The *Weekly Word*

ifapa
a resource for families
Iowa Foster & Adoptive Parents Association

The positives of ADHD are numerous and mighty — creativity, empathy, and tenacity, just to name a few. Here, readers share their amazing superpowers.

Problem Solving—Ping-ponging thoughts can help you devise unique solutions to tricky situations that our neurotypical peers might miss.

Imagination and Creativity— individuals with ADHD just don't think outside the box, we create our own fortresses through imagination and creativity.

Compassion—Being "different" can make people with ADHD compassionate; we always root for the underdogs and share our unconditional love with others who are struggling.

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YOU'RE GOING TO **LOVE IT** AT **ADVENTURELAND**

IFAPA's Appreciation Day for Iowa's Foster, Adoptive & Kinship Families!

Saturday, August 18, 2018

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35 Free Learning Websites

Free List Printable

www.abountifullove.com

Help Your Kids Keep Learning This Summer

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Ahhh the digital world, how lucky kids are nowadays! It is so great that there are a whole lot of resources online now for young kids to learn. I use almost all of these free learning websites for our kids. Aside from the online learning through playing or games, most of these websites offer free printables and ideas as well.

Don't forget to grab your freebie ! Print the list of these 35 FREE Learning Websites for reference. It is a lot to remember. I also did my best to separate the sites per subject . Click here to learn more.

LGBTQ high schoolers are more likely than their straight peers to feel sad or hopeless, or attempt suicide

In 2017, high school students who identified as lesbian, gay, and bisexual (LGB) were twice as likely as their straight peers to report feeling sad or hopeless—and four times as likely to have attempted suicide. The 2017 Youth Risk Behavior Surveillance Survey data show that 63 percent of LGB high schoolers reported feeling sad or hopeless in 2017, compared with 28 percent of those who identified as straight. Meanwhile, 23 percent of LGB high schoolers attempted suicide, compared with 5 percent of their straight peers. The survey asked students whether "heterosexual (straight)," "bisexual," "gay or lesbian," or "not sure" best described them; it did not ask whether youth identified as transgender.

Overall, in 2017, 32 percent of youth in grades 9 through 12 reported feeling sad or hopeless, and 7 percent attempted suicide. Similar data on attempted suicide and sad and hopeless feelings among LGB high school students were also reported in 2015; however, it is not possible to identify trends because only two years of data have been reported.

Identifying as a sexual minority does not necessarily put youth at higher risk for depression or suicide. However, compared to their straight peers, lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) youth are more likely to face a combination of complex factors that, in turn, put them at higher risk for depression and suicide. Experiences of stigma, prejudice, and discrimination create stressful environments for sexual minority youth. They experience substantially higher levels of bullying than their non-LGBTQ peers, with transgender youth facing the most hostile school climates.

Research suggests that schools can foster well-being among students who identify as LGBTQ by adopting evidence-based curricula, programs, and services that explicitly promote their health and well-being. This includes implementing activities such as gay-straight alliances and sexual education that address the needs of sexual minority youth. Schools can also adopt anti-bullying policies that specifically prohibit bullying based on sexual orientation. In fact, making schools safer places for LGBTQ youth tends to make them more positive places for all youth.
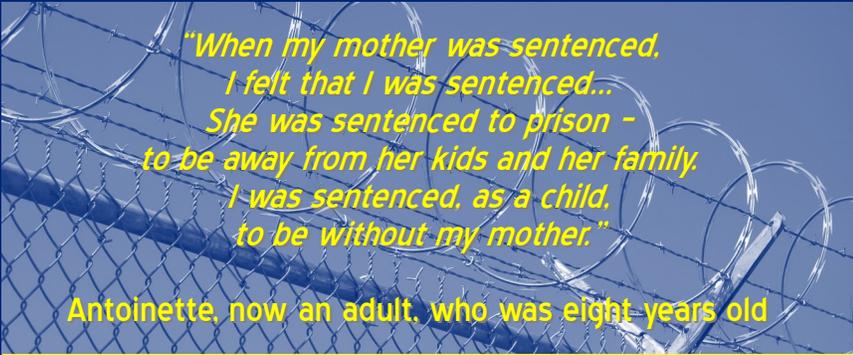
"When my mother was sentenced, I felt that I was sentenced... She was sentenced to prison – to be away from her kids and her family. I was sentenced, as a child, to be without my mother."

Antoinette, now an adult, who was eight years old

Children on the Outside: Voicing the Pain & Human Costs of Parental Incarceration

According to the non-profit organization, Justice Strategies, the pain of losing a parent to a prison sentence matches, in many respects, the trauma of losing a parent to death or divorce. Children "on the outside" with a parent in prison suffer a special stigma. Too often they grow up and grieve under a cloud of low expectations and amidst a swirling set of assumptions that they will fail.

Fifty-three percent of the 1.5 million people held in U.S. prisons by 2007 were the parents of one or more minor children. This percentage translates into more than 1.7 million minor children with an incarcerated parent.

African American children are seven and Latino children two and half times more likely to have a parent in prison than white children. The estimated risk of parental imprisonment for white children by the age of 14 is one in 25, while for black children it is one in four by the same age.

Previous research has shown a close connection between parental incarceration and adverse outcomes for children, including:
- an increased likelihood of engaging in antisocial or delinquent behavior, including drug use;
- an increased likelihood of school failure;
- an increased likelihood of unemployment, and;
- an increased likelihood of developing mental health problems.

Too often, society dismisses the children of incarcerated parents as future liabilities to public safety while overlooking opportunities to address the pain and trauma with which these children struggle. It is by tackling the psychological and emotional trauma head-on that we not only aid these children to grow in to our future mothers, fathers, taxpayers and workers, but also ensure more stable and thriving communities.

Children on the Outside, a publication by Justice Strategies, covers the cost of parental incarceration to a child's sense of stability and safety, worthiness, ability to trust, and strained relationships with family members. VIEW PUBLICATION