

Good afternoon members and friends of the Adolescent Wellness Network!

I present to you another edition of Adolescent Wellness Resources and News. I welcome your contributions and feedback.

Best,  
Bernadette

### **ONLINE NEWS**

#### **Gay marriage legalization linked to drop in teenage suicide attempts**

In June 2015, the United States Supreme Court ruled that same-sex marriage bans were unconstitutional, enabling homosexual couples across America to marry. A new nationwide analysis suggests the legalization of gay marriage in the U.S. may have led to a drop in suicide attempts among high school students. The findings were published in the journal JAMA Pediatrics. [READ MORE](#)

#### **Nationwide teen bullying, cyberbullying study reveals significant issues impacting youth**

In one of the latest and most ambitious studies on bullying and cyberbullying in middle and high school students, researchers found that 1 in 5 students said that they had been threatened with a weapon at school, 73 percent of students reported that they had been bullied at school at some point in their lifetime, and 70 percent of the students said that someone spread rumors about them online. [READ MORE](#)

#### **Is a drowsy teen headed for a life of crime?**

A new study suggests that teenage boys who are chronically sleepy in the daytime may be at higher risk of becoming violent criminals as adults. A team of U.S. and British researchers identified a link between frequent daytime drowsiness in the high school years to a 4.5-times greater likelihood that a boy would grow up to commit a violent offense by his late 20s. [READ MORE](#)

#### **Study: Top students more likely to smoke pot, drink alcohol**

British teens with the highest test scores are less likely to smoke cigarettes yet more likely to drink alcohol and smoke pot compared with teens with lower scores, according to a study published in the British Medical Journal Open. Although some people believe smart students simply have a tendency to experiment, James Williams and Gareth Hagger-Johnson, co-authors of the new study, say these patterns of substance use may continue into adulthood. "Our research provides evidence against the theory that these teens give up as they grow up," said the authors, both affiliated with University College London. [READ MORE](#)

#### **Study finds that being sans smartphone is a legitimate stressor for young people**

You may have heard of "phantom vibration syndrome" — a phenomenon that occurs when people who usually carry around their phones in their pockets feel as if they're getting calls or texts when they aren't. But what about smartphone separation anxiety? According to a team of psychologists from the Eotvos Lorand University in Hungary, not having a smartphone within reach can be a legitimate cause of stress for young people. The university conducted a study in which it monitored the heart rates of a group of 18- to 26-year-olds while asking them to complete math problems and puzzles on computers, according to a BBC report. [READ MORE](#)

**Study: LGBT teens staying away from organized sport**

Eleven days ago the Vancouver Canucks made a colorful and powerful statement when a number of players took the pregame warm-up in Boston with rainbow Pride tape adorning their sticks. They will repeat the gesture at home versus Detroit Feb. 28. The show of LGBT solidarity and inclusivity is part of a campaign by the NHL and You Can Play — an organization that fights homophobia in sports. High profile anti-homophobia and anti-bullying messages are increasingly part of a public dialogue around sports, but a new study out of UBC indicates the message isn't getting through just yet. [READ MORE](#)

**Teenagers in the Trump era**

Most of today's teenagers can't vote. Some can't drive yet (and some don't even want to). But with the back edge of the millennial generation finally coming of age, it is today's teenagers, the kids who come after millennials, who are now in the spotlight. (MTV is trying to call them "The Founders," but I'd venture there's still time to come up with something better.) And a new study out of American teenagers has some fascinating insights about where the next generation might be taking us. [READ MORE](#)

**Can 'sober high' schools keep teenagers off drugs?**

Skinny and teeming with nervous energy, Matt Langley grew up with an outlook that was anything but upbeat. "I guess I was never comfortable in my own skin," he says. "Everything that came out of my mouth, I would second-guess." Drugs relieved him of that burden, starting with marijuana, which he said a friend's mother introduced him to at age 13. [READ MORE](#)

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