

# Prevention Peer Network

June 20, 2019



# Control Panel

*Please note, this webinar is being recorded*

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information



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# Agenda

- ❑ Opening Circle
- ❑ *Topic: Tune In & Watch Out: Recognizing and Reshaping Trauma in Media*
  - ❑ *Presenter: Marcella Maggio*
- ❑ Q&A
- ❑ Discussion: Shared expertise, emerging issues, challenges, triumphs

# Opening Circle

- Please type in your name, agency and location





# TUNE IN & WATCH OUT

Recognizing & Reshaping Trauma in Media



# WHO AM I?



In 2010, Marcella Maggio started researching the [CDC](#)'s ACE study and discovered the link between childhood trauma and adulthood drama (physical, social, emotional problems).

Driven to help people heal from hurt, she shares how to mentor youth and model resilience by being a Trusted Adult.



## Survivor

Adverse Childhood Experiences, Sexual Assault, Teen Dating & Domestic Violence



## Preventionist

Mentoring Sessions, Interactive-Workshops & Keynote Speeches



## Speaker

ABCs in Relationships, Bystander Intervention, Mentorship, Resilience & Social Justice

What a weirdo... what's her issue with media?



# Objectives:

## Discuss

Short-term & long-term effects of Adverse Childhood Effects (ACEs).

## Review & Critique

Media clips & soundbites as traumatic vs. not traumatic

## Identify

Strategies on how to respond to trauma in media



# What are ACEs?

When youth are traumatized, their brains develop differently to survive. Which means they process reaction times faster or slower or not at all.

The Center for Disease Control (CDC) labeled this type of trauma as **Adverse Childhood Experiences** (ACEs) & measured it into categories:

**Childhood abuse:** emotional, physical & sexual;

**Neglect:** both physical & emotional; and

**Family dysfunction:** growing up in a household where there was substance abuse, mental illness, violent treatment of a mother/stepmother, a parental separation/divorce, or a member of the household went to prison.



# Effects of ACEs

## Short-term

- School performance: Suspensions & expulsions
- Impaired learning: Jumpiness, intrusive thoughts, moodiness; reduces ability to focus, organize & process information; interferes with effective problem solving and/or planning; results in overwhelming feelings of frustration and anxiety
- Physical & emotional distress: Headaches and stomachaches; unpredictable and/or impulsive behavior; over or under-reacting to bells, physical contact, doors slamming, sirens, lighting, etc.
- Intense reactions: Thinking others are violating their personal space, “What are you looking at?”; blowing up when being corrected or told what to do by an authority figure; fighting when criticized or teased by others

# Effects of ACEs

## Long-term

- Alcoholism
- Cancer
- Drug addiction
- Heart disease
- Incarceration
- Liver disease
- Poor work performance
- Intimate partner violence
- Sexually transmitted infections
- Sexual violence
- Suicidal thoughts/attempts
- Generational trauma



*"If I ignore my past, I affect my future, and risk recycling ACEs."*

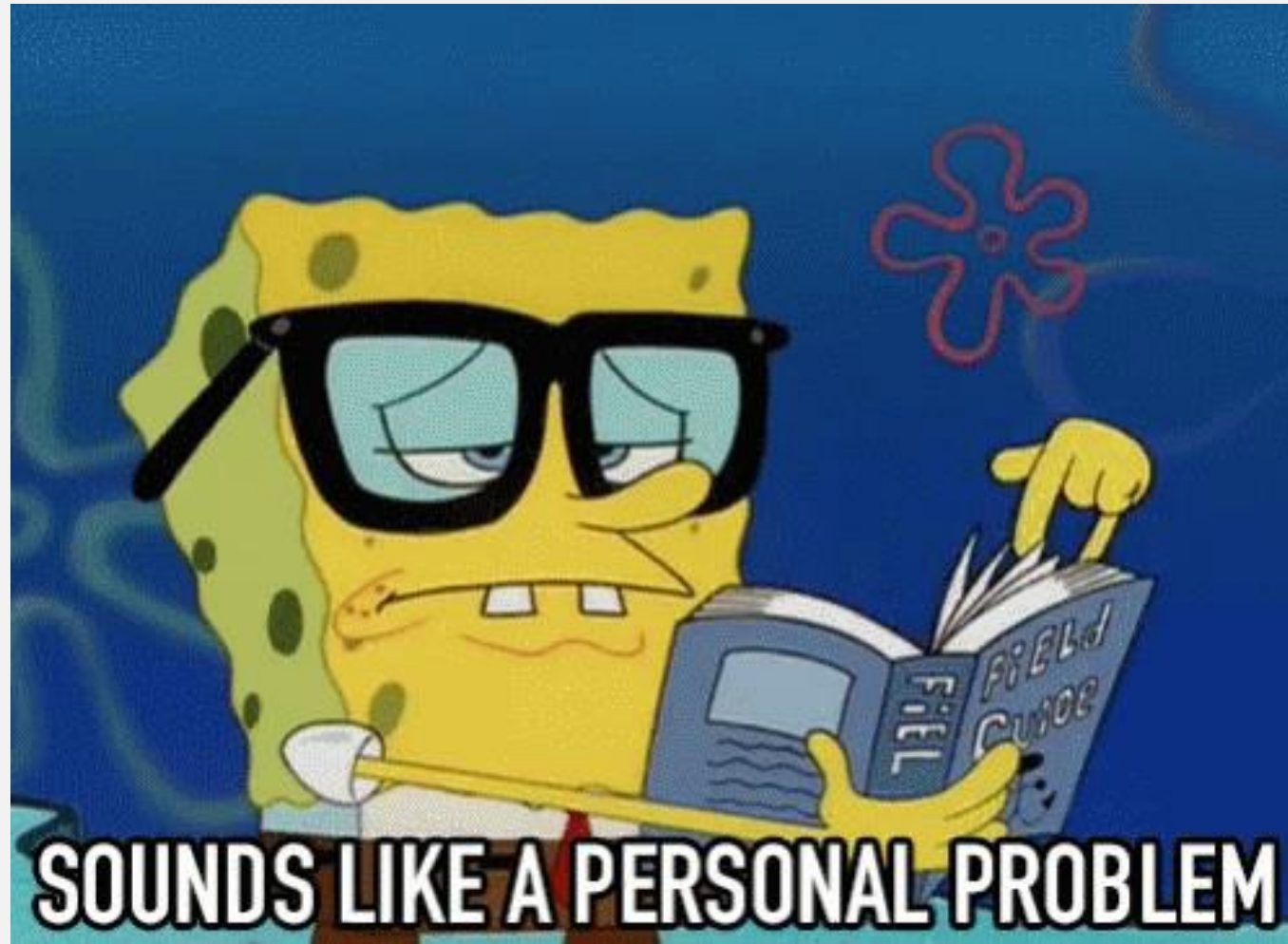
# WHAT IS MEDIA?

From 2016 – 2019, It's My Life led **13 focus groups** which examined the consequences of exposure to trauma in media, viewing habits, parental monitoring, and self-reported symptoms of psychological trauma, from **youth in grades 7–12 in 8 public & court-appointed schools** throughout San Diego who completed an anonymous questionnaire during usual school hours.

- The final sample was comprised of 163 youth, ranging in age from 11 to 18 years; 57% female, 34% male, and 9% undisclosed.
- The findings revealed that **only 1 in 4 adults** know how to identify vulnerable youth and/or normalize conversations about trauma in media, in effort to provide services & support.



“That’s not part of my job.”



# What Does Trauma in Media...



**...look  
like?**

- Appearance of characters
- Behaviors between characters
- Comfort level of characters in different environments/situations



**...sound  
like?**

- Accusations without facts
- Bullying; of any kind
- Carrying on (and on) about the past, or worrying about the future

But **MOST** importantly...

# WHAT DOES TRAUMA FEEL LIKE?

## IMPACT OF TOXIC STRESS:

- **FIGHT, FLIGHT, OR FREEZE REACTION**
- **SHORT ATTENTION SPAN**
- **DIFFICULTY LEARNING; STRUGGLES IN SCHOOL**
- **TALKS ABOUT BEING “BAD; GOOD FOR NOTHING”**
- **DISTRUSTFUL OF ADULTS**
- **UNABLE TO DEVELOP HEALTHY FRIENDSHIPS**



### Triggered

In times of stress, our heart beats faster, our blood pressure increases, and adrenaline and cortisol (the stress hormone) surge through our system to make us stronger, faster, and more alert. This is our body's way of reacting to a trigger.

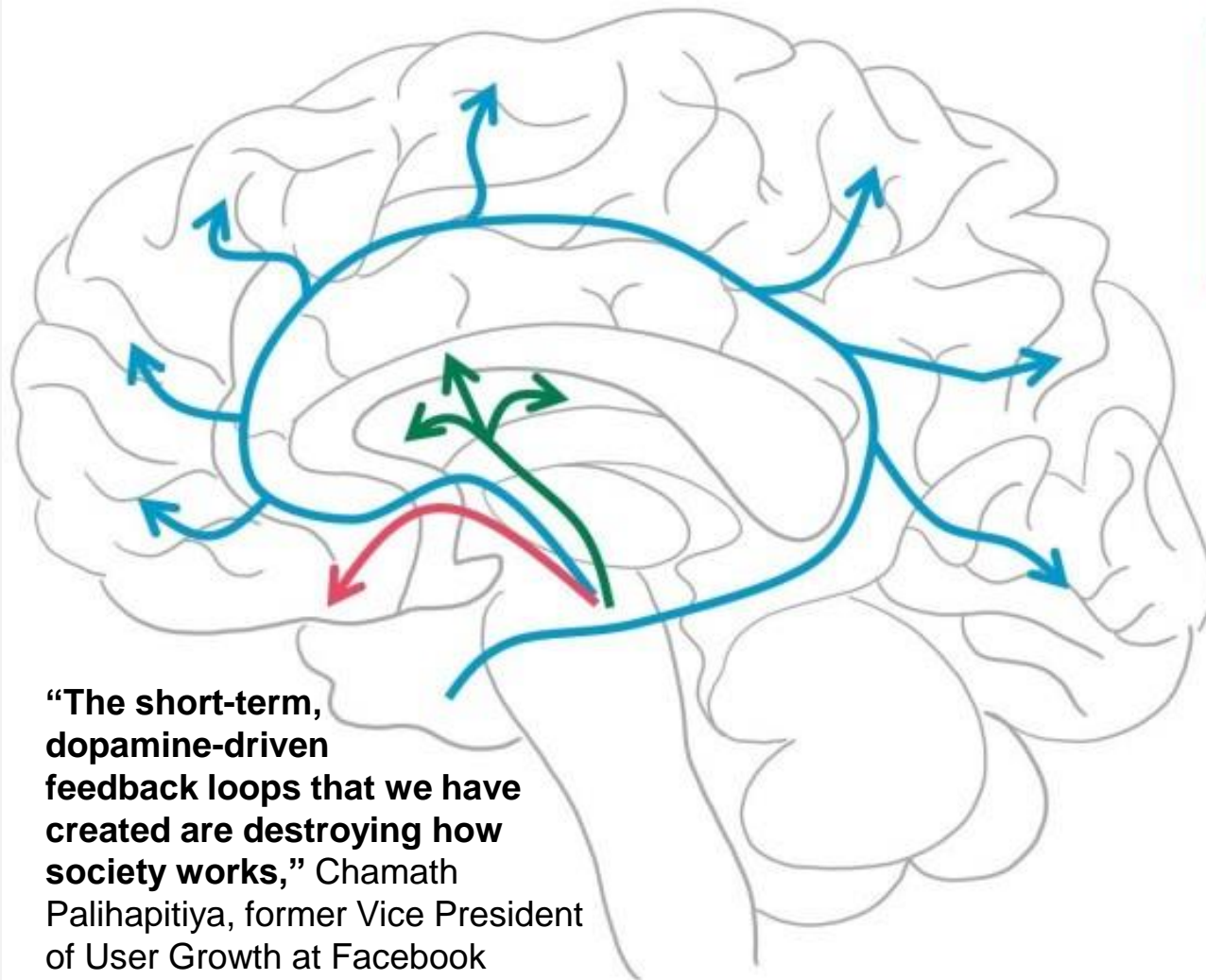


### Supported

Youth can't always avoid stress – the loss of a parent, conflict at home, overstimulation – but with the support of a Trusted Adult, the physiological effects of toxic stress can minimize the risk of long-term damage.



# THE DOPAMINE REWARD SYSTEM



**MESOCORTICAL**  
Cognition, Memory, Attention, Emotional Behavior, & Learning

**NIGROSTRIATAL**  
Movement & Sensory Stimuli

**MESOLIMBIC**  
Pleasure & Reward Seeking Behaviors; Addiction, Emotion, Perception

- 24/7 accessibility tempts brains to explore & learn until addicted;
- Excessive exploring leads to competition, resentment, anger, aggression & depression;
- Pathological envy is quantified through likes & retweets;
- **Validation – Acceptance – Love;** it’s all youth want.
- But what happens when they only see what they don’t want?



Has this ever happened to you?





### 4 Perfect Valentine's Day Outfits Matter What Your Plans Are

On thing's for sure on February 14—you want to look hot! From a romantic date to laying low with your BFFs, these outfits are perfect for whatever you have planned for Valentine's Day.

By Kara McGrath



View Thumbnails

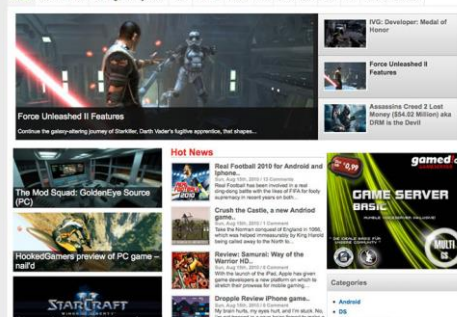
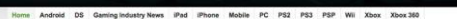
### Girls' Night

If you and your besties have decided to relax, watch movies, and work on your manis on



### GAMINGMAG

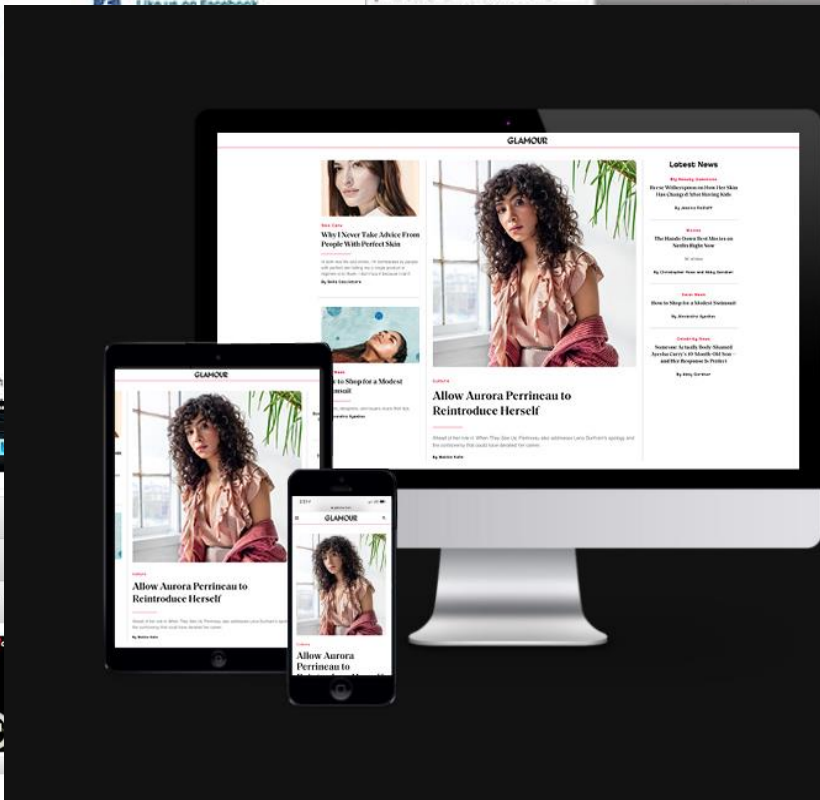
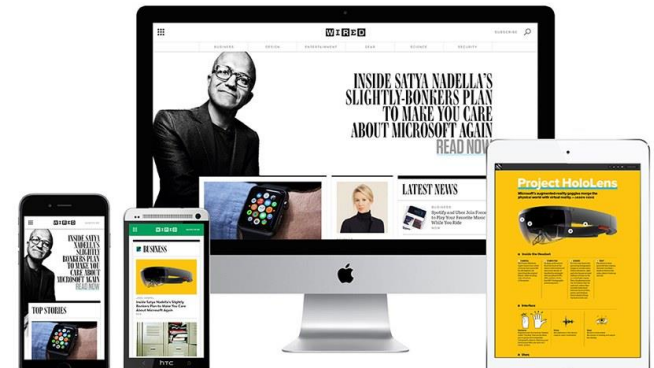
Latest gaming news and reviews



CONNECT WITH SEVENTEEN



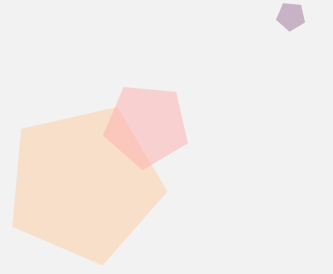
19 TIMES WOMEN STOLE THE GODDAMN SHOW



"The general public doesn't understand the appetite women in America have today for all things politics" ~ Samantha Barry, Glamour



# Trauma vs. Drama?





# Trauma vs. Drama?





# Trauma vs. Drama?



# Trauma vs. Drama?



# Trauma vs. Drama?

## “What It Feels Like For A Girl”

*[Spoken]*

Girls can wear jeans and cut their hair short,  
Wear shirts and boots 'cause it's okay to be a boy.  
But for a boy to look like a girl is degrading.  
'Cause you think that being a girl is degrading.  
But secretly you'd love to know what it's like,  
wouldn't you?  
What it feels like for a girl?

*[Verse 1]*

Silky smooth,  
Lips as sweet as candy, baby.  
Tight blue jeans,  
Skin that shows in patches.  
Strong inside but you don't know it.  
Good little girls, they never show it.  
When you open up your mouth to speak,  
Could you be a little weak?

*[Chorus]*

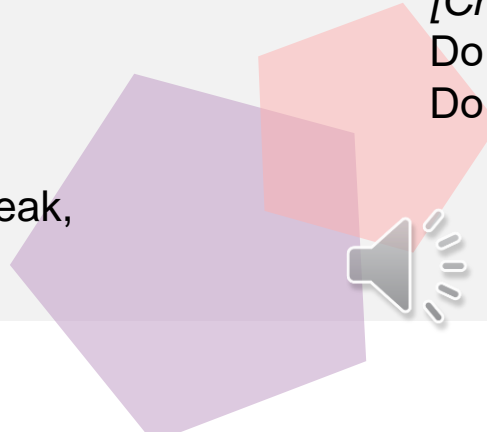
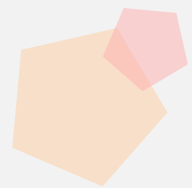
Do you know... what it feels like for a girl?  
Do you know... what it feels like in this world, for a girl?

*[Verse 2]*

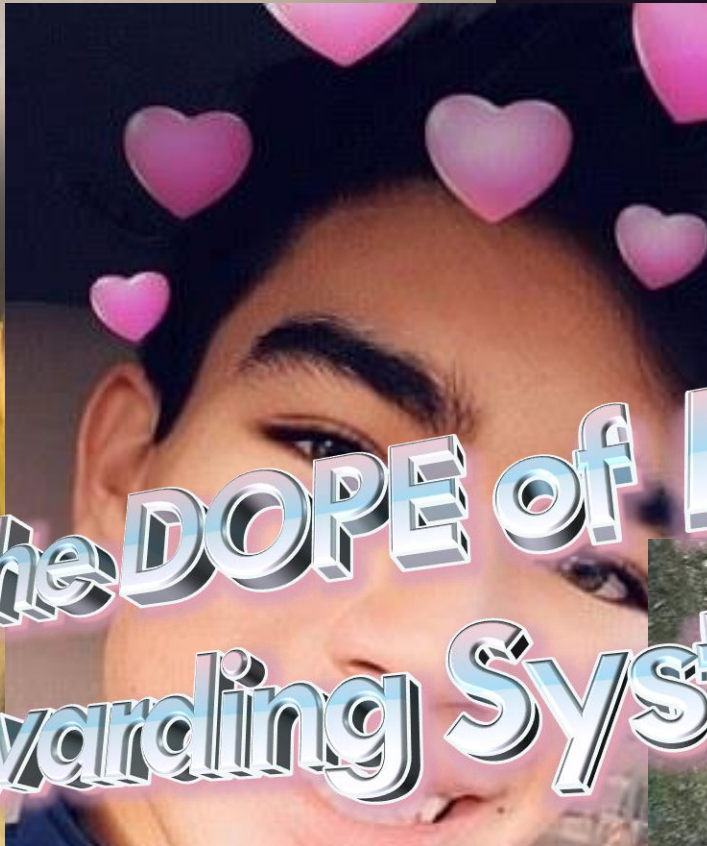
Hair that twirls on fingertips so gently, baby.  
Hands that rest on jutting hips, repenting.  
Hurt that's not supposed to show,  
And tears that fall when no one knows.  
When you're trying hard to be your best,  
Could you be a little less?

*[Chorus]*

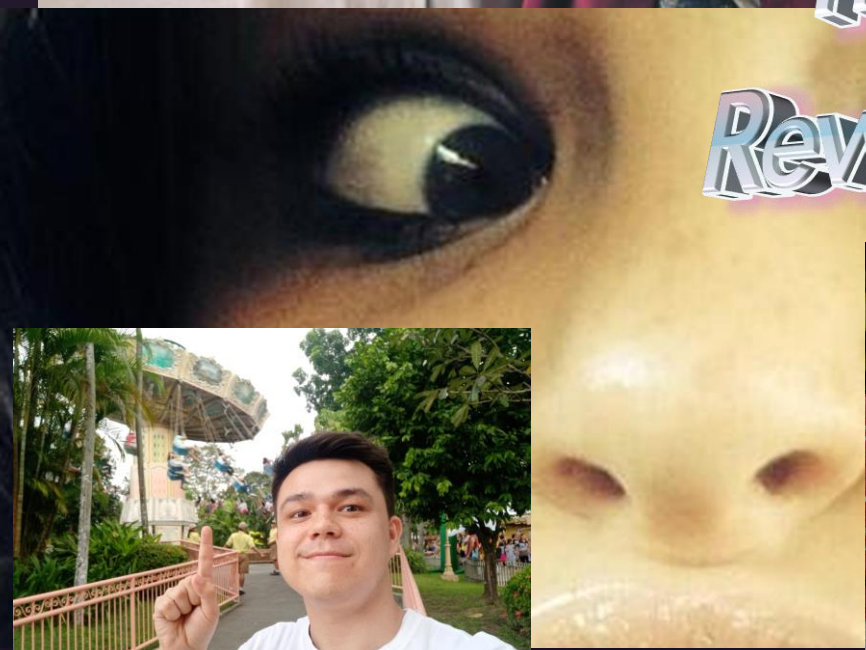
Do you know... what it feels like for a girl?  
Do you know... what it feels like in this world, for a girl?







# The DOPE of ME Rewarding System?



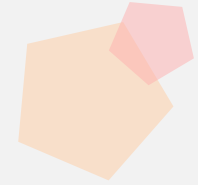




It's only  
**WEIRD**  
if you  
make it  
**WEIRD.**

Stop being weird.

Get **REAL & TALK** about it... whatever *it* is.

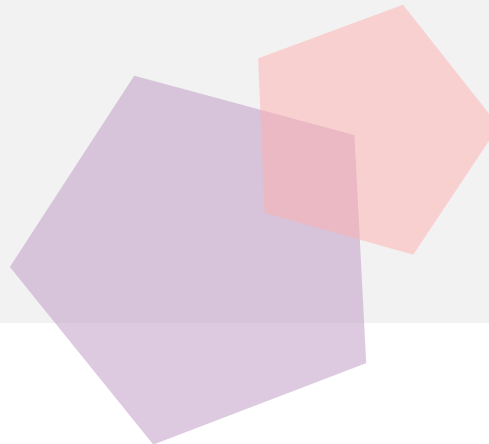


**Listen to Learn** by being:

- **R**espectful
- **E**mpathic
- **A**ware
- **L**ogical

**Speak to Share** by bringing the:

- **T**ruth
- **A**ccountability
- **L**eadership
- **K**indness



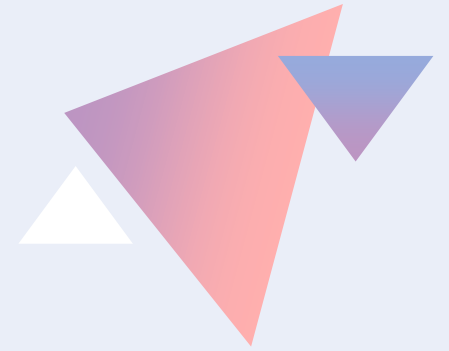


# THE CONSEQUENCES OF LOW LEVELS OF DOPAMINE?



- ADHD
- Addiction
- Alzheimer's Disease
- Apathy
- Brain Fog
- Bulimia
- Chronic Fatigue Syndrome
- Cognitive Aging & Poor Memory
- Cognitive Decline
- Depression & Hopelessness
- Moodiness & Irritability
- Parkinson's Disease
- Restless Leg Syndrome
- Social Anxiety
- Toxic Mold Illness
- Traumatic Brain Injury

# What are youth asking? How are you answering?

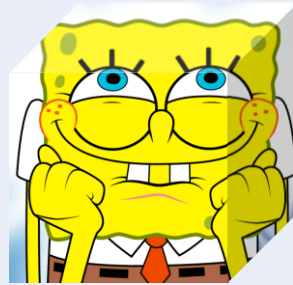


Do you  
see me?

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## LOOK –

- See the person, not “the problem”
- Pay attention to their non-verbal behaviors: eye contact, crossed arms, deep sighs, or complete silence?



Do you  
hear me?

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## LISTEN –

- Ask open-ended questions to allow conversation
- Repeat responses back as questions to ensure clarification; motivational interviewing



Do I matter?

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## LEARN –

- Take notes about comments/behaviors that strike a chord
- Review notes to create follow-up questions
- Check in with them



# The importance of talking about ABCs in relationships?

“Did you see/hear what I saw/heard?”

## Awareness

- The ability to perceive, to feel, to be conscious of events
- No assumptions, it is known

## Boundaries

- Guidelines, rules or limits that identify reasonable, safe & permissible ways for others to behave toward a person

## Consent

- Giving approval to another or agreeing to participate in an act or event
- Not just “a look”, or expected





## Face-to-Face Time

Sit with youth, without any distractions. No screens, no speakers, no noise but your own voices.



## Feeling vs. Reeling

Ground them by modeling mindfulness exercises to support overall wellness.



## Reality vs. Fantasy

Ask about real-life interests vs. what they're playing in Fantasyland.



## Rights & Resources

Do they know what to do if something is wrong? Would they know where to go? Mentor them.



# Distracted to Mindfulness

Be the Trusted Adult  
YOU needed & youth need!



# 10 Ways to Naturally Increase Dopamine Levels

## Practices:

1. Exercise regularly
2. Eat foods with tyrosine; protein, bananas & avocados
3. Get enough sleep
4. Meditate
5. Have a massage
6. Pet your pets
7. Music therapy
8. Sun yourself with Vitamin D
9. Stand up
10. Cold showers



## Benefits:

- Increased enthusiasm & drive to accomplish tasks
- Reduced drug addiction & dependence
- Improved long-term & working memory
- Increased focus & concentration
- Increased creativity
- Improved mood
- Reduced fear
- Increased social bonding & stronger relationships
- Increased pain tolerance



**THANK YOU!**

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# Shared expertise and discussion

- ❑ Current emerging issues?
- ❑ Challenges or triumphs in your prevention efforts?



Together we're stronger

# Prevention at the Partnership



Public Policy



Communications



Capacity Building



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