

WELCOME TO [SNOWCOPES.com!](https://www.snowcopes.com)

You have found us because you recently attended Snowball & might be looking for more information. Feel free to click around below to learn more about resources for what you might need!

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BODY SHAMING

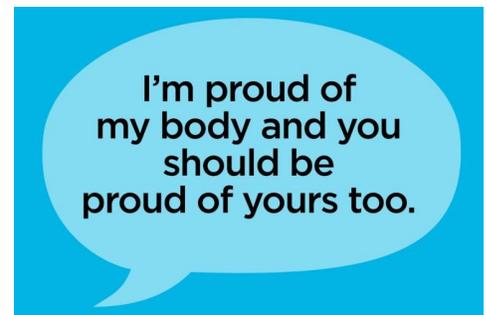
Body Shaming is an act in which individuals are judged negatively based on their physical appearance. Generally, folks are fat-shamed if they appear “overweight” or don’t fit the idyllic image of “thin and beautiful.” However, researchers note that thin-shaming is also a negative form of judgement and bullying as well, although not as prevalent.

Body-shaming statistics indicate that 94 percent of teenage girls have been body shamed. However, the practice isn’t exclusive to the female gender. Teen boys and men are subjected to thoughtless opinions and hurtful comments made as well. Nearly 65 percent of teens boys reported having been body shamed.

More info here: <http://www.bullyingstatistics.org/content/fat-shaming-and-body-shaming.html>

If you are experiencing body shaming from peers in person or online, here are some things you can do:

- 1) Identify a trusted adult & talk with them about what is happening. They may be able to help you brainstorm about steps to take.
- 2) Take a break from social media - Oftentimes, “keyboard courage” makes it easier for bullies to engage in body shaming. They are physically separated from the target so they feel powerful. You CAN take a break from social media!
- 3) Identify at least one realistic & inspiring everyday-hero. This might be a teacher, your coach, your principal, or another community member. Identify what you admire about these folks. Generally, you are looking at their strengths & abilities, rather than their physical appearance. This important practice helps you see the good in YOU too!
- 4) Work on your own confidence
 - Start some hobbies that you’ve been putting off
 - Get involved in volunteer work.
 - Try new social experiences that may interest you.
 - Make new friends or meet new people.
 - Volunteer and give back about something you are passionate about.
 - Remind yourself of the world outside yourself.
- 5) Reach out for help if you need it - This might include talking with your school counselor or social worker or seeking counseling support. Body shaming can have negative effects on our overall mental health & wellness, so it’s important to get support if needed!



See also: [Bullying](#); [Self Esteem](#)

BREAKUPS

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle. When relationships become unhealthy, toxic, or even abusive, it may be time to consider setting boundaries, including a possible breakup.

Dating FAQs: <https://www.loveisrespect.org/dating-basics/dating-faq/>

Should We Break Up: <https://www.loveisrespect.org/dating-basics/should-we-break-up/>

How to Break Up Respectfully: <https://kidshealth.org/en/teens/break-up.html>

Breakups can be difficult to cope with, but with appropriate care for yourself & support from others, you can work through those feelings as you determine the best steps for you.

- 1) Give yourself time to heal** - Your feelings, no matter how confusing, are valid. You have every right to feel hurt, angry, sad, and/or relieved.
- 2) Talk it out** - Connect with trusted adults, trusted peers, & support people at school to talk through the difficult emotions you might be experiencing.
- 3) Pay Attention to Negative Coping** - Be mindful of urges for substance use, isolation, self-harm, or other negative coping skills that might seem to relieve the immediate discomfort. These will not help in the long term to manage your emotional response & needs.
- 4) Keep Your Routine** - When we are struggling with difficult emotions, it might be hard to stay consistent with bedtime/sleep, eating, personal hygiene, & more. Keeping a more consistent, familiar routine can help us while we work through our emotional experience.
- 5) Find Positive Outlets for Negative Energy** - Try finding preferred activities that help you get your feelings out. Some examples might include exercise, painting, sculpting, drawing, volunteering, spending time in nature, trying a new hobby, spending time with trusted friends and adults.

If you feel overwhelmed or stuck after a breakup, it can often be helpful to speak with a counselor regarding your feelings & needs.



See also: [Loneliness](#); [Grief](#)

BULLYING

It is important to learn the difference between bullying & normative peer conflict.

BULLYING: unwanted, aggressive, repetitive behavior among peers that involves a real or perceived power imbalance; done with a goal to hurt, harm, or humiliate.

NORMATIVE PEER CONFLICT: disagreement or argument in which both sides express their views; self-monitor behavior & modify behavior in response to perceived cues/needs of the other person.

As a teen, you might feel powerless against those who bully. Here are some things to remember if you find yourself experiencing bullying:

- 1) Pretend you are surrounded with a protective bubble that absorbs mean words, allowing you to think clearly & decide on next steps.
- 2) Practice assertiveness – Stand confidently with your shoulders back, head up, & speak clearly if responding verbally to a bully. You can respond with repetition (“No. I won’t do that.”), or with statements of response (“That’s your opinion”).
- 3) Speak up! If you feel uncomfortable with peer interactions of any kind, reach out to a trusted adult. It is better to talk about it early rather than let it continue.

If you see a friend experiencing bullying, you might try some of these tips:

- 1) Support the person being bullied – Approach them, ask them if they’d like to walk with you, & walk away together.
- 2) Seek support from an adult to intervene – Find a teacher, parent, or other trusted adult to intervene if the situation is becoming unsafe.
- 3) Don’t be a bystander – Often times, we might witness bullying & say nothing, thinking someone else will. Use your assertiveness (see above) to enact support.

Visit these resources for more information:

<https://www.stopbullying.gov>

<http://www.pacer.org/bullying/>

Remember: Bullying is repeated, negative interactions with a feeling of power imbalance. If you think this might be happening for you, ask for help!

See also: [Cyberbullying](#); [Self Esteem](#)

CONCERNS WITH SAFETY

Personal safety concerns sometimes happen when we experience other mental health needs such as depression, anxiety, and/or trauma. Concerns with safety can take many forms including suicidal thoughts or behavior & self-harm urges or behavior.

If you feel you are in immediate danger, you can call 9-1-1 or go to the emergency room. It is a good idea to have a parent or guardian with you so they are aware of your needs.

SUICIDAL THOUGHTS OR BEHAVIOR - If you are having thoughts about killing yourself, this is a time to seek immediate support. Identify a trusted adult at home, school or in your community & talk with them about how you are feeling. You may need more assistance than this support person can offer, so they may recommend seeing a counselor or having an assessment to determine the best way to meet your needs.

National Suicide Prevention Lifeline: (800) 273-8255

Trevor Lifeline for LGBTQ+ Youth: (866) 488-7386



Seeking Support & Safety Planning:

<https://suicidepreventionlifeline.org/help-yourself/>



SELF-HARM URGES OR BEHAVIOR -

Self-harm is an unhealthy way of expressing and dealing with deep distress and emotional pain. It includes anything you do to intentionally injure yourself, like cutting, burning, scratching, hitting yourself, banging your head, etc.

If you are having urges for self-harm or engaging in these behaviors, it is important to get help for healthier coping as soon as possible:

- 1) Confide in someone you trust - focus on communicating about your feelings & needs, talk/write/text (whatever feels most comfortable for you) & give them time to process with you.
- 2) Identify your triggers for self-harm - This can include internal & external stressors, such as intense emotional pain, stress from relationships, school stress, etc.
- 3) Find new coping techniques - A list of ideas [here](#) (Look at tip #3!)

For immediate support, **text REACH to 741741** & a trained crisis counselor will respond.

See also: [Loneliness](#); [Self-Esteem](#)

CYBERBULLYING

CYBERBULLYING: the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

Where is cyberbullying likely to occur?

- Social Media, such as Facebook, Instagram, Snapchat, Twitter, Tumblr,
- Texting
- Instant Message/Chat (via devices, email provider services, apps, and social media messaging features) – This can include chats on online gaming platforms.
- Email

In 2017, 14.9% of high school students surveyed reported having experienced cyberbullying within the year prior to being interviewed. **YOU ARE NOT ALONE.**

Here are some steps to take if you are experiencing cyberbullying:

- 1) **Talk**– Find a trusted adult (a parent, teacher, counselor) to talk about what is happening & develop a plan for handling the situation.
- 2) **Document**– Take screenshots, printscreens or printouts of any information that is cyberbullying. This will help you document what’s happening for when you seek help.
- 3) **Block**– You have the right to block any person online who is acting inappropriately toward you.
- 4) **Report**– Most social media platforms have clear policies & reporting processes for reporting cyberbullying. You may need to report to school staff if cyberbullying is affecting your school day. If there are threats of physical violence, this may be a potential crime & should be reported to the police. It is most helpful to have support from an adult when taking these steps.

What NOT to do:

- 1) Do not respond to cyberbullying messages
- 2) Do not forward cyberbullying messages to other people
- 3) Do not wait – If this starts happening for you, reach out to an adult to plan before it escalates!

Check out these helpful resources for more information:

<https://www.stopbullying.gov>

<https://cyberbullying.org/resources/teens>

See also: [Bullying](#); [Loneliness](#); [Self-Esteem](#)

GRIEF

Grief, sometimes called bereavement, may happen for us after we experience a loss. The loss may be from the death of a loved one, family member, or friend. Feeling sad or overwhelmed is a normal part of grief, and it is important to take extra care with yourself as you process your experience and feelings.

Read more info on grief as a teen here: <https://www.hov.org/media/1555/teengrief.pdf>

Important reminders about Grief:

- 1) Grief as a response to loss is completely normal. This happens for many people after having a loss.
- 2) Allow yourself to participate in services related to the loss. This might mean attending the funeral, going to a memorial service, or participating in gatherings with others who are also grieving the loss.
- 3) Identify trusted adults who you feel can listen. This is a time when you will benefit from sharing how you feel.
- 4) Find creative outlets to help you process your array of feelings - art, music, dance, etc.
- 5) Take a break from your grief - Allow yourself to take breaks to engage in your favorite activities without feeling guilty. You can absolutely enjoy your time, engage in your life, & continue attending school. Sometimes, this requires you to set your grief work aside for a time.
- 6) Seek professional support - Sometimes, grief becomes too much to handle alone. It is completely normal to seek support in order to process your feelings & gain a deeper understanding of your response to loss.



See also: [Breakups](#); [Loneliness](#)

LGBTQ+

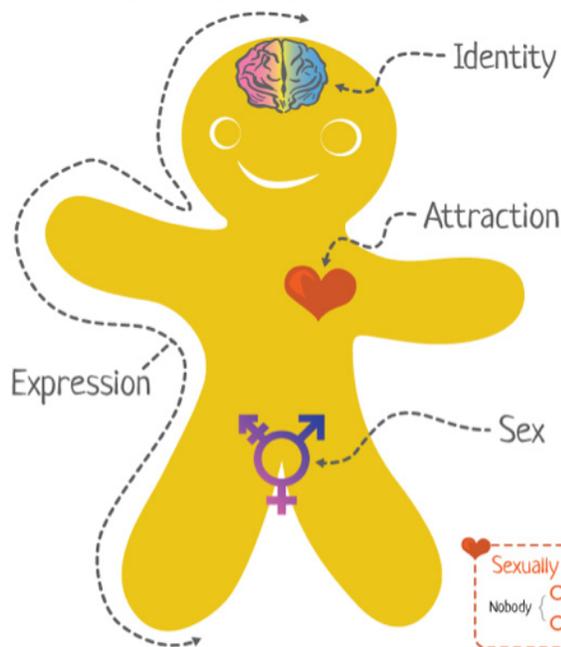
LGBTQ+ represents many people along a spectrum of sexual orientations and gender identities.

You may find yourself questioning your sexual orientation (who you might be attracted to) or gender identity (the gender you feel deeply inside) and that is normal! These resources can be a place of learning, exploration, & getting your questions answered.

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos.

Gender Identity

Woman-ness

Man-ness

How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.

Gender Expression

Feminine

Masculine

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Biological Sex

Female-ness

Male-ness

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair; hormones, chromosomes, etc.

Sexually Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

Understanding the terms: <https://www.stonewall.org.uk/help-advice/glossary-terms>

Over three-quarters (77%) of LGBT youth say they know things will get better.

HUMAN RIGHTS CAMPAIGN

www.hrc.org/youth

#LGBTYOUTH

75% of LGBT youth say that most of their peers do not have a problem with their identity as LGBT.

HUMAN RIGHTS CAMPAIGN

www.hrc.org/youth

#LGBTYOUTH

More info: <https://www.hrc.org/explore/topic/children-youth>

LGBTQ+ (continued)

If you need support related to sexuality & gender identity, please consider visiting these resources to learn more about available supports, including resources on determining coming out & finding local support groups:

Youth Outlook (LOCAL!) - <https://youth-outlook.org/services/youth/>

The Trevor Project - <https://www.thetrevorproject.org>

LGBT National Help Center - <https://www.glbthotline.org>



See also: [Bullying](#); [Concerns with Safety](#); [Cyberbullying](#); [Self-Esteem](#)

LONELINESS

Many people experience loneliness throughout their lifetime. This may come after the dissolving of a friendship or a breakup & may be accompanied by temporary feelings of sadness.

It is important to note that feeling lonely does NOT necessary mean that you have depression, which is a more long-term mental health need related to feelings of sadness, guilt, & loss of interest in many activities, changes in appetite & sleep, & thoughts of death or suicide.

What to do when you're feeling lonely:

- 1) Try mixing it up at school – Find a new activity to join at school, switch where you sit at lunch or in class.
- 2) Consider a new hobby – Art classes, fitness classes, gaming groups, & more could be something new to try while meeting new people.
- 3) Spend time with family – If you are experiencing a shift in your peer group, consider choosing activities or outings to attend with one or more family members.
- 4) Engage in self-care – While we are feeling lonely, it is important to continue taking care of our physical & emotional needs. Try a soothing bath, cleaning up your room, & expressing through journaling or drawing.

A note about social media:

You might think social media like Instagram or Facebook might be helpful during times of loneliness, but this may not be true. When viewing social media, people often have a habit of comparing themselves to others, often in a negative way.

Give yourself a break from social media if you notice it leading to negative self-talk & comparisons during times of loneliness!

See also: [Breakups](#); [Self Esteem](#)



PARENTAL EXPECTATIONS

Often times as teens, our parents set expectations that we are expected to follow. Some of these might sound familiar:

- Be respectful & honest
- Complete your chores at home
- Maintain good grades
- Get to school on time
- Be nice to your sibling!

Sometimes, parent expectations can seem impossible -

“You have to get straight As or you’ll never get into college.”

“You can’t wear clothes like that or people will judge you.”

“All chores must be done or else no time with friends!”

If you feel that your parents have unrealistic or impossible expectations for you, the most important thing you can do is TALK WITH THEM.

But how can I communicate with my parents about what’s going on?

- 1) Take your time - Take some time to journal about what you want to say. When we set aside time to think about what we’ll say, it gives us time to find the right words.
- 2) Express how you feel - Talk with parents about how you feel using “I feel” statements. This might mean “I feel overwhelmed with...” or “I feel uncertain about how to meet your expectations”.
- 3) Prepare for parent feedback - When you enter a conversation with your parents, you can absolutely expect them to respond. Be prepared with open ears to hear their feedback, even when that seems hard.
- 4) Negotiate - Express that you want to follow rules & that you have your own expectations of yourself too. Work it out with your parents so that you BOTH get something important in the deal.

For tips on family communication, check out this resource:

<https://kidshealth.org/en/kids/talk-parents.html>

Sometimes, it can be difficult for families to address concerns so, it might be important to seek family counseling to help with understanding communication & working on openness!

See also: [Self Esteem](#)

SELF ESTEEM

We often talk about self-esteem, but WHAT DOES THAT EVEN MEAN?!

Self-esteem means feeling good about YOU. This can come from several places:

- 1) Messages we hear from teachers, parents & others around us - If people around us only talk about our mistakes & negative traits, it might be harder to feel good about ourselves.
- 2) The voice in our own head – Sometimes, negative messages come from our self-talk. It is important to be kind to ourselves, acknowledge our efforts, & think positively about us.
- 3) Learning to do things – When we succeed at learning something new, like a sport, a musical instrument, a language, or any skill, it boosts how we feel about ourselves.

What can you do if you are having low self-esteem?

Here are a few ideas!

- Be with people who treat you well
- Say helpful things to yourself
- Accept what's not perfect
- Set goals & work toward them with realistic steps
- Focus on what is going well in life
- Give attention to helping someone you care about or an important cause



If you'd like to read more about self-esteem, check out these resources:

<https://kidshealth.org/en/teens/self-esteem.html>

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?id=2161&np=293&p=243>

See also: [Body Shaming](#); [Bullying](#); [Cyberbullying](#)

ADDITIONAL RESOURCES

School resources

All local schools have trained counselors & social workers available throughout the day.

Snowball Adult Directors

The adult directors are available for support & can help direct you to appropriate resources & services.

Child Abuse

National Child Abuse Hotline: 800-422-2253

Crisis Text Line: Text HOME to 741741

Teen Line: Call 310-855-4673 or Text TEEN to 839863

Counseling Services

360 Youth Services: 630-961-2992, www.360youthservices.org

Breaking Free, Inc.: 630-897-1003, www.breakingfreeinc.org

Linden Oaks Behavioral Health: 630-305-5027, www.eehealth.org

SamaraCare: 630-357-2456, www.samaracarecounseling.org

Dating/Domestic Violence

Family Shelter Service Hotline (DuPage County): 630-469-5650

Illinois Domestic Violence Helpline: 877-863-6338

National Domestic Violence Hotline: 800-799-7233

National Teen Dating Abuse Helpline: 866-331-9474, www.loveisrespect.org

That's Not Cool – Healthy relationships online & off: <https://thatsnotcool.com>

Health, Pregnancy, & STDs/STIs

Eating Disorder Helpline: 630-577-1330; www.anad.org

Planned Parenthood: 630-585-0500; www.plannedparenthood.org

DuPage County Health Department: 630-682-7400; www.dupagehealth.org

Waterleaf: 630-701-6270; <http://www.waterleafwc.org>

LGBTQ+

360 Youth Services: 630-961-2992; www.360youthservices.org

LGBT National Youth Talk Line: 800-246-7743; <https://www.glbthotline.org>

The Trevor Project: 866-488-7386; www.thetrevorproject.org

Youth Outlook: 815-754-5331; <https://youth-outlook.org/services/youth/>

Runaway and/or Homelessness

360 Youth Services: 630-961-2992; www.360youthservices.org

National Runaway Safeline: 800-786-2929; www.1800runaway.org

ADDITIONAL RESOURCES (continued)

Substance Use

Connect for Life: In an emergency, call 9-1-1 or go to the Naperville Police Department

The Naperville Police Department seeks to reduce the impact of addiction in Naperville by facilitating an immediate connection to treatment for those seeking help for their addiction.

360 Youth Services: 630-961-2992; www.360youthservices.org

IL Helpline for Opioids & Other Substances: 833-2-FINDHELP

SAMHSA's National Hotline: 800-662-4357

The Power of Choice: www.thepowerofchoice.info

Gateway Foundation: 877-505-4673; <https://gatewayfoundation.org>

Rosecrance: 888-928-5278; <http://www.rosecrance.org>

Breaking Free: 630-897-1003; <http://www.breakingfreeinc.org>

Suicide Prevention

Suicide Prevention Lifeline: 800-273-8255; www.suicidepreventionlifeline.org

Suicide Prevention Services: 800-784-2433; www.spsamerica.org

Depression Hotline: 630-482-9696

Crisis Text Line: Text REACH to 741741