



School Safety Newsletter

Volume 4, Issue 12

July 2017

New U.S. Centers for Disease Control and Prevention (CDC) Resource Can Help States and Communities Prevent Youth Violence

Stopbullying Blog, June 14, 2017

<https://www.stopbullying.gov/blog/2017/06/14/new-cdc-resource-can-help-states-and-communities-prevent-youth-violence.html>

Bullying is a form of youth violence – and the U.S. Centers for Disease Control and Prevention has resources states and communities can use to stop it. Bullying is a serious public health problem. Bullying can result in physical injury, social and emotional distress, and even death. In 2015, about 1 in 5 U.S. high school students reported (https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2015_us_violence_trend_yrbs.pdf) being bullied on school property.

CDC’s new resource, “A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors” (https://www.cdc.gov/violenceprevention/pdf/yv-technicalpackage.pdf), outlines science-based strategies states and communities can use to stop and prevent youth violence including bullying.

It highlights six strategies:

- Promote family environments that support healthy development
- Provide quality education early in life
- Strengthen youth’s skills
- Connect youth to caring adults and activities
- Create protective community environments
- Intervene to lessen harms and prevent future risk

These strategies work together and reinforce each other. Some of the strategies focus on the young people themselves and involve developing problem-solving, communication, and conflict management skills. Other strategies improve relationships or influence the school and community environment. The use of multiple prevention strategies is likely to have the greatest impact.

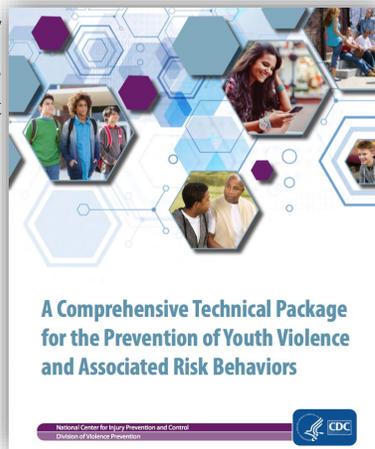
Evidence-based strategies to prevent youth violence

CDC’s technical package is based on the best available evidence to prevent or reduce public health problems like youth violence. It is meant to be used as a resource to guide decision-making in communities and states. It has three main parts:

- The strategy lays out the direction or actions to achieve the goal of preventing violence
- The approach includes the specific ways to advance the strategy
- The evidence is included for each of the approaches to prevent violence or associated risk factors

What can you do to stop bullying?

Public health, health care, education, social services, government, justice and other sectors can use the technical package to work together to prevent youth violence.



Protecting our future through information sharing

In This Issue

- New CDC Resource Can Help States and Communities Prevent Youth Violence
- Many Women Experience Paralysis During Sexual Assault
- Next Monthly Webinar - September 6, 2017
- U.S. Centers for Disease Control and Prevention (CDC): Teen Vaping Rates Down 27 Percent
- Other Information/Resources
 - * New Training Guide on Addressing Adult Sexual Misconduct in the School Setting
 - * Internal Crisis Communications Lessons Learned
 - * Virginia School-Law Enforcement Partnership Guide
 - * Virginia School-Law Enforcement Partnership Model Memorandum of Understanding
 - * 2016 Internet Crime Report

New CDC Resource Can Help States and Communities Prevent Youth Violence **(Continued)**

If you are already working to prevent youth violence, use this technical package to assess your activities and see if there are areas to expand your efforts. If you have not begun to work on prevention, this technical package can help you plan and prioritize your activities. We have a responsibility to our young people and communities to promote the healthy and safe development of our youth. We hope you use this technical package to get started today. For more information on violence prevention, see www.vetoviolence.cdc.gov and www.cdc.gov/violenceprevention.

Many Women Experience Paralysis During Sexual Assault

LiveScience, June 7, 2017

<https://www.livescience.com/59388-sexual-assault-paralysis.html>

Many people assume that during a sexual assault, the victim will fight back. But a new study from Sweden finds that, during an attack, it's common for victims to experience an innate, defensive reaction that renders them paralyzed. This physiological response, called "tonic immobility," is normal in the face of extreme fear and happens involuntarily during an attack, according to the study. In other animals, this reaction is sometimes referred to as "playing dead."

In other animals, tonic immobility is a survival tactic: If an animal looks dead, a predator may not attack, said lead study author Dr. Anna Möller, an OB-GYN at Stockholm South General Hospital in Sweden. But during a sexual assault, this reaction does not often make the attacker stop the assault. [5 Misconceptions About Sexual Assault: <https://www.livescience.com/56480-misconceptions-about-sexual-assault.html>]

Although little is known about how the response works in humans, it's been described as a "catatonic-like state" in which a person cannot move, may be unable to speak and is unresponsive, the researchers wrote in the study. Initially, when a person is attacked, the sympathetic nervous system, which is responsible for the fight-or-flight response, is activated, Möller told Live Science. But tonic immobility is the result of the body's subsequent response: It occurs when the parasympathetic nervous system gets activated, which acts as a counterbalance to the sympathetic nervous system, and prevents muscle movement.

Tonic immobility during sexual assault is quite common: In the new study, researchers interviewed female sexual assault survivors and found that 7 out of 10 reported "significant" immobility during an assault, and nearly half experienced "extreme" immobility. The findings were published on June 7 in the journal *Acta Obstetrica et Gynecologica Scandinavica*.

The study "shows that tonic immobility is more common than earlier described," Möller said in a statement. "This information is useful in both legal situations and in the psychoeducation of rape victims." In legal situations, courts may dismiss a sexual assault case if the victim or the attacker doesn't have any signs of physical struggle indicating that the victim fought back, the authors wrote in the study. For example, they pointed to a 2002 study from Florida that was published in the journal *Annals of Emergency Medicine*, which showed that attackers were more likely to be prosecuted if the victims showed signs of trauma.

But a victim's passiveness should not be considered consent, Möller said. Many survivors of sexual assault blame themselves for not having fought back more, so it may help them to understand that becoming immobilized is in fact normal, she said. Indeed, tonic immobility can even occur in people who have been trained to fight off an assault, Möller added.

In the study, the researchers gave questionnaires to nearly 300 women who visited the Emergency Clinic for Raped Women in Sweden between February 2009 and December 2011. The questions assessed whether the women had experienced tonic immobility during their assault, as well as whether they had post-traumatic stress disorder (PTSD), acute stress and depression. Six months later, the researchers followed up with the women and got responses from 63 percent of them, again evaluating them for PTSD, acute stress and depression. [6 Ways Sexual Harassment Damages Women's Health: <https://www.livescience.com/16949-sexual-harassment-health-effects.html>]

Monthly Webinars!

First Wednesday
of Every Month

at 10 am

(Except January,
July, and
August).

Next Webinars

**Wednesday,
September 6,
2017**

Each webinar has a
round table
discussion at the
end. Questions are
always welcome!

To participate, you
must be a vetted
member. For more
information please
email
[schoolsafety@isp.
state.il.us](mailto:schoolsafety@isp.state.il.us)

Many Women Experience Paralysis During Sexual Assault (Continued)

Seventy percent of the women reported that they had experienced tonic immobility during their assault, including 48 percent who said that the immobility was "extreme." In addition, 81 percent of the women reported having had significant fear during their assault. The study also found that the effects of the immobility reaction extended far beyond the assault itself: Women who experienced tonic immobility were more than twice as likely to have PTSD six months after the assault, and 3.4 times more likely to develop severe depression, compared with the women who did not experience tonic immobility during their assault.

Women who had been sexually assaulted previously were twice as likely to be immobilized during their recent assault, the study found. And more severe assaults, such as those involving moderate or severe physical violence, were twice as common among the women who reported tonic immobility. Women who drank alcohol sometime during the 12 hours before the assault were less likely to experience this form of paralysis.

The researchers also found that women who experienced tonic immobility were twice as likely to have PTSD from a previous experience, three times more likely to have acute stress disorder and 7 percent more likely to have severe depression two weeks after the most recent assault, compared with the sexual assault survivors who did not experience tonic immobility during their assault.

Additional Resource: The article: "How to More Effectively Interview Traumatized Sexual Violence Victims" can be viewed at: http://www.campussafetymagazine.com/public/interview_sexual_assault_victims/?utm_source=CS_trends&utm_medium=email&utm_campaign=content&eid=350362379&bid=1788571#

U.S. Centers for Disease Control and Prevention (CDC): Teen Vaping Rates Down 27 Percent

Campus Safety Magazine, June 20, 2017

http://www.campussafetymagazine.com/for-parents/teen-vaping-rates-down/?utm_source=CS_trends&utm_medium=email&utm_campaign=content&eid=350362379&bid=1795965

Vaping rates among U.S. teens have fallen from 3 million in 2015 to 2.2 million in 2016, according to a survey released on Friday by the Centers for Disease Control and Prevention. Vape pens, also known as e-cigarettes, are battery-powered devices that typically contain a nicotine-based liquid that is vaporized and inhaled. Campus Safety previously reported on vape pens also being used to smoke marijuana.

"We do know that e-cigarettes are the most commonly used tobacco product among youth and that's been the case since about 2014," says the CDC's Deputy Director for Research Translation, Brian King. The CDC cites a few possibilities as to why the trend has dropped. One is a federal regulation that was established in August, banning the sale of e-cigarettes to minors. The regulation also requires a photo ID for purchases. The other is the increase in ad campaigns discouraging kids and teens from smoking.

In a report from NBC News, Matthew Myers, president of the Campaign for Tobacco-Free Kids, stated "Our progress stems directly from implementing proven strategies, including higher tobacco taxes, comprehensive smoke-free laws, effective FDA oversight of tobacco products and marketing, well-funded tobacco prevention and cessation programs, and hard-hitting media campaigns, like the campaigns conducted by the CDC, the FDA and Truth Initiative in recent years."

Teen Vaping by The Numbers

The survey conducted by the CDC consists of a questionnaire that is filled out each year by approximately 20,000 students in Grades 6-12. It focuses on current users who are defined as teens who say they have used a tobacco product within 30 days of taking the survey. In 2016, 7.2 percent of middle school students reported current use of a tobacco product and 3.1 percent reported current use of two or more tobacco products. E-cigarettes were the most commonly used tobacco product among this group with 4.3 percent reporting its use, followed by 2.2 percent for cigarettes, cigars, and smokeless tobacco. One such question specifically asks "During the past 30 days, on how many days did you use electronic cigarettes or e-cigarettes?"

In addition to the drop in vaping, the survey provides promising numbers surrounding all forms of tobacco use by teens. Some of these statistics include:

- In 2016, number of middle and high school students using any form of a tobacco product fell from 4.7 million in 2015 to 3.9 million.
- 4 percent of middle school students said that they had vaped in 2016, compared to 5 percent in 2015.
- 11 percent of high school students said that they vaped in 2016, compared to 16 percent in 2015.

Other Information/Resources

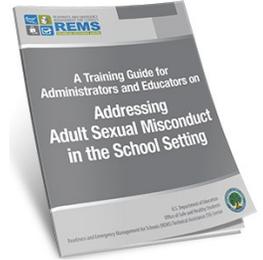


Mia Ray Langheim
School Intelligence
Officer

New Training Guide on Addressing Adult Sexual Misconduct in the School Setting - The Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center is pleased to offer a NEW training guide to support administrators, educators and planning teams at schools and school districts in preventing and managing adult sexual misconduct (ASM) as a part of their emergency management activities. Schools and school districts can use this training guide to help inform their emergency operations plans (EOPs) and/or related ASM policies and procedures to align with national and state recommendations.

Over the past 2 years, the REMS TA Center, under the lead of the Secretary of Education and the U.S. Department of Education's Office of Safe and Healthy Students, and in collaboration with the Secretary of the U.S. Department of Health and Human Services and the Attorney General, has conducted research in the form of literature reviews on the topic of ASM in the school setting. Using the results of our research, we have prepared this training guide for K-12 educators to support their efforts to prevent, protect, mitigate, response, and recovery to ASM incidents that occur in the school setting. A snapshot of the chapters within this publication includes the following:

- Chapter 1: Understanding ASM
- Chapter 2: Development of ASM Policies and Procedures
- Chapter 3: Training in ASM Awareness and Prevention
- Chapter 4: The Role of Social Media and Technology in ASM
- Chapter 5: Resources



Visit <http://rems.ed.gov/ASMTrainingGuide.aspx> to download a Section 508 compliant Adobe Acrobat version of A Training Guide for Administrators and Educators on Addressing Adult Sexual Misconduct in the School Setting.

Internal Crisis Communications Lessons Learned - A recent Forbes magazine article (<https://www.forbes.com/sites/forbescommunicationscouncil/2017/02/08/five-communication-lessons-learned-in-the-wake-of-the-zika-health-crisis/#62790c35fa05>) discusses five communications guidelines for internal communication learned from the Zika health crisis. Effective and timely crisis communication is just as important for the employees of an agency or business as it is for the public or customers. This kind of messaging is flexible by nature and should change based on the crisis, the audience and the message needing to be delivered.

“Five Communication Lessons Learned in the Wake of the Zika Health Crisis” discusses things internal communications teams can do now to shore up their organizational crisis communications methods:

- Build the communications team now, before a crisis.
- Identify reliable sources and dependable subject matter experts.
- Create a tiered notification system for internal messaging.
- Establish employees' roles; address employee safety and security.
- Conduct timely updates based on frequent crisis monitoring.

If done right, these methods can help your organization create templates for internal crisis communication that can be used in the future, enabling you to spend more time actually dealing with the crisis instead of repetitively creating messaging from scratch. By doing this, employees will also know how information will be shared and when, which will put them more at ease and enable them to better do their jobs.

The **State of Virginia** released in May 2017 the following documents that could be useful for schools and districts with school based law enforcement:

- Virginia School-Law Enforcement Partnership Guide <https://www.dcjs.virginia.gov/sites/dcjs.virginia.gov/files/publications/law-enforcement/virginia-school-law-enforcement-partnership-guide.pdf>
- Virginia School-Law Enforcement Partnership Model Memorandum of Understanding (MOU): <https://www.dcjs.virginia.gov/sites/dcjs.virginia.gov/files/publications/law-enforcement/virginia-school-law-enforcement-partnership-model-memorandum-understanding.pdf>

The Federal Bureau of Investigation (FBI) Internet Crime Complaint Center (IC3) recently released the **2016 Internet Crime Report** that can be viewed at: https://pdf.ic3.gov/2016_IC3Report.pdf

- Illinois is ranked 5th based on total number of victims (9,177)
- Illinois is ranked 6th based on the total amount of money lost by victims (\$32,938,414)

School Safety Newsletter

Statewide Terrorism &
Intelligence Center
2200 S. Dirksen Parkway
Springfield, IL 62703
Phone: 217-558-2661
E-Mail:

Schoolsafety@isp.state.il.us