



Special points of interest:

- > Trends of the month
- > Slang Drug Terms -G
- > Bullying: Not what it use to be
- > What is Bullying?

From the Desk of the SRO

April Trends of the Month

I-dosing

In this age of technology, it's not surprising that entrepreneurs are trying to create a way to get high online. The result is a phenomenon called "I-dosing," which attempts to alter consciousness via sound. The Internet craze has teens plugging in their headphones to listen to downloadable MP3s that are said to have effects akin to getting high on actual drugs. There are various tracks designed to elicit the same "high" as specific drugs. Anywhere from five to 30 minutes long, the tracks consist of binaural beats, in which the tone of one frequency is played into the right ear and a slightly different frequency is played in the

left ear. While some parents have expressed concern that the trend could lead to future use of other narcotics, researchers say that I-dosing itself is harmless.

Purple drank

Popularized in the late nineties rap scene, purple drank has been abused by teens for decades. Rap music is still peppered with references to the substance, and more teens have been brewing the concoction at home. By adding cough syrup with codeine to a soft drink and candy (usually Sprite and Jolly Ranchers), tweens and teens create what they consider a quick remedy for tension, anxiety, and aggression. The drink can be made with the over-the-counter medications like Robitussin DM,

which contains dextromethorphan. Normally used as a cough suppressant, in large doses this substance causes hallucinations. A single use can be lethal to an inexperienced user. Other possible side effects include drowsiness, inability to concentrate, slowed physical activity, constipation, nausea, vomiting, and slowed breathing.



Photo credit: Flickr | Shelly's

Quote of the month:

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

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Slang Drug Terms: G

gbh - Gamma hydroxybutyrate (GHB)

gbl - Gamma butyrolactone; used in making Gamma hydroxybutyrate (GHB)

gear - drugs

gee - Opium

geek - Crack mixed with marijuana

geek-joints - Cigarettes or cigars filled with tobacco and crack; a marijuana cigarette laced with crack or powdered cocaine

geeker - Crack users

geep - Methamphetamine

geeter - Methamphetamine

geeze - To inhale cocaine

geezer - To inject a drug

geezin a bit of dee gee - To inject a drug

george - Heroin

george smack - Heroin

georgia home boy - Gamma hydroxybutyrate (GHB)

get a gage up - To smoke marijuana

get a gift - Obtain drugs

get down - To inject a drug

get high - To smoke marijuana

get lifted - Under the influence of drugs

get off - To inject a drug; get "high"



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Bullying: Not what it use to be.

Most adults remember bullying of some kind from their childhoods. Some of us remember serious incidents, others were teased a little too much, and many of us just felt isolated and unpopular for most of our teenage years. Some of us were not bullied ourselves, but we struggled to fit in because we were afraid that someone would start picking on us if we didn't. Some of us remember saying or doing things to a peer that, thinking back, we regret because we realize that we might have really hurt someone. Almost all of us remember seeing someone else being bullied in school, and probably most of us didn't do anything to stop it.

Adults who were bullied as children or teens can usually remember the incidents with striking clarity. These memories stand out from other memories because they remain vivid even after decades; the feelings of fear, anger, self-doubt, and guilt come rushing back when we remember these incidents--as if they happened yesterday. It is no wonder that research shows that adults who were bullied in school have higher rates of depression than adults who were not. The scars are longlasting. But we all survived it, didn't we? Some adults think that we are pampering our youth too much, that we are creating a generation that is overly sensitive and quick to complain. We give our children advice based on our own experiences, "Turn it into a joke and walk away." "Let it

roll off you." "Just turn off the computer; don't read those messages." For some individuals, these pieces of advice might work. For others, these responses are hopelessly ineffective or impossible.

Bullying is not what it used to be. The stereotypical bully is the playground tyrant, whose physical aggression terrorizes other students. Such a bully is clearly a bully; any reasonable person watching carefully enough would be able to recognize this kind of bullying. This kind of bully still exists today, but the kinds of bullying that our children and teens experience also involve other kinds of bullying that are much more insidious and much less visible than the playground tyrant. In particular, cyberbullying and relational bullying (social bullying) are more difficult for adults to recognize although they are potentially even more devastating for youth than physical bullying.

Cyberbullying is the clearest example of a form of bullying that is new, and far more devastating than traditional bullying. Our youth today have grown up with digital communications technology; it is as much a part of their lives as the automobile is for most adults. Most adults, knowing that they could have an auto accident, still choose to drive because we have to be able to move long distances quickly to live effectively in

our modern world. The possibility of an accident is simply a fact of life we feel we cannot avoid. Even those of us who have had auto accidents usually continue to drive, because giving up our cars would mean giving up our lives as we know them. Cell phones and computers play a similar role in the lives of our youth. Their electronic connections are vital to their lives as they know them. Asking youth to give up their cell phones or turn off their computers to avoid being cyberbullied is akin to asking most adults to give up their cars to avoid having an accident.

"Relational bullying" is the term used for certain types of social bullying. In general, relational bullying involves any kind of social manipulation designed to cause harm. It includes, for example, cliques whose members purposefully exclude certain individuals, and who might spread rumors or otherwise harass the individuals they have chosen to exclude. It includes youth who wield social power over others because they are willing to put down others based on their clothing, style, appearance, weight, physical or mental ability, race or ethnicity, or other personal characteristics in order to establish their own superiority or popularity. It includes students who pretend to be someone's friend, only to gain access to their online passwords in order to impersonate them online and cause them trouble or embarrassment. Relational bullying received a great deal of publicity in the wake of the movie *Mean Girls*, starring Lindsay Lohan, and based on the book *Queen Bees and Wannabes*



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An applied definition of bullying, based on widely accepted principles among professionals in the bullying prevention field and on New Jersey law, contains the following elements:

Gestures, written, verbal, electronic, or physical acts,

That a reasonable person should know will cause physical and/or emotional harm or fear of harm

To one or more other individuals or their property,

Or insults or demeans any student or group of students, and involves an imbalance of physical, psychological, and/or social power

Many experts in the field also define bullying as behavior that is unprovoked, and that usually occurs repeatedly and over time. I have not included these criteria in the definition above because this definition is intended as an *applied* definition, rather than a *descriptive* or *technical* one. For example, although it is a characteristic of youth who bully that they will generally

repeat the behavior, and that they will tend to pick on the same targets repeatedly, we would not want to wait until a bully has repeatedly bothered another student before we step in and interrupt the pattern of behavior. Similarly, although bullying behavior is, by a technical definition, unprovoked, we would not want efforts to stop offensive behavior to break down whenever we are unable to determine whether the offender was first annoyed by the victim.

Types of Bullying

The following is a list of some different types of bullying.

- Verbal
- Physical
- Relational
- Psychological
- Social Exclusion
- Bias-based bullying
- Sexual Harassment
- Cyberbullying
- Property Damage or Theft



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