



# California Cadet Corps Curriculum on Health



Obstacles to Wellness



# Obstacles to Wellness

## Agenda

- C1. Stress
- C2. Sedentary Lifestyle
- C3. Malnourishment
- C4. Depression / Suicide
- C5. Sleep Deprivation
- C6. Violence and Anger Management
- C7. Bullying / Cyberbullying
- C8. Tobacco / Nicotine (Smoking, Vaping, Chewing)
- C9. Underage Drinking and Binge Drinking
- C10. Abusing Drugs
- C11. Sexual Orientation



# C1. STRESS

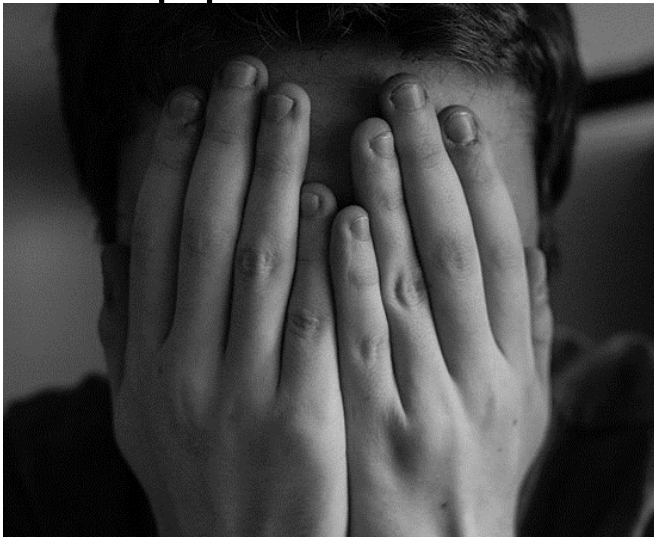
C1. Given a scenario about a cadet that shows stress symptoms, cadets will be able to identify the symptoms of stress and recommend some appropriate reduction strategies.



# Common Effects of Stress

## Effects on the Body

- Headache
- Muscle tension or pain
- Fatigue
- Stomachache
- Sleep problems



## Effects on the Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Disillusionment



# Common Effects of Stress on Behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often
- Poor performance in school
- Panic attacks
- Rebellion



# Stress Prevention

- B1. Manage your Stress
- B2. Do Yoga or Tai Chi
- B3. Meditate
- B4. Exercise Aerobically
- B5. Declutter and Organize
- B6. Manage Your Time
- B7. Disconnect from Technology
- B8. Break Bad Habits
- B9. Stop Procrastinating
- B10. Eat for Wellness
- B11. Practice Gratitude
- B13. Get Enough Sleep
- B14. Get Some Sun
- B15. Deal with the Difficult
- B16. Seek Inspiration



## **C2. SEDENTARY LIFESTYLE**

C2. Given a scenario about a cadet that shows symptoms of a sedentary lifestyle, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Sitting Disease Symptoms

- Abdominal Obesity
- Easily out of breath
- Lack of muscle tone
- More than 2hrs/day of “screen time” (Television, video games, computer, social media)
- Not Passing physical fitness tests
- Lack of participation in sports or other competitive activities
- Behavioral concerns (Depression, Stress, and Anxiety)





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# Sedentary Lifestyle Prevention

- B1. Manage your Stress
- B2. Do Yoga or Tai Chi
- B3. Meditate
- B4. Exercise Aerobically
- B6. Manage Your Time
- B7. Disconnect from Technology
- B8. Break Bad Habits
- B9. Stop Procrastinating
- B10. Eat for Wellness
- B13. Get Enough Sleep
- B14. Get Some Sun
- B16. Seek Inspiration



## **C3. MALNOURISHMENT**

C3. Given a scenario about a cadet that shows symptoms of a Malnourishment, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Poor Eating-Sugar Epidemic

The AHA recommends 6.5 teaspoons of sugar daily, BUT the average teen eats **34** teaspoons of sugar per day!

- Culprits
  - Soft Drinks & Sports Drinks
  - Fruit drinks
  - Candy, Cakes, Cookies
  - Sweetened Milk





# Poor Eating

## Nutrient Poor

- Eat around the outside (perimeter) of the grocery store (Less processed food)
- Calcium, iron, fiber, and

### •Symptoms

- Sluggish, tired, weak
- Decreased immune system
- Poor hair, skin, and bones
- Decreased school performance



# Eating Disorders

- Anorexia *nervosa*
  - Low weight
  - Extreme Food Restriction
  - Risk Factors / Symptoms:
    - Typically Female
    - Perfectionist / High achiever
    - Poor Body Image
- Bulimia *nervosa*
  - Binge Eating followed by Purging (Forced Vomiting)





# Malnourishment Prevention

- B1. Manage your Stress
- B3. Meditate
- B4. Exercise Aerobically (N/A for anorexia)
- B8. Break Bad Habits
- B10. Eat for Wellness
- B15. Deal with the Difficult (Low Body image)
- B16. Seek Inspiration



## **C4. DEPRESSION AND SUICIDE**

C4. Given a scenario about a cadet that shows symptoms of Depression / Suicide, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Depression



**Teen Depression is a serious Mental Health problem: “*Mayoclinic.org*”**

- Signs or Symptoms of Depression:
  - Persistent feelings of Sadness
  - Use of drugs or alcohol
  - Poor school performance
  - Loss of interest in normal activities
  - Avoidance of social interaction
  - Feeling misunderstood/extremely sensitive
  - Eating or Sleeping too much
  - Self Harming



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# Depression Prevention

- [B1. Manage your Stress](#)
- [B2. Do Yoga or Tai Chi](#)
- [B3. Meditate](#)
- [B4. Exercise Aerobically](#)
- [B5. Declutter and Organize](#)
- [B6. Manage Your Time](#)
- [B7. Disconnect from Technology](#)
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# Suicide

**Suicide is a Leading Cause of Death for Teens: “*healthychildren.org*”**

- Teen Suicide connected to Symptoms of Depression –
- Teen Suicide connected to PTSD –





# Possible Signs of Suicide



- Talking about suicide or unhealthy preoccupation with death –
- Purchasing or getting the means to take their own life or describing how it could be done –
- Participating in high risk activities like alcohol or drugs –
- Saying good bye as if it was on a permanent basis –



# Potential Suicide Triggers

## Potential Suicide Triggers:

*"Adapted from the Mayo clinic"*

- Divorce in the family –
- The feeling of being used or under appreciated or over looked –
- Unexpected change in a family dynamic –
- Experiencing or the perception of being humiliated –
- Experiencing bullying –





# Suicide Prevention

- This is not something you should tackle yourself-  
Seek immediate professional help.

1-800-273-8255  
Hotline for Suicide Prevention

- Section *B15, Suicide* provides more information



# Check on Learning

- Name some negative effects of Stress –
- Identify the several types of malnourishment and their effects –
- What are some of the signs and symptoms of depression –
- Describe why suicide is connected to depression and/or PTSD –
- What are possible signs and triggers of suicide –



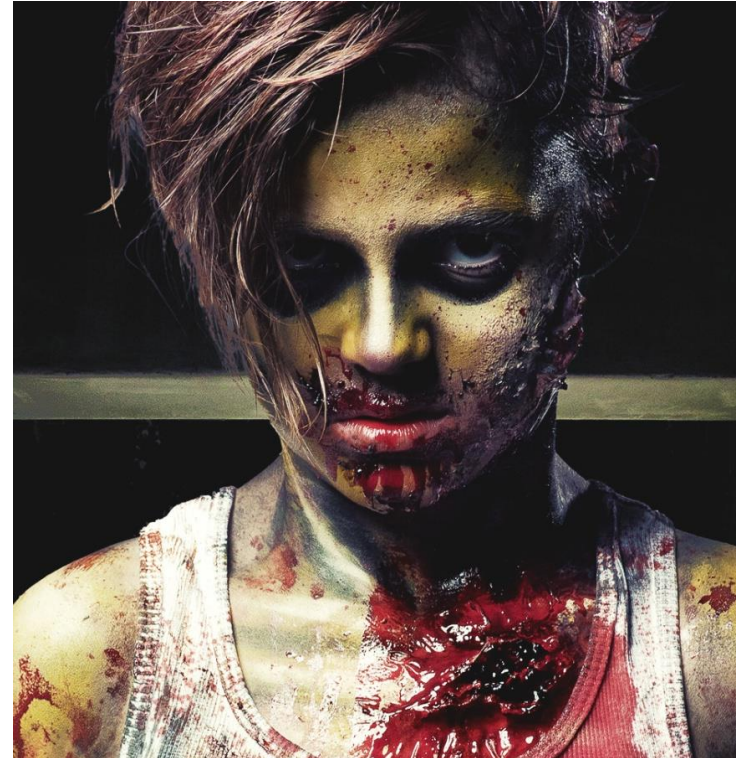
## **C5. SLEEP DEPRIVATION**

C5. Given a scenario about a cadet that shows symptoms of Sleep Deprivation, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Sleep Deprivation Signs/Risks

- Irritability –
  - Difficulty concentrating –
  - Panic attacks –
  - Impulsive behavior –
  - Dozing in class –
  - Relationship problems –
- Grumpy Zombies are not fun



**National Sleep poll shows that teens in the US get less than the 8-10 hours of sleep needed.**



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# Sleep Deprivation Prevention

- [B1. Manage your Stress](#)
- [B2. Do Yoga or Tai Chi](#)
- [B3. Meditate](#)
- [B4. Exercise Aerobically](#)
- [B5. Declutter and Organize](#)
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# **VIOLENCE AND ANGER MANAGEMENT**

C6. Given a scenario about a cadet that shows symptoms of Violence / Anger Management, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Violence

## Youth Violence and Harmful Behaviors:

- Negative behaviors can start early on in age –
- The youth can be a victim, witness and offender –
- Violence can cause more emotional harm than just physical harm –
- If not put in check, can lead to more severe behaviors including violent crimes –
- Has a negative impact on health –
- May lead to joining gangs –





# Sexual Coercion: Date Rape

- Has become common –
- Often happens where there is drinking –
- Accompanied by date-rape-drugs –
- Happens with someone you may know –



DOESN'T MEAN SHE'S SAYING YES.



sex without consent = sexual assault  
**DON'T BE THAT GUY.**  
[sexualassaultvoices.com](http://sexualassaultvoices.com)



# Avoidance / Reduction of Violence

- Relationship with a responsible adult –
- Positive School Programs and Experiences –
  - Such as the Cadet Corps
- Plans & Goals for the future –
  - What will I lose if I act out violently
- Controlling Impulses –
- Talking to a responsible adult about any violence being experienced –





# Anger Management



## Anger and our responses to anger:

- Teenage anger is a normal part of growing up –
- Negative responses to anger can have negative consequences –
- Allowing hormones, fears, and adrenaline to take over is never good –
- Anger management is a learned behavior, as is inappropriate anger responses –
- Continued inappropriate anger responses leads to anger management problems –



# Anger is Not Abnormal

- Anger is a normal part of growing up –
- Anger management is choosing how to best deal with anger –
- The inability to deal with anger can lead to anger management problems –





# Signs of Anger Management Problems

- Can't control the anger or outburst –
- Always confrontational, and seldom seeks a resolution –
- Unable to engage in any constructive problem solving –
- Frequently loses friends, alienates others –
- Preoccupied with revenge –
- Can't get over past hurts or wrongs –





# Violence and Anger Prevention

- [B1. Manage your Stress](#)
- [B2. Do Yoga or Tai Chi](#)
- [B3. Meditate](#)
- [B4. Exercise Aerobically](#)
- [B7. Disconnect from Technology](#)
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# **C7. BULLYING AND CYBERBULLYING**

C7. Given a scenario about a cadet that shows symptoms of Bullying/ Cyber-Bullying, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# What is Bullying



- Bullying is being mean to others excessively –
- Bullying can result in the feeling of inferiority –
- Bullying has the effect of reducing the victim's ability of standing up for themselves –
- Regardless of the reason, bullying is never right –
- Bullying comes in many forms –



# Types of Bullying



- Physical bullying –
- Name calling, attacking someone verbally –
- Body shaming, or degrading –
- Cyber bullying and its different forms –



# Cyber Bullying

- Use of electronic devices –
- Use of social media and networking sites –
- Mass exposure of embarrassing pictures –
- Creating fake profiles and false allegations –
- Different than other types of bullying in its intensity –





# Effects of Bullying:



- Use of alcohol and drugs –
  - School and academic problems –
  - Greater chance of in person bullying as a result of cyber Bullying –
  - Suffer from low self esteem –
  - Experience more physical health problems –
- \*Important to Stop Bullying immediately\***



# How to Confront Bullying



## Things to do -

- Intervene immediately but safely –
- Model respectful behavior –
- Remain Calm, be reassuring –
- Seek adult intervention and/or request medical help –
- Review Videos (B15)
  - [Ways to Stop Bullying](#) (5mins 30s YouTube Video, Watchwellcast)
  - [How to Beat Cyber Bullying](#) (5mins 07s YouTube Video, Watchwellcast)

## Things not to do -

- Don't ignore it –
- Don't try and force a solution –
- Don't force witness statements –



# Get Police Help Immediately

- If a weapon is involved or alleged to be involved –
- There are threats of serious physical injury or bodily harm –
- Threats of hate-motivated violence –
- There is possible sexual abuse –
- There is the possibility of an illegal or dangerous act –
- The use of force or fear to gain money, property or services –





# CHECK ON LEARNING C5-C7

- Explain why sleep is important and the effects of lack of sleep –
- Give examples for the following Anger Management issues –
  - Youth Violence & Harmful Behaviors
  - Anger and Responses to anger
  - Signs of Anger Management problems
- Describe the different types of bullying and their effects –



## **C8. TOBACCO / NICOTINE**

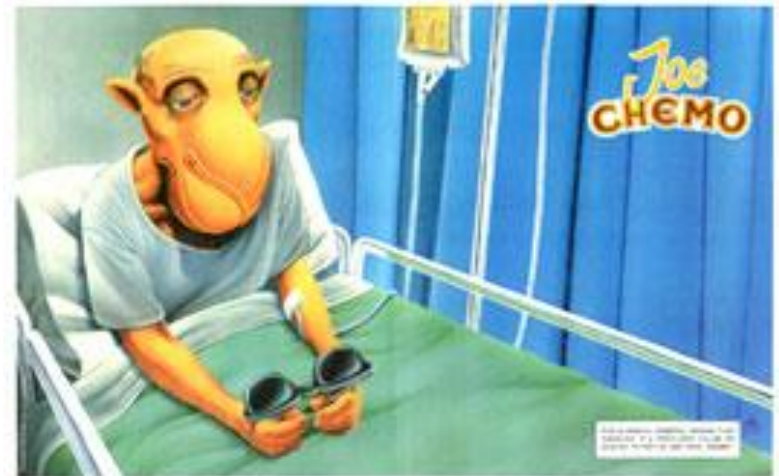
C8. Given a scenario about a cadet that shows symptoms of tobacco use or nicotine use, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Tobacco / Nicotine

## What are Highschoolers using (in 2014)?

- E-cigarettes: 13.4%
- Hookah: 9.4%
- Cigarettes: 9.2%
- Cigars: 8.2%
- Chewing tobacco: 5.5%
- Snus: 1.9%
- Pipes: 1.5%





# Consequences

Teenagers may view Hookah, vaping, or e-cigarettes as “safe” alternatives to traditional cigarettes. The Centers for Disease Control (CDC), American Lung Association, U.S. Food and Drug Administration (FDA), and the American Medical Association (AMA) have stated that these are not safe alternatives to smoking and have many of the same risks including:



- **Oral cancer**
- **Lung cancer**
- **Stomach cancer**
- **Cancer of the esophagus**
- **Reduced lung function**
- **Decreased fertility**



# What Happens When You Quit Tobacco

- Blood pressure & pulse returns to normal –
- Improved sense of smell & taste –
- Improved sense of self esteem –
- Improved physical endurance & overall health –
- Save lots of money –
- Health improvement of anyone exposed to 2nd hand tobacco use –





# Smoking/Vaping/Chewing Prevention

- B1. Manage your Stress
- B3. Meditate
- B4. Exercise Aerobically
- B8. Break Bad Habits

**Nicotine** is a highly addictive drug that is extremely difficult to quit. The best strategy is a preventive one where you never start in the first place.



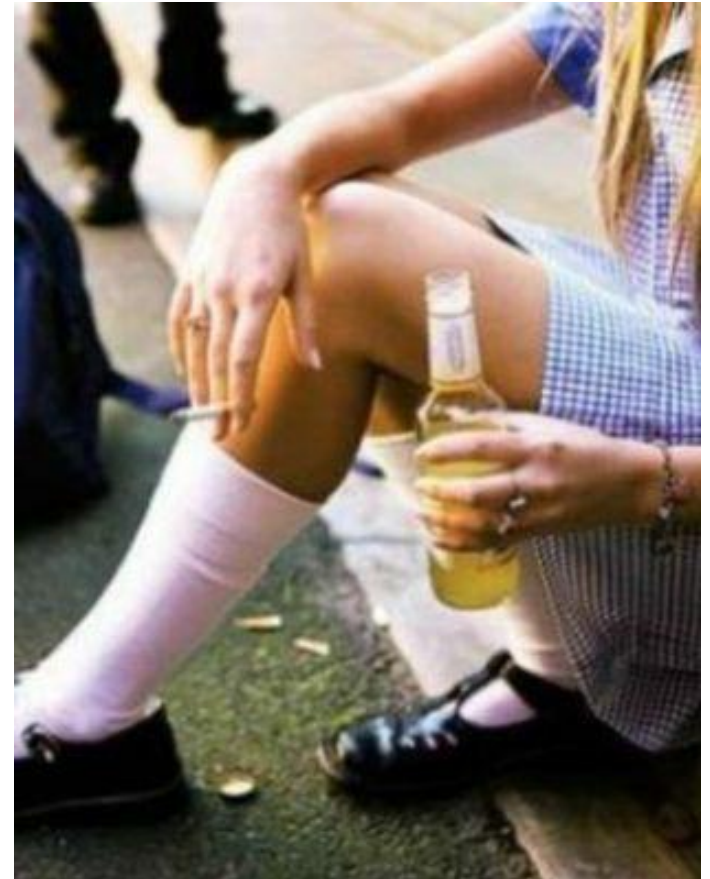
## **C9. UNDERAGE DRINKING AND BINGE DRINKING**

Given a scenario about a cadet that shows symptoms of Alcohol abuse, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Alcohol is a Commonly Used and Abused Drug

- Used and abused by people of all ages –
- Important ingredient is Ethyl Alcohol or Ethanol –
- Alcohol proof: percentage of Ethanol in a drink  $100^{\text{proof}} = 50\%$  alcohol –
- Quickly absorbed from the stomach into the bloodstream –
- Metabolized or oxidized in the liver  $\frac{1}{4}$ -  $\frac{1}{2}$  ounce of pure alcohol per hour –





# Signs of Teenage Drinking



- Changes in mood, including anger and irritability
- Academic and/or behavioral problems in school
- Rebelliousness
- Changing groups of friends
- Low energy level
- Less interest in activities and/or care in appearance
- Finding alcohol among a young person's things
- Smelling alcohol on a young person's breath
- Problems concentrating and/or remembering
- Slurred speech
- Coordination problems



# Underage Drinking is Dangerous

- It causes 4,358 **deaths** per year (CDC)
  - 1,580 deaths from motor vehicle crashes
  - 1,269 from homicides
  - 245 from alcohol poisoning, falls, burns, and drowning
  - 492 from suicides
- It causes many **injuries**
- Impairs judgment (Increases risk-taking)
- Increases the risk of physical and sexual assault
- Increases the risk of alcohol problems later in life
- Interferes with brain development



# Check on Learning C8-C9

- What is the most common way to take in nicotine to your body?
- Is Vaping Safe?
- Is alcohol a dangerous Drug; Why ?
- How does alcohol kill ?



# Preventing Underage Drinking

- B1. Manage your Stress
- B4. Exercise Aerobically
- B8. Break Bad Habits
- B16. Seek Inspiration

## Resources

- Medical treatment
- Inpatient and outpatient programs
- Therapeutic communities
- Twelve-step programs
- Student Assistance Programs
- Pharmacological approaches



## **C10. ABUSING DRUGS**

C10. Given a scenario about a cadet that shows symptoms of Drug Abuse, cadets will be able to correctly identify the symptoms and recommend some appropriate reduction strategies.



# Signs of Drug Abuse

- **Behavioral Issues**

- Has changed relationships with friends / other cadets
- Uses chewing gum or mints to cover up breath
- Often uses over-the-counter preparations to reduce eye reddening or nasal irritation
- Has cash flow problems
- Drives recklessly, and has car accidents or unexplained dents in the car
- Avoids eye contact
- Locks doors
- Makes secretive phone calls
- Makes endless excuses
- Has the “munchies” or sudden appetite
- Exhibits uncharacteristically loud, obnoxious behavior
- Laughs at nothing
- Has become unusually clumsy: stumbling, lacking coordination, poor balance
- Disappears for long periods of time
- Has periods of sleeplessness or high energy, followed by long periods of “catch up” sleep



# Signs of Drug Abuse

- **Mood & Personality Shifts**
  - Exhibits mood changes or emotional instability
  - Sullen, withdrawn, depressed
  - Shows loss of inhibitions
  - Silent, uncommunicative
  - Hostile, angry, uncooperative
  - Deceitful or secretive
  - Less motivated
  - Unable to focus
  - Hyperactive
  - Unusually elated



# Signs of Drug Abuse

- **Hygiene & Appearance Problems**
  - Smell of smoke or other unusual smells on breath or on clothes
  - Messy appearance
  - Poor hygiene
  - Red, flushed cheeks or face
  - Track marks on arms or legs (or long sleeves in warm weather to hide marks)
  - Burns or soot on fingers or lips (from “joints” or “roaches” burning down)



# Signs of Drug Abuse

- **Health Changes**

- Unusually tired
- Lethargic movement
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Nosebleeds
- Runny nose, not caused by allergies or a cold
- Frequent sickness
- Sores, spots around mouth
- Seizures
- Vomiting
- Wetting lips or excessive thirst (known as “cotton mouth”)
- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Accidents or injuries
- Depression
- Headaches
- Sweatiness



# Staying Drug Free

- B1. Manage your Stress
- B4. Exercise Aerobically
- B8. Break Bad Habits
- B16. Seek Inspiration

[Additional  
information on  
Drug Types](#)

## Resources

- Medical treatment
- Inpatient and outpatient programs
- Therapeutic communities
- Twelve-step programs
- Student Assistance Programs
- Pharmacological approaches



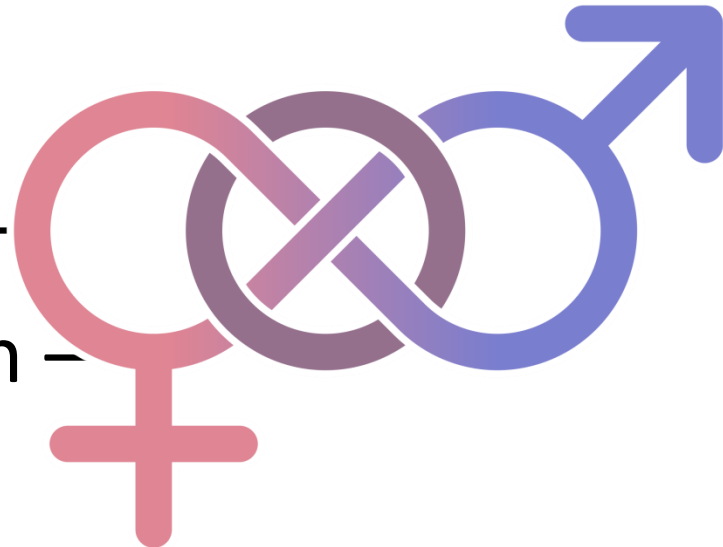
# **C11. SEXUAL ORIENTATION**

C11. Given a scenario about an LGBTQ cadet, cadets will correctly identify appropriate support measures.



# LGBTQ

- Lesbian –
- Gay –
- Bisexual –
- Transgender –
- Questioning/Queer –
- Gender Identification –





# Check on Learning C11

- What does LGBTQ stand for –
- Explain the issues surrounding Gender Identification –
- What would you tell a subordinate cadet who confides in you they are gay-



# EXTRA SLIDES

The following slides explain the various types of drugs and are a supplement to Section C11 “Drugs”

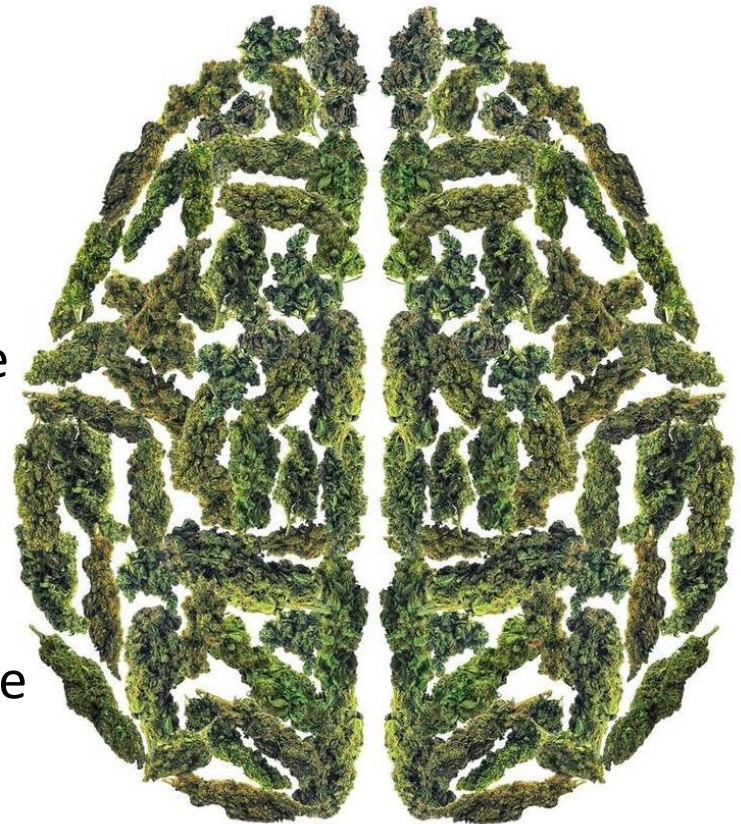


# OBSTACLES TO WELLNESS

## C11. DRUGS

### **Marijuana: pot, weed, grass, ganja, skunk**

- It affects the normal brain function –
- Effects on the brain are attributed to the chemicals found in the drug –
- Over 400 chemical are in the average marijuana plant –
- When smoked, heat produces even more chemicals –





# OBSTACLES TO WELLNESS

## C11. DRUGS



### Effects of Marijuana on the brain:

- Causes some parts of the brain to lose balance & control –
- The chemicals produced by the plant, attach themselves to the brain's nerve cells –
- The chemical that has the biggest effect on the brain is called THC –
- THC affects hippocampus and the Limbic system –



# OBSTACLES TO WELLNESS

## C11. DRUGS

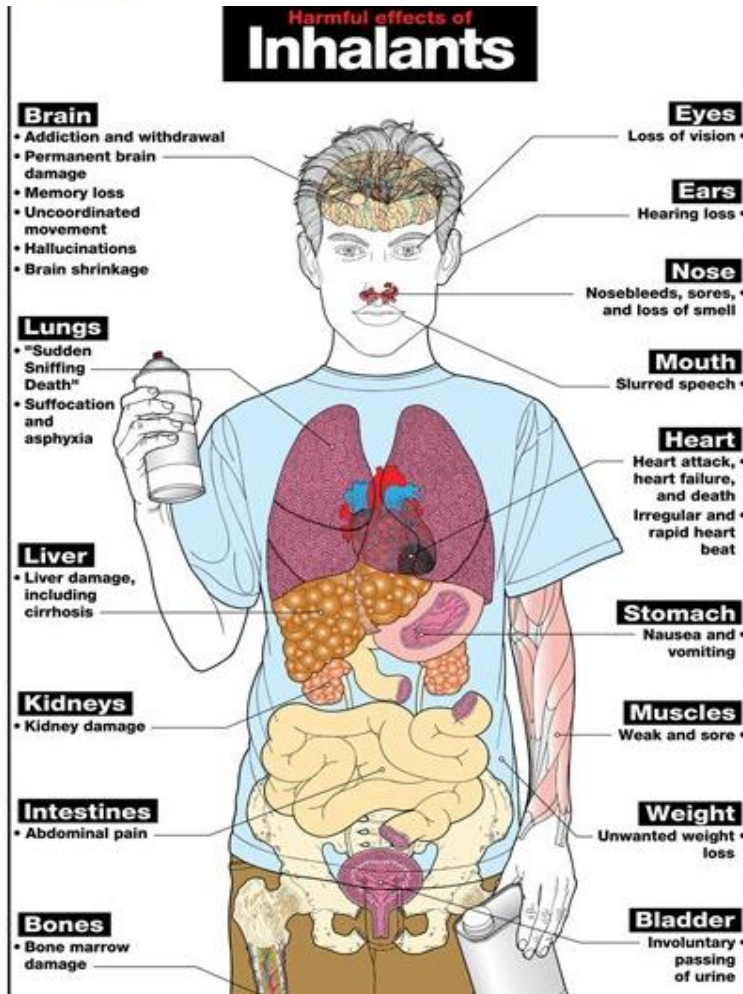
### Opiates: narcotic

- Derived from the poppy plant –
  - Opium
- Examples of opiates –
  - Heroin, morphine, or codeine
- Produces intensity of pleasure followed by a sense of well being –
- Opiates are addictive –
- Some opiates are used for medicinal purposes –



# OBSTACLES TO WELLNESS

## C11. DRUGS



**Inhalants: vapors, bolt, poppers, quicksilver**

- Derived from fumes found in gasoline containers or propellant devices –
- Effect the hearts response to noradrenalin –
- The chemicals replace needed oxygen in the lungs causing death by suffocation (SSD) –
- Long term use or intense sudden use causes permanent brain damage –



# OBSTACLES TO WELLNESS

## C11. DRUGS

### Hallucinogens:

- Natural Hallucinogens -
  - Mescaline (peyote) & psilocybin mushroom
- Chemical Hallucinogens -
  - PCP, LSD, MDA, MDMA





# OBSTACLES TO WELLNESS

## C11. DRUGS



### **Anabolic Steroids:**

- Artificial version of testosterone –
- Builds muscle mass faster –
- Causes adverse changes in the brain and body –
- Weakens the immune system –
- Continued use leads to liver damage or cancer –



# OBSTACLES TO WELLNESS

## C11. DRUGS

### Stimulant drugs:

- Cocaine –
- Crack –
- Amphetamines –
- Methamphetamines –



### Other unacceptable drugs:

- Heroin –
- Barbiturates –





# **OBSTACLES TO WELLNESS CHECKS ON LEARNING C11**

- What are the effects of Marijuana use –
- What are Opiates and their effects –
- How do Hallucinogens effect the brain –
- How are Anabolic Steroids dangerous –
- What are Stimulant drugs and their effects –
- Are there any other unacceptable drugs –