

L.E.A.D. Initiative

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"Facebook Depression" - what is it and how can it affect youth?

Another potential harm has been linked with the social media, Facebook.

"Facebook depression" may affect troubled teens who obsess over the online site.

Some researchers feel "Facebook depression" is merely an extension of depression some youth are experiencing because of other circumstances. Others argue that it is a distinct condition linked with using the online site.

Dr. Gwenn O'Keeffe, a pediatrician and lead author of the new American Academy of Pediatrics social

media guides feels that "there are unique aspects of Facebook that make it a particularly tough social landscape for kids already dealing with poor self-esteem.

Facebook provides a continual in-your-face tallies, states updates and photos of people, happy and having a good time. This can make some youth feel even worse if they think they don't measure up to their "friends" updates, not realizing that Facebook provides a skewed view of what is really going on. "Facebook is where all

teens are hanging out now. It's their corner store," O'Keeffe stated. "Facebook depression" can be added to the list of online risks along with cyberbullying and sexting. However, social media sites like Facebook do have positive benefits for youth, such as connecting with family and friends, sharing pictures and exchanging ideas, that should not be overlooked.

Tanner, Lindsay. "Does warn about Facebook use and teen depression." *Yahoo NEWS* 28 Mar 2011: n. pag. Web. <http://news.yahoo.com/s/ap/us_med_facebook_depression>.

A Ban Recommended for Menthol Cigarettes

A draft report submitted to the Food and Drug Administration by an expert panel of scientists, physicians, and public health experts have recommended that menthol cigarettes be outlawed to protect Americans' health.

The panel stated that adding menthol into cigarettes did not increase the individual risk of smoking related health problems, however it increases the likelihood of addiction. Menthol cigarettes makes it more addictive for youth

and harder for African American smokers to quit. They also pointed out how the tobacco companies have heavily advertised menthol brands in black communities.

"FDA advisory recommend ban on menthol cigarettes." *Join Together* 21 Mar 2011: Web. 30 Mar 2011.



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Upcoming Events—Cohort 5

PREV-CAMP

- April 9th—Greensburg
- April 16th—Plymouth

Agency Assessment Questionnaire

Due: April 15

Upcoming Events—Cohort 4

Enhancement Phase Activity Schedule

- April: Mentoring
Refusal / Resistance Skills
- May: Community Service
Majority Rules/Normative Education

Reporting Period 5

January, February, March

Due: April 15



April: Alcohol Awareness Month

April is Alcohol Awareness Month, an opportunity for our LEADers to focus on the drug most affecting our youth, adults, families, businesses, and communities.

Here is an Advocacy activity found at DrugFree24-7.org that your LEADers might be interested in.

Blanket your Community with awareness messages about alcohol.

Strategy Framework:

1. **Determine the focus.** Do you want to address all the harms associated with alcohol? Or do you want to focus on a particular area (underage drinking)?
2. **Determine your audience.** Are you targeting the messaging to a particular segment of your community?
3. **Choose the messaging frequency.**
4. **Choose the mechanism(s).** Newspaper, Mailers, Posters, Text messages, Facebook....
5. **Choose the message.** Determine which facts, recommendations or other “messages” you want to communicate.
6. **Implement.** Make it happen!!!!

Do you want the messaging to be carried out daily? Weekly?