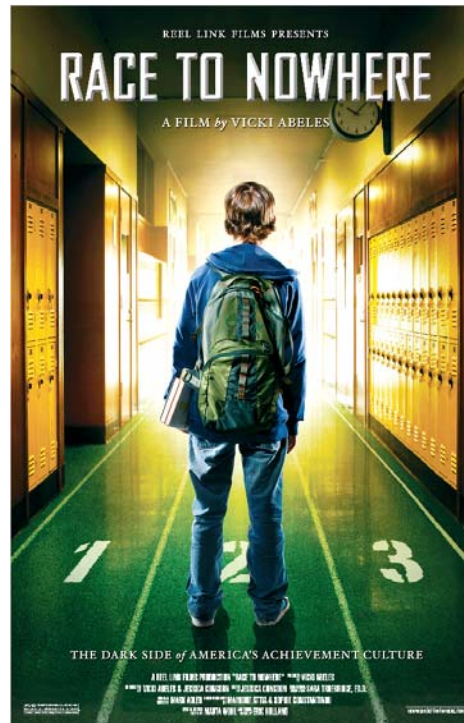


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# END THE RACE

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## Race to Nowhere Screening

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### Resources

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# **A Note from CMS Principal Stevens**

As an instructional leader, it is always a challenge to balance or rigor, state mandated assessments, student growth and wellness. Pre-adolescence and adolescence are challenged by heightened social expectations and pressures.

Parents also regularly communicate struggles with societal pressures as they raise their children. A willingness to adjust to student needs and to listen to students, staff and community members as they tackle these important topics is critical.

# **A Note from CMS PSO Board**

The CMS PSO Board was moved by the actions taken by Principal Stevens after last year's screening of this documentary. Our goals include providing information and resources to incoming and continuing parents at CMS each year.

We hope to share the possible warning signs of stressed kids due to over-scheduling, over-commitment, social media, pressures to fit in, and other peer pressures; when to become involved - to help our kids slow down and consider all of the available options to find balance.

Parent and student awareness is a primary avenue to avoid the pitfalls of adolescent stress and other issues our kids are at risk to face through the transition into young adulthood.

# **A Note from CMS Counselors**

Our hope is that parents will gain valuable perspectives on the stressors students face today with busy schedules, social media exposures, expectations for sports, academics and post-secondary plans. The film, coupled with the provided resources, will give parents some excellent tips on how to talk, support, and guide their children in a more balanced way.

For our students who are viewing the film, our hope is that they see that striving for excellence should not come at a cost of their mental health and well-being. We also want to enlighten them on the various resources and support mechanisms that are all around to help them achieve this balance.

# What We Can Do

## What Parents/Guardians Can Do

**Discuss** what success means to your family. Do your family's actions reflect your values?

**Reduce** performance pressure.

**Avoid** over-scheduling.

**Make** sleep a priority for your children.

**Allow** time for play, family, friends, downtime, reflection and sleep.

**Ask** your children how they are feeling.

**Allow** your children to make mistakes and learn from them.

**Allow** your children to manage homework independently.

**Don't** let homework interfere with dinner, sleep, reading, chores and physical activities.

**Have** conversations with your children about their experiences in school.

**Know** the signs of childhood depression.

**Attend** school board meetings and other venues where education is discussed and policies are established and reinforced.

**Organize** other parents to join you. As a group, talk to your children's teachers and school administrators and

**Attend** School Board meetings.

**Discuss** with your child what path he/she may want to pursue after high school.

**Make** the college search about finding the "right fit" rather than finding the "best" college. Finding the "right fit" will ensure college success and retention.

**Allow** your high school children to make independent choices on course selections.

**Follow** your instincts.

# What We Can Do

## What Students Can Do

**Speak** to the adults in your life about how you are feeling.

**Get** sleep. Plenty of it.

**Unplug**, slow down and reflect on the important things in life.

**Make time** for things you enjoy.

**Limit** AP classes to subjects you enjoy.

**Limit** extracurricular activities.

**Seek** colleges that use a comprehensive approach to looking at applicants.

**Learn** about the long-term impact of stimulants and performance-enhancing medications.

## Risks to Physical/Emotional Health

### Stress and Young People

Stress damages virtually every kind of cognition that exists, including memory and executive function, motor skills, immune response and ability to sleep.<sup>60</sup>

9-13 year olds said they were more stressed by academics than any other stressor - even bullying or family problems.<sup>64</sup>

### Social Media:

The advent of social technology may bear some responsibility for anxiety and depression in adolescents, teenagers and young adults. Facebook, Twitter, Snapchat and Instagram -- they are all fun - until things get out of hand.

Children are growing up now in a world where they expect immediate response, gratification and notification. Their brains no longer have time to evolve; they must adapt to change in an instant, and the results are distressing. The difficulties of growing up have never been so public.

Social technology provides a platform where things can run wild. Imagine the stress of high school; the competition for popularity, the pressure to fit in, the judgmental nature of social activities at an accelerated pace.

# Risks to Physical/Emotional Health

## Sleep Deprivation

Children between the ages of five and twelve need 10-11 hours of sleep each night.<sup>66</sup>

Teens need an average of 9.25 hours of sleep each night.<sup>67</sup>

Approximately 80 percent of teens don't get the recommended amount of sleep; at least 15 percent fall asleep in school.<sup>70</sup>

Sleep deprivation impacts cognitive functioning and increases the risk of depression, obesity and suicide.<sup>71</sup>

## Depression and Suicide

The number of 7 to 17 year olds who visited the doctor for depression more than doubled from 1995 to 2002, when 3.22 million children were treated.<sup>73</sup>

Suicide is the third leading cause of death for 15-24 year olds.<sup>79</sup>

## Tips for Talking to a Depressed Teen

- |                          |                                                                                                                                                                                                                                                                           |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Offer support            | Let depressed teenagers know that you're there for them, fully and unconditionally. Hold back from asking a lot of questions (teenagers don't like to feel patronized or crowded), but make it clear that you're ready and willing to provide whatever support they need. |
| Be gentle but persistent | Don't give up if your adolescent shuts you out at first. Talking about depression can be very tough for teens. Be respectful of your child's comfort level while still emphasizing your concern and willingness to listen.                                                |
| Listen without lecturing | Resist any urge to criticize or pass judgment once your teenager begins to talk. The important thing is that your child is communicating. Avoid offering unsolicited advice or ultimatums as well.                                                                        |
| Validate feelings        | Don't try to talk teens out of their depression, even if their feelings or concerns appear silly or irrational to you. Simply acknowledge the pain and sadness they are feeling. If you don't, they will feel like you don't take their emotions seriously.               |

# Additional Resources

Check out: <http://therapists.psychologytoday.com>

On this website you can search for a therapist by location and also by need. Search for “Child/Adolescent Issues” to help narrow your search.

## **Alberg & Associates**

470 Highway 96 W, Shoreview  
(651) 484-9554

## **Alexandra House**

Shelter for women and their children. (Anoka County)  
(763) 780-2332

## **Lee Carlson Center for Family Resources**

1485 81st Ave NE #385  
Spring Lake Park, MN  
(763) 780-3036 [www.ccffr.org](http://www.ccffr.org)

## **Center Life Counseling**

7039 20th Avenue S.  
Centerville, MN, 55038  
(651)-288-0332

## **Crisis Connection**

Free Counseling 24 hours a day. (612) 379-6363 or  
(866) 379-6363

## **Midwest Center for Personal and Family Development**

<http://mentalhealthclinic.com>  
651-647-1900

## **Nystrom and Associates, LTD**

1900 Silver Lake Rd  
New Brighton, MN 55127  
(651) 628-9566  
[www.nystromcounseling.com](http://www.nystromcounseling.com)

## **The Emily Program**

Personalized treatment for eating disorders (651) 645-5323

## **Bridges to Benefits** (651) 227-6121 [www.bridgetobenefits.org](http://www.bridgetobenefits.org)

Children’s Defense Fund; programs that benefit low income working Minnesota families. Medical assistance, Minnesota Care, the Advanced Premium tax credits, Child Care assistance, Energy assistance, Supplemental Nutrition Assistance Program, WIC.

## **BHSI-Behavioral Health**

### **Services, Inc**

(651) 662-0800  
Clinics in Fridley, Eagan, North St. Paul, Shakopee, Golden Valley, Woodbury

## **Community Psychologists of**

### **Minnesota, Inc.**

3989 Central Ave NE, Suite 575  
Columbia Heights, MN 55421  
(763) 781-9123

## **Twin City Crisis**

(763) 755-3801 24 hour mental health crisis assistance for Anoka County adults, children and families.

## **Family Innovations**

(763) 421-5535 In-home and outpatient therapy for kids/families. Must meet criteria for in-home

## **Northwest Youth and Family**

**Services** Offers individual counseling and support groups for kids of all ages. Website:

### **[www.nyfs.org](http://www.nyfs.org)**

3490 Lexington Ave N. Ste. 205  
Shoreview, MN 55126  
(651) 486-3808

## **The Counseling Clinic, Inc.**

Brooklyn Center (763) 560-4860

# Additional Resources

## Links to Other Resources:

Is Social Media Ruining Our Kids? By Sreedhar Potarazu (CNN Article) <http://www.cnn.com/2015/10/21/opinions/potarazu-kids-social-media/index.html>

Parents Aren't Teachers—They're Parents By Kent Pekel <http://www.huffingtonpost.com/kent-pekkel/parents-arent-teachers-th b 8282028.html>

The Search Institute <http://www.search-institute.org/about>

See the CMS PSO Website for full listings of the sections in this booklet as well as a list of helpful websites recommended books, and references to some of the cited information within this document all found in End the Race Facilitation Guide.

<http://cmspsoweebly.com/archiveresources.html>



## A Telling Student Quote from the Film:

*“We live in a society where like oh, you have to smart, but also you have to be pretty. Also you have to do sports and have to be involved in the arts. Amongst all that you have to find something unique about yourself and you have to know yourself because if you don't know yourself before you do all that you're going to lose yourself.”*



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**Principal Stevens,  
Corinna Morse, Mary Macken,  
the counseling staff, and office staff**

**Thank You!**