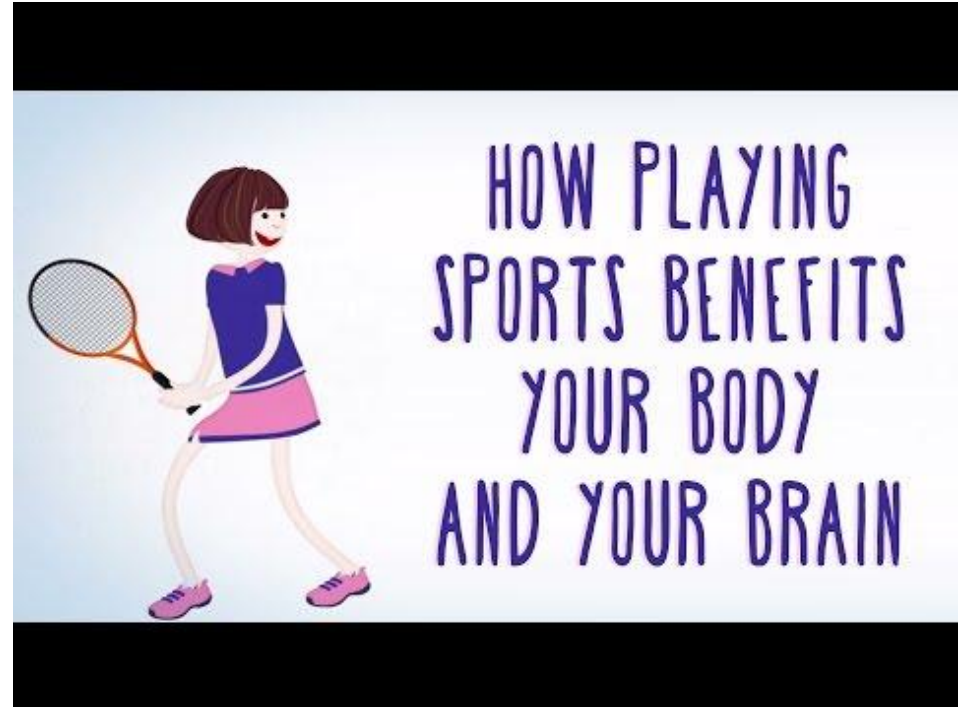
- Early intervention
 - Small classes
 - Advisory/Cross divisional teachers
 - Full-time counselor on campus
- Social and Emotional Learning programs
 - RULER gives students, teachers and parents a common vocabulary
 - Mindfulness
- Grading -- policies are more holistic
- Self-esteem from meaningful activity

Supporting Students (and Parents) at CSS

- Exercise (research on grades)
- Digital detox
- Connection with non-family adults (teachers, coaches)
- Conflict resolution
- Purpose (Wehner and Damon)
 - Project-based learning, service learning, relevant topics

How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh

https://www.youtube.com/watch?v=hmFQqjMF_f0&feature=youtu.be



Resources

- <https://www.cdc.gov/childrensmentalhealth/data.html>
- <https://coa.stanford.edu/people/william-damon>
- https://www.youtube.com/watch?v=UA8kZZS_bzc
- https://www.youtube.com/watch?time_continue=1&v=hmFQqjMF_f0
- <https://childmind.org/report/2017-childrens-mental-health-report/introduction/>

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