

SAC CORNER

QUARTER 2

2025 - 2026



CRISIS:

- **988 Lifeline** - call or text 988 at any time 24/7 to talk for free and with confidentiality
- **2nd Floor - NJ's Youth Helpline** - 888-222-2228 is a 24/7 hotline that can be called or texted for confidential and anonymous help
- **National Sexual Assault Hotline: 800-656-HOPE**

THE NEWS

TRENDS

- Vaping is Still Dangerous
- ClothOff App

STUDENTS

- Executive Functioning Skills
- Grooming
- 5-3-1

CAREGIVERS

- How to help your kiddo with anxiety at school
- What former residential program teens wish parents knew...

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TRENDS

- Check out this reality star's [story](#) of suffering an incredibly painful heart attack from vaping
- If you see the app "ClothOff" on your child's phone, it is time to have a talk. This app is used to illegally take clothes off of someone in a picture, effectively generating a deepfake nude a.k.a. pornographic image. This is illegal to do. See [here](#) a case of a 14 year old girl in NJ whose classmate used the app to generate nude photos of her from her Instagram (fully clothed) photos.
 - Reminder to your teenagers, they are still children. Under the age of 18 makes them a child and makes any nude image of them is child pornography, even if consensually taken, shared, or asked for. This could mean possession, production, and distribution charges.

STUDENTS

- Different strokes for different folks. For example, some do best with a handwritten planner such as [this](#). But others may prefer that mix of handwritten and digital so they use a [Rocketbook](#) that allows you to write in it, then saves it digitally, and you can wipe clean and re-use. Some teens may need to start from the beginning of skill building and use a workbook like [this](#) to learn the skills step by step and building up. Sometimes we have too many tools and information is in too many places. For that I recommend a one-glance on-sheet for the day such as [this one](#) where you have a little more control over the start time of the log or [this one](#) that starts the day at 5am and you fill it in from there. Another factor is that we don't have phones in classrooms so setting phone alarms may not always help. There are wrist alarms, like [this one](#), that have 10 personal alarm settings per day to help your kid remember meetings.
- Grooming happens. We usually think about professional adults grooming kids, but it happens a little closer in age too. The [video here](#) shows how easily kids can be groomed by other "kids" such as college aged students. The video also shows how hard it is for kids to figure out if it is or isn't weird. This is a great video to show kids as they start to hang out with older kids.
- Every week spend time with 5 different people or groups, every month give yourself 3 deep interactions with people in your close circle/are most comfortable with, and every day devote 1 hour to social interaction, no matter how small the interaction or fragmented that hour may be. Defeat loneliness, force a little slow down from task managing, and remember to appreciate those around you

CAREGIVERS

- Read [here](#) how a lot of the things we try to "help" with actually exasperate the anxiety for the child and block their ability to build resiliency
- If you read this [article](#) from the Newport Academy you will see the top 10 things that alumni from their program wish parents/guardians knew