

Issue 2 Fall 2014

It's back to school season already! Get up to date with the latest research in school safety in this latest issue of the CTVIP newsletter.

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## BULLYING AND SUICIDE PREVENTION

Suicide is the third leading cause of death among youth aged 10-24, resulting in an estimated 4,600 fatalities per year (CDC, 2014a). Suicide affects various age groups, but some groups are at higher risk than others. Boys are more likely than girls to commit suicide, however girls are more likely to report attempting suicide than boys. Native American/Alaskan Native youth have the highest rates of suicidal death, while Hispanic youth are more likely to report attempting suicide compared to their black, white and non-Hispanic peers (CDC, 2014a). Additional risk factors for suicide include:

- **History of suicide attempts**
- **Family history of suicide**
- **History of depression or other mental illness**
- **Alcohol or drug abuse**
- **Stressful life event or loss**
- **Easy access to lethal substances**
- **Exposure to other's suicidal behaviors**
- **Incarceration**
- **Victims of bullying**

Bullying is a form of youth violence and is defined as unwanted

aggressive behavior(s) by another individual or group of individuals that involves a real or perceived power imbalance (CDC, 2014b). Bullying includes actions such as making threats, spreading rumors, physical or verbal attacks. Cyber bullying is also a form of bullying that can target an individual through online outlets. Youth who are bullied or bully others can lead to negative results such as depression, anxiety, violence and substance abuse. Youth who report often bullying others and youth who are often bullied are at increased risk for suicide (self-inflicted death), suicide attempt (self-inflicted injuries with the intent to cause death) and suicidal ideation (thinking about, or considering suicide) (CDC, 2014b).

### What Can We Do?

As adults, parents, and school personnel, we have the ability to minimize risk factors and increase protective factors (CDC, 2014b).

- Foster a sense of community at school by providing support to youth who may be struggling socially/emotionally
- Teach youth coping skills with positive and empowering messages that build resilience and increase empathy.
- Train staff about vulnerable populations and proper ways to intervene bullying
- Provide support and resources for both the bully and the victim – both parties may be in need of mental health services
- Change the social norm of bullying in the school environment by empowering youth

The ultimate goal is to stop bullying before it starts, if you would like more information on this topic please visit:

Centers for Disease Control and Prevention - [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

STRYVE - [www.vetoviolence.org/stryve/home.html](http://www.vetoviolence.org/stryve/home.html)

## PEDESTRIAN SAFETY

In 2010, 4,280 pedestrians were killed in traffic crashes in the United States. Another 70,000 pedestrians were injured (NHTSA, 2012). Children are considered to be most at risk for pedestrian injuries and deaths. Nearly one in every five children between the ages of 5 and 9 who were killed in traffic crashes was a pedestrian (Beck et al., 2007).

Learn how to keep your child safe with these tips:

- Advise your child it is best to walk on sidewalks, cross at street corners, use traffic signals and crosswalks
- Teach children to put down their devices and look LEFT, RIGHT, and LEFT again when crossing the street
- Remind kids to make eye contact with drivers before crossing the street
- Look out for cars that are turning or backing up
- Teach children to NEVER run out into the street (Safe Kids, 2014)

What can you do to help?

- Be an example for your child, put down your device when you are driving or crossing streets
- Cross the street with your child when possible. Typically, children under 10 years of age have difficulty judging the speed and distance of an oncoming car
- Be alert when driving through residential neighborhoods and school zones
- Give pedestrians the right of way, look both ways to
- identify any pedestrians who may not be immediately visible (Safe Kids, 2014)



### References:

Beck LF, Dellinger AM, O'Neil ME. Motor Vehicle Crash Injury Rates by Mode of Travel, United States: Using Exposure-Based Methods to Quantify Differences. *American Journal of Epidemiology* 2007; 166:212-218.

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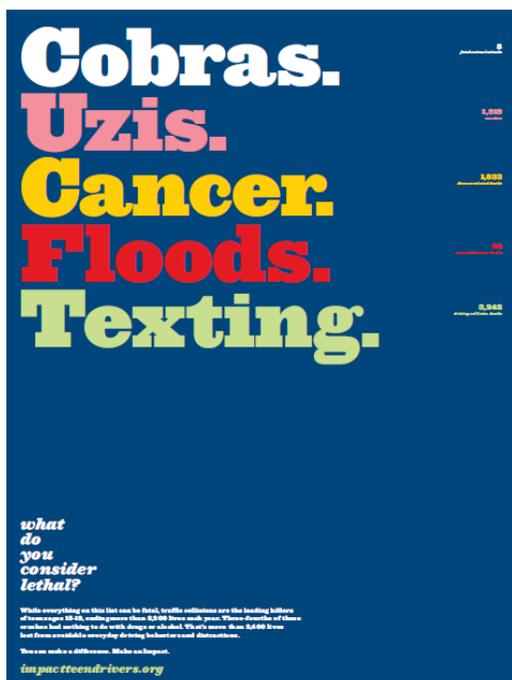
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## Recent Events and News

### The CTVIP brings Community CPR to National Night Out 2014

Every first Tuesday of August, “National Night Out” is hosted to promote involvement in crime prevention activities, police-community partnerships and neighborhood safety. On August 5, the Los Angeles Police Department, National Night Out Organization, and communities around the nation participated in “National Night Out.” The “National Night Out” event included a variety of community organizations promoting safety in the neighborhood. CTVIP’s Community CPR teamed up with LAPD for “National Night Out” to promote community safety. The Community CPR team successfully trained adults and children in the surrounding community in hands only CPR through education and hand-only demonstrations. The event also included a neighborhood walk led by two motorcycle police escorts to promote awareness and enhance community relations. The Community CPR team had a great time training the community and promoting community camaraderie and safety. The team looks forward to next years “National Night Out!”



### The CTVIP is partnering with Impact Teen Driver

Impact Teen Driver is a California – based 501(c) (3) non-profit organization committed to raising awareness on the dangers of reckless and distracted driving. Automobile collisions are the leading cause of death for American teens, which is why Impact Teen Driver is dedicated to reversing this prevalent, yet 100% preventable crisis. Through nationwide educational programs that confronts the dangers and consequences of reckless and distracted driving, Impact Teen Driver hopes to change the culture of driving forever. The CTVIP is happy to partner with Impact Teen Driver to spread educational awareness on the dangers of reckless and distracted driving through the, “What Do You Consider Lethal?” campaign. This campaign is high-energy and interactive. The campaign highlights facts about reckless and distracted driving to teens using innovative videos, materials and curriculum that encourages teens to take the lead in peer-to-peer messaging.

This new partnership will increase the number of participants served in the Los Angeles area by bringing this educational program to the LAUSD Schools, health fairs and various community organizations in our surrounding area.



### **Congratulations to the B.I.R. Lab!**

Recently the Biomechanics Injury Research Laboratory received two research grants totaling more than \$400,000 from the National Institute of Justice. Both grants are focused on promoting safety for the law enforcement community. The first grant is entitled “Characterization of Stab/Slash Wounds” and is focused on determining the types of injuries sustained in both correctional facilities and by law enforcement officers in the community due to sharp edge weapons. The data collected will help the NIJ determine how the current standard (Stab Resistance of Personal Body Armor, NIJ Standard 0115.00) should be modified to ensure protection.

The second grant, “Soft Armor Effects on Core Body Temperature,” is investigating how personal body armor affects the core-body temperature of the law enforcement officers wearing it. Agencies from across the United States are being asked to participate in the study. If an officer agrees and consents to the study, he/she will be asked to swallow a core-body temperature pill. This pill will communicate with a data recorder worn on the officer’s duty belt. Data will be collected for the duration of the officer’s shift. Environmental data during the shift will also be collected and the analysis will include how the core-body temperature fluctuates given the work performed. Results of this study may lead to the re-design or the addition of cooling technologies to body armor.

### **Congratulations to Dr. Seth Seabury!**

Dr. Seth Seabury was recently awarded a grant from the National Institute for Occupational Safety and Health. The purpose of the grant, “Racial Disparities in the Economic Outcomes of Work-Related Disabilities.” is to explore the existence of racial disparities among the victims of occupational injuries and illnesses. Work-related injuries and disabilities impose large costs on society, and often have significant and lasting impacts on labor market outcomes for injured workers. However, it is largely unknown how the economic outcomes of injuries differ according to race and ethnicity. This study will provide new evidence about racial and ethnic disparities in employment and earnings after a work-related disability. Data from a large, national survey with detailed information on employment, earnings, demographic characteristics and disability will be used to identify the size of disparities and test how much can be explained by observed characteristics of individuals and how much is unexplained and due to other factors such as discrimination.

## Upcoming Events

1. According to the American Heart Association, 80% of sudden cardiac arrests occur outside of the hospital. It is important to be skilled in CPR so individuals are prepared to respond to a sudden cardiac arrest emergency.

### Community CPR will be hosting a hands only CPR booth

When: October 18<sup>th</sup> 8:30-12:30 am

Where: Garfield High School

5101 E. Sixth St. Los Angeles, 90022

2. Halloween is coming up! The CTVIP will be teaming up with the Trauma Department to provide Halloween safety education for families.

When: October 18<sup>th</sup> 8:30-12:30 am

Where: Garfield High School

5101 E. Sixth St. Los Angeles, 90022

*If you have any questions, or would like to volunteer, please email [CTVIP@usc.edu](mailto:CTVIP@usc.edu)*



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If you would like to help the CTVIP fulfill its mission statement, please consider making a donation to the CTVIP by visiting

<http://www.usc.edu/ctvip/contact.php>

## Mission Statement

**Leveraging the academic talent at USC to create an environment where multiple disciplines can come together to research the causes and effects of injury, and develop empirically based social and psychological interventions.**

Dear Friends,

It is our pleasure to present the CTVIP's fall newsletter. We hope to bring awareness to the important public health issues children and adolescents may face as they return back to school. More importantly we hope to provide resources for you as well as highlight that these issues are preventable through research and practice!

Thank you again for your continued support, interest and participation.

Sincerely,

Cynthia Bir, PhD

Center Director

