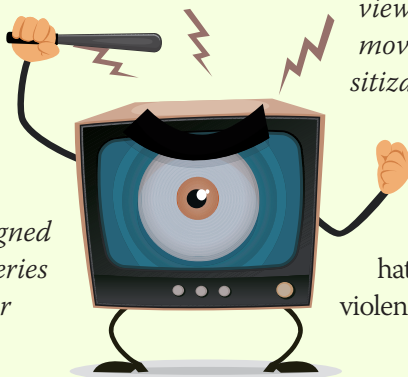


Movie Violence Desensitizes Youth

Modern life exposes all of us to media and real life violence. Does this lead to emotional and physical desensitization? College students were randomly assigned to view a series of violent or nonviolent



high-action movie scenes. The researchers found cognitive and emotional empathy decreased in those watching higher levels of violence, compared to those viewing the non-violent movies, suggesting desensitization does occur.⁴

PositiveTip: “The Lord examines both the righteous and the wicked. He hates those who love violence.” PS 11:5 ^{NLT}



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Addiction to Pot

The liberalization of marijuana laws has propelled this substance to the national spotlight. Addictions all start as a conscious choice to try a substance. It may be tobacco, marijuana, hallucinogens, ecstasy, amphetamines, heroin, cocaine, or the non-medical use of prescription drugs. Drug dependence may result from a single use of a substance, or habituation may take multiple exposures. It is an addiction when use has advanced to the point it no longer is a simple choice but has become a compulsion that needs to be constantly fed and satisfied.



By Elvin Adams, MD, MPH
Scientists have developed measures to indicate when the use of a drug has passed from a simple choice to the point where actual addiction has occurred. These measures of drug dependence were administered to over 3000 adults who had used marijuana in their adolescent years.

The results of this study are presented in this graph. There is a clear dose-response relationship between the amount of marijuana used as an adolescent and marijuana dependence as an adult.

Adolescents who smoked marijuana monthly were 7 times as likely to become addicted to marijuana as an adult. Adolescents who smoked it on a weekly basis were 20 times as likely to become addicted as an adult. Adolescents who smoked it daily were nearly 60 times as likely to become addicted as an adult. Youthful smoking of marijuana strongly predisposes a person to adult addiction.¹

The best defense against addiction of any kind is found in the *See "Addiction" on Page 3*

Kids Who Harm Themselves By Gary Hopkins MD, DrPH

“Self-injury is the act of deliberately destroying body tissue, at times to change a way of feeling.” This is a growing problem among adolescents. The causes and severity of self-injury can vary and can be very complex. Examples of this may include: carving, cutting, scratching, burning, biting and/or tattooing or excessive body piercing. Some studies report that 10% of youngsters practice some form of self-harm.

Adolescents may self-mutilate to take risks, rebel, reject their parents’ values, state their individuality or merely be accepted. Others may injure themselves out of desperation or anger to seek attention, to show their hopelessness and worth-



lessness, or because they have suicidal thoughts. These children may suffer from serious psychiatric problems. Some young children may resort to self-injurious acts from time to time but often grow out of it. Children with mental retardation and/or autism

as well as children who have been abused or abandoned may also show these behaviors.

Self-injury is a complex behavior and symptom that results from a variety of factors. Adolescents who have difficulty talking about their feelings may show their emotional tension, physical discomfort, pain and low self-esteem with self-injurious behaviors. Although some teenagers may feel like the steam in the pressure cooker has been released following the act of harm-

ing themselves, others may feel hurt, anger, fear and hate. The effects of peer pressure and contagion can also influence adolescents to injure themselves. Even though fads come and go, most of the wounds on the adolescents’

See “Harm” on Page 3

“Harm” from Page 2

skin will be permanent.

What can parents and teenagers do about self-injury? Parents are encouraged to talk with their children about respecting and valuing their bodies. Helpful ways for adolescents to avoid hurting themselves include learning to:


- » *accept reality and find ways to make the present more tolerable,*
- » *identify feelings and talk them out rather than acting on them,*
- » *stop, think, and evaluate the pros and cons of self-injury,*
- » *practice positive stress management,*
- » *and, develop positive social skills.*

Evaluation by a mental health professional may assist in identifying and treating the underlying causes of self-injury.³

“Addiction” from Page 1

Lord’s Prayer. “...deliver us from the evil one. For Yours is the kingdom and the power and the glory forever.” Matt. 6:13^{NKJV}

Ellen White, a 19th century health reformer was quick to advocate seeking God’s help in resisting temptations that lead to addictions. “Although there is a natural tendency to pursue a downward course, there is a power that will be brought to combine with man’s earnest effort. His willpower will have a counteracting tendency... All he has to do is to follow the leader Jesus Christ who will tell him just what to do... Trust in God every moment. He is faithful...”²

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3 Facts About EBOLA

1. Ebola is **not spread through casual contact**; or through the air, water or food in first world countries.
2. **You can only get the virus through direct contact** with body fluids of a person with Ebola.
3. Ebola **only spreads when people are showing symptoms**. If you were exposed and 21 days have passed, you will not get sick with Ebola.

Fight Ebola hysteria by learning more about it from the WHO: <http://bit.ly/who-ebola>