

# Independent Living

Franklin County DSS

## Media and Youth by Melinda Black

There is an average of 3.3 televisions in every American home. 2 out of 3 television programs contain violence with an average of 6 violent acts per hour. Teens who watch more than 1 hour of television per day are four times more likely to commit aggressive acts in adulthood. Violence is the leading cause of death for children, adolescents, and young adults.

Exposure to high levels of media violence may lead to problems with self control and attention. The frontal cortex, which helps with self control and attention, can be altered by exposure to media violence and begin to have less activity, thus leading to less self control and attention.

Over dependence on video games can lead to social isolation. Practicing violent acts may contribute to more aggressive behavior than watching passive television. Women are often portrayed as helpless or sexually provocative. Many games offer an arena of weapons, killing, kicking, stabbing, and shooting. Games can confuse reality and fantasy. In many games the player must become violent in order to win. Academic achievement may be negatively related to over all time spent playing video games.

45% of US teens listen to FM

radio. Teens consider musicians their heroes more frequently than athletes. Teens rate the influence of music higher than religion or books. Music affects emotions and teens use music to enhance or intensify their mood.

The troublesome lyrics of some teen music:

### How much time do you spend with television? Video games? Music? Computer?

advocates and glamorizes the abuse of drugs and alcohol

Present suicide as a "solution"

Display graphic violence

Dwell on the occult with Satanism and human sacrifice

Describe harmful sexual practices, incest, and a devaluing of women.

A child's body image develops as a result of many influences. A newborn begins immediately to explore what her body feels like and can do. This process continues her whole life. A child's body image is influenced by how people around them react to their body and how they look. A pre-adolescent becomes increasingly aware of what society's standards are for the "ideal body". 40% of girls 9 and 10 have tried to lose



weight. The amount of time that an adolescent watches soaps, movies, and music videos is associated with their degree of body dissatisfaction. 53% of 13 year old girls and 78% of 17 year old girls are unhappy with their bodies. Identification with television stars (for boys and girls), models (for girls), and athletes (for boys) positively correlated with body dissatisfaction.

Children ages 8 to 18 spend 44.5 hours a week in front of the television or the computer.

March 2008

### Special points of interest:

- Let's welcome back Angie Shirley!
- Let's give a big Independent Living welcome to our new case aide, Joe Ann Jones.
- The Independent Living fiscal year is ending in April. Do you have any last minute Independent Living expenses? Better let Patti know ASAP before this year's money is gone!
- Independent Living funds WILL NOT be available in May 2008.

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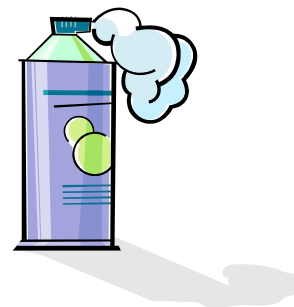
## The Dangers of “Dusting”

Using inhalants could be dangerous and even DEADLY! Inhalants are commonly used by youth ages 9 to 15. Many youth think that inhaling Dust Off for example is not dangerous because it is just condensed air, but that is NOT true. It also contains a propellant called R2. It's a refrigerant like what used in your refrigerator. It is a heavy gas. Heavier than air. When you inhale it, it fills your lungs and keeps the good air, with oxygen, out. That's why you feel dizzy, buzzed. It decreases the oxygen to your brain, to your heart. IT KILLS YOU.

The horrible part of this is there is no warn-

ing. There is no level that kills you. It's not cumulative or an overdose, it can just go randomly, terribly wrong. IT'S NOT AN OVERDOSE. You don't die later. Or not feel good and say I've had too much. You usually die as you're breathing it in. If not, you die within 2 seconds of finishing “the hit”. The propellant causes frostbite, sometimes on your tongue.

Using inhalants can kill you. It's not a risk worth taking.



**“Dusting” is not worth it!**

## About Internet Surfin' (Crimes Against Children Research Center)

There are an estimated 77 million kids online today. There are over 40,000 chat rooms where children can meet child predators. Pedophiles lure kids in, with games and establish relationships with them on-line, then arrange to meet face-to-face. 75% of children are willing to share personal information online about themselves and their family in exchange for goods and/or services. (gifts, free sam-

ples, free online games, etc.) Chat rooms and instant messenger are two main tools pedophiles use to contact children on-line (you can add myspace and facebook to this as well). Online child pornography/child sex exploitation is the most significant crime problem confronting the FBI that involves crimes against children. There is a 100% chance of a child meeting a predator in a chat room. Children are reported

*“The only way to ensure the safety of millions of children who use the internet each day is through education—becoming informed about the problem and learning ways to keep children free from harm.”*

missing into the FBI computer system at the rate of: 825,600 kids/yr or 3 kids every 2 minutes! Don't be one of them!

## Sleep Cycle (www.wsls.com)

With the time change on the way this weekend we have talked about ways to try to lessen the effect of getting less sleep. You can go to bed a little earlier leading up to the day. Also, keep a light schedule on Sunday and Monday until your body adjusts to the time difference.

We found some more 10 On Your

Side information about how much sleep we should all be getting from the Centers for Disease Control and Prevention.

Kids 3 to 5 years old should get 11 to 13 hours.

Ages 5 to 12 need 9 to 11 hours.

Teens usually need 8.5 to 9.5 hours and 7 to 9 hours for adults.



**Are you getting enough sleep?**

## The Long Reach of Credit Scores (Principal Financial Group)

**BEWARE!** The number on your credit score is similar to a grade. It grades you on how well you are doing managing your credit (paying loans, cell phone bill, not taking out too many credit cards, paying medical bills, etc.). Your number can tell a lot about you, and you might be surprised at who's looking.

Not only can having a bad credit score or no credit at all hurt you with getting an apartment, a credit card, or buying a car, but it could not hurt what kind of job you can get.

Only 20% of Americans know that it is legal for employers to refuse to hire job appli-

cants who have low credit scores, according to a survey by VISA USA. The survey also shows that most Americans don't know that prospective employers can use credit scores as hiring criteria.

"Credit scores have become the de facto 'GPA' for all aspects of modern life because they can affect everything from getting a job to being able to buy a house," says Jason Alderman, director of financial education for VISA USA.



You can complete a free annual credit report at [www.annualcreditreport.com](http://www.annualcreditreport.com)

## Study Skills Development (Virginia Counselors Association)

Do you have these poor study habits?:

Playing music while working.

Instant messaging friends while studying.

Lacking of any structured time and place to study.

No idea how to annotate a book.

Do not review notes or notes are incomplete.

Start homework late in the evening.

Tendency to procrastinate.

Never or rarely use flashcards.

Never highlight textbooks.

Loose papers tucked in text books and in the bottom of your backpack.

Homework assignments are not written down or written down in multiple places.

*"Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."*

Poor or nonexistent time management skills.

## Fudge Nut Glaze by Ashleigh L.

1/2 cup whipping cream

1/3 cup Hershey semi-sweet chocolate chips

1/4 cup sugar

1 tablespoon of butter

1 1/2 teaspoon light corn syrup

3/4 cup chopped hazelnuts, macadamia nuts, or pecans

1/2 teaspoon vanilla extract

Combine all ingredients except the nuts and vanilla in a small saucepan. Cook over medium heat, stirring constantly until mixture boils. Cook, stirring constantly for 5 minutes. Remove from heat.

Cool for 10 minutes, stir in the nuts and vanilla.



Do you have a recipe to share?

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Franklin County DSS

### Proposed Upcoming Trainings and Conferences:

ALL TRAININGS WILL BE HELD AT THE FRANKLIN CENTER AT 50 CLAIBORNE AV., ROCKY MOUNT

FRIDAY April 18, 2008 from 11-2: Apartments

May 3, 2008 Time TBA: Recreation and Leisure

FRIDAY June 27, 2008 from 11-2: Personal Care and Stress Relief

July YAC in Radford—Info to Follow

FRIDAY July 25, 2008 from 11 to 2: Employment and Careers

August 23, 2008 from 11 to 2: Relationships

September 20, 2008 from 11 to 2: Internet Safety

October 18, 2008 from 11 to 2: Money Management

November 15, 2008 from 11 to 2: Finding a Car and

[www.franklincountyva.org/  
independent\\_living.htm](http://www.franklincountyva.org/independent_living.htm)

## Available Funds for College (VDSS)



**Do you need money for college? Complete your FAFSA online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov)**

Once you've selected a school, you may think the hard part is over—until you realize you have to find a way to pay for it! No money tree growing outside your home? Not an heir to a huge fortune? Don't stress. There are programs in place to help pay for college. A few of the most

common are:

**Pell Grant:** A Pell Grant does not need to be repaid. Eligibility is determined according to financial need, using a formula established by Congress. Funds are distributed by the colleges either by direct payments to the student or through a credit to a term bill or other account.

**Federal Supplemental Education Opportunity Grant (FSEOG):** The Federal Supplemental Educational Opportunity Grant does not need to be repaid. The FSEOG is more competitive than the Pell Grant, and priority goes to those also receiving Pell Grants who have the greatest financial need.

**Perkins Loan:** Federal Perkins Loans are low interest, need-based loans awarded by colleges. Loans are limited because under the program, each college is only given a

limited amount of loan money to distribute. Those receiving Perkins Loans begin paying interest nine months after graduation.

**Academic Competitiveness Grant:** These grants are available to full time students who have completed a rigorous high school curriculum as determined by state and local agencies and recognized by the Secretary of Education. To receive the Academic Competitiveness Grant as a second year student, recipients must maintain at least a 3.0 GPA.

**Federal Work-Study:** The Federal Work-Study program was designed to encourage community service and work related to each student's particular course of study. Jobs can be either with the college or for a profit employer who has entered into a contract with the college.