

EDUCATIONAL SUPPORT TEAM UPDATE

APRIL 2022

Provided By: Saint Vincent College Prevention Projects
SVCPP mailing address:
300 Fraser Purchase Road, Latrobe, PA 15650
Phone: 724-805-2050
Fax Number: 724-420-5930



Happy
SPRING



Saint Vincent College Prevention Projects is funded by the Westmoreland Drug and Alcohol Commission, Inc. through a grant from the Pennsylvania Department of Drug and Alcohol Programs.

K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAININGS are held at The Conference Center, Saint Vincent College. **Dates: May 17, 18, 19, 2022.** The Training is designed for new members of either a secondary or elementary S.A.P. team. This is also appropriate for Mental Health and Drug and Alcohol Treatment Staff and School-Based Probation Officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshops: May 4, 2022

Awareness Days

You can easily take advantage of special events to raise awareness of an important issue or cause. **Here are a few up-coming events for the next several months:**

APRIL Awareness Days & Events



National Alcohol Awareness Month—<https://recovered.org/alcohol/alcohol-awareness-month#why-is-alcohol-awareness-month-important>

Alcohol Free Weekend—<http://www.whathealth.com/awareness/event/alcoholscreeningday.html>

National Distracted Driving Awareness Month—<https://www.nsc.org/road-safety/get-involved/distracted-driving-awareness-month>

National Child Abuse Prevention Month—<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

Sexual Assault Awareness Month—<https://nomore.org/campaigns/saam/>

National Counseling Awareness Month—<http://www.counselingpsychology.org/april-celebrate-counseling-awareness-month>

Stress Awareness Month—<https://www.dnaweekly.com/blog/stress-awareness-month/>

Autism Awareness Month—<https://autismsociety.org/autism-acceptance-month/>

SPRING THEMATIC WORKSHOP— May 4, 2022! *WE ARE BACK AT THE ROGER'S CENTER!* Speakers/ Topics include: Parent Engagement regarding SAP and follow-up recommendations, Overview of MTSS and the role SAP plays, SAP Team best practices; The evolution of a SAP team and more. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$40.00 and this includes breakfast beverages and a lunch. Act 48 credits will be given.

K-12 SAP TRAINING— May 17, 18, 19, 2022. *WE ARE BACK AT THE ROGER'S CENTER!* Training is designed for new members of either a secondary or elementary S.A.P. team who have not completed the initial training with their team. This is also appropriate for Mental Health and Drug and Alcohol Treatment staff and school-based probation officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$355, this includes breakfast beverages and a boxed lunch.

SAP TEAM MAINTENANCES!

Hello SAP Teams!

We have a few open slots available
for SAP Team Maintenances.

Please contact Laurel Sherbondy
Laurel.Sherbondy@stvincent.edu

or

Donna Cartia
Donna.Cartia@stvincent.edu
to schedule!

Also a quick reminder that “Bubble sheet” data
(PDE form 4092) needs to be in by June 30, 2022.

If you need assistance, please contact Laurel or Donna to
schedule a date and time.

Almost Summer!

APRIL is ALCOHOL AWARENESS MONTH!



What is alcohol awareness month?

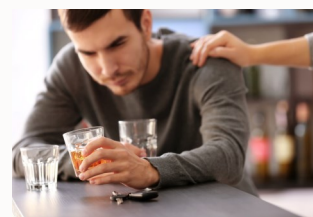
Alcohol Awareness Month is a health awareness campaign that was formerly sponsored by the National Council for Alcoholism and Drug Dependence (NCADD). It took place every April and was established in 1987 with the aim of raising awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues. The campaign also aimed to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed; offering help and advice for families as well as direct engagement with those afflicted with alcohol addiction.

Key takeaways:

- For many adult alcoholics, the first stages of alcohol abuse start in their teenage years, often through persistent binge drinking, resulting in a higher and higher tolerance to alcohol. However, it isn't uncommon for adults to develop an alcohol use disorder (AUD) even if they have not previously had any problematic drinking habits
- While the damaging effects of alcohol abuse on your health are serious, the non-medical effects can be equally harmful. Depending on your financial situation, home life, relationship status, employment status, and mental state, these effects can appear early on with alcohol abuse or may not show themselves until the deeper stages of alcoholism
- Those who have developed a severe alcohol addiction from prolonged periods of drinking will have built a high dependence, meaning they may suffer severe withdrawal symptoms during detoxification



Intervention for Alcoholics



The prospect of helping someone you suspect has an alcohol use disorder can feel like a daunting task. They may think they don't have an alcohol problem or say they want to sort it out independently, despite showing no signs of doing so. If this is the case, you may need to stage an intervention.

An intervention should always be directed from a place of concern and care and be without any accusations or blame. If the person with the AUD feels they are being judged, they may be reluctant to engage with the intervention or acknowledge that they have a problem. You should try to highlight the emotional distress the person's drinking has caused you and others, as well as the concern you have for the person's wellbeing and health. It is best to discuss the agenda and direction of the intervention with those attending beforehand, and consider seeking professional help from a mediator, support group, or addiction treatment center.

Recognizing an alcohol addiction...

When diagnosing alcoholism, medical professionals use a spectrum of 11 criteria or symptoms to measure the severity. The more of the criteria the alcohol abuser meets, the higher the level of alcoholism. The 11 criteria that measure alcoholism are as follows:

1. Taking alcohol in larger amounts or drinking for longer than you intended to
2. Wanting to cut down or stop using alcohol but not managing to
3. Spending a lot of time obtaining, using, or recovering from use of alcohol
4. Cravings and urges to use alcohol
5. Not managing to meet commitments at work, home, or school
6. Continuing to use alcohol, even when it causes problems with family or friends
7. Giving up important social, occupational, or recreational activities in favor of alcohol use
8. Getting into dangerous situations while under the influence of alcohol, e.g., driving under the influence, using machinery, or having unsafe sex
9. Continued alcohol consumption, even when you know it is making a physical or psychological problem worse
10. Having to drink increasing amounts of alcohol to get the effect you want
11. Development of alcohol withdrawal symptoms when not drinking

This spectrum helps diagnose whether an AUD is mild, moderate, or severe. Having two or three of the above criteria would be a mild AUD; four to five would be a moderate AUD, and six or more indicates a severe AUD.

Withdrawal from alcohol, treatment and next steps

In order to begin the recovery journey from alcohol addiction, the body must first go through a process of detoxification. The detox period aims to remove all physical traces of alcohol from the body and allow time for the mental associations and habits around alcohol to reduce. Unfortunately, those who have developed a severe alcohol addiction from prolonged periods of drinking will have built a high dependence, meaning they may suffer severe withdrawal symptoms during detoxification. Depending on the level of alcoholism, these withdrawal symptoms can be extreme and occasionally fatal. Alcohol withdrawal can result in a condition called delirium tremens, which is characterized by rapid-onset confusion, shakes, and sweating. In some cases, it can lead to disturbances in the heart rate or rhythm, seizures, and a very high temperature.

Therefore, it is imperative that you seek professional help when going through the detox process and continue to engage with healthcare professionals throughout your treatment and rehabilitation. Not only will this ensure that the process is safe, but people who undergo rehabilitation through professional support services are far less likely to relapse. Contact an alcohol treatment practitioner today to begin your recovery or get advice for a loved one.

April 7th is National Alcohol Screening Day (NASD)

National Alcohol Screening Day (NASD) is an initiative first launched in 1999 by the National Institutes Of Health (NIH). The aim of this event is to increase public awareness that alcohol abuse and alcoholism (in which a person is dependent on alcohol), are recognized disorders which can be treated.

Throughout this day, members of the public are invited along to one of many screening centers across the United States. The people who visit the screening centers are dealt with on a case by case basis; they are asked to complete a written self-assessment about their alcohol use. Health care professionals at the centers then tailor advice to the person concerned.

When a persons use of alcohol has been assessed, they are then informed about the different types of alcohol related problems. Where relevant, the person is then given advice as to where help can be sought.

In some cases, it is a friend or family member of the person being screened who has an issue with alcohol. In such cases, professional advice is given on how to approach this other persons problem.

The first screening day in 1999, saw over 50,000 people visit the 1500 screening centers throughout the United States for advice; a higher than expected number of college students attended.

Alcohol abuse can be high in college students, who, whilst typically not dependent on alcohol, abuse it by frequently drinking large volumes. Excessive, often rapid, consumption of alcohol is also known as 'binge drinking'. In a follow up study of Alcohol Screening Day, it was found that 44% of college students interviewed, had consumed over four alcoholic drinks in a drinking session, on one or more occasions within 30 days.

Alcohol abuse can lead to many recognized health problems which can include anxiety, depression, sexual problems. Where alcohol abuse occurs over a longer period of time, there is increased risk of developing certain cancers, liver cirrhosis, high blood pressure and heart problems.

More info: <https://www.whathealth.com/awareness/event/alcoholscreeningday.html>

Do you know what a standard drink is?

1 standard drink is equivalent to:

				
1 12 oz. beer	1.5 12 oz. malt liquor drinks (e.g. Mike's Hard Lemonade)	1 5 oz. wine	1 or more mixed drinks	1 1.5 oz. shot of 80 proof hard liquor

YOU ARE USD

NATIONAL
**ALCOHOL
SCREENING
DAY**



“It Was Just...”

It was just a quick call

It was just a short trip

It was just one drink

It was just a picture

It was just an email

It was just a glance

It was just a text

It was just a bite

“Just” is all
it takes



GET YOUR FREE MATERIALS AT:
[nsc.org/justdrive](https://www.nsc.org/justdrive)

Distracted driving is an epidemic.
Be part of the solution.



Info at: <https://www.nsc.org/road-safety/get-involved/distracted-driving-awareness-month>

THE TOLL OF TOBACCO IN PENNSYLVANIA

The Toll of Tobacco in Pennsylvania

High school students who smoke	6.6% (42,400)
Male high school students who smoke cigars (female use much lower)	7.4%
High school students who use e-cigarettes	24.4%
Kids (under 18) who become new daily smokers each year	3,700
Adults in Pennsylvania who smoke	15.8% (1,606,800)
Proportion of cancer deaths in Pennsylvania attributable to smoking	27.9%

Deaths in Pennsylvania from Smoking

Adults who die each year from their own smoking	22,000
Kids now under 18 and alive in Pennsylvania who will ultimately die prematurely from smoking	244,000

Tobacco Industry Influence in Pennsylvania

Annual tobacco industry marketing expenditures nationwide	\$8.4 billion
Estimated portion spent for Pennsylvania marketing each year	\$334.6 million



**APRIL 1st
Is**

**“Take
Down
Tobacco
Day”**



April 27th is Prescription Drug Take-Back Day

The Pennsylvania Department of Drug and Alcohol Programs is focused on alleviating the health and safety concerns from the diversion and misuse of prescription drugs by helping our citizens properly dispose of unused prescription medications. Many young people who misuse prescription drugs take them from medicine cabinets. Keeping unused opioids or other common drugs of misuse in a medicine cabinet is no longer safe or responsible.

WHAT TO DO: Lock Up – Don't Share – Safely Dispose

1. Lock up all your medications
2. Don't share your medications with anyone or take someone else's medications
3. Safely dispose of unused or unwanted medications. When you pick up a prescription, ask your pharmacist for drug disposal pouches or find a drug take-back box.

How to prepare items for disposal:

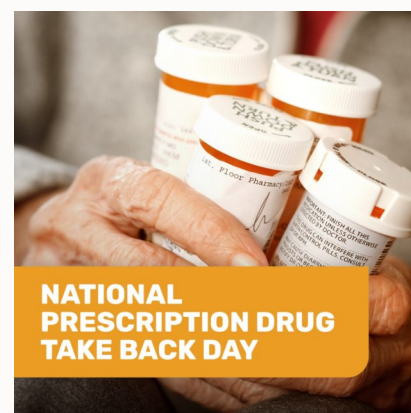
1. All prescribed medications to be disposed of should be contained inside their original bottle or placed inside a small sealed container (i.e. plastic bottle) or zip-lock bag
2. Personal information should be removed or marked out with a permanent marker

Items that DEA regulations allow to be disposed of: *Each take-back location has the right to determine what items they will accept in their box.*

1. Over-the-counter medications
2. Prescription medications
3. Prescription patches
4. Prescription ointments
5. Vitamins
6. Pet medicines

You may NOT drop off:

1. Hydrogen peroxide
2. Compressed cylinders or aerosols (e.g., asthma inhalers)
3. Iodine-containing medications
4. Thermometers
5. Alcohol & illicit drugs (i.e. marijuana, heroin, LSD, etc.)



Westmoreland County Prescription Drug Take-Back Locations

If you have prescription or over the counter non-liquid medications that you would like to dispose of, listed are drug take back locations where you can drop off your medication.

<p>Allegheny Township Police Dept. 136 Community Building Rd. Leechburg, PA 15656-9805 (724)845-9410 Hours of Availability: 24 hours/7 days a week.</p>	<p>Avonmore Borough Police Dept. 619 Allegheny Avenue Avonmore, PA 15618 (724)697-4747 Hours of Availability: M-F 8:00 a.m.-4:00 p.m.</p>	<p>Borough of Ligonier Police Dept. 112 North Fairfield Street Ligonier, PA 15658-1110 (724)238-5611 Hours of Availability: M-F 8:00 a.m.-5:00 p.m.</p>
<p>Borough of Trafford Police Dept. 430 Brinton Ave. Trafford, PA 15085 (412)372-6550 Hours of Availability: M-F 8:00 a.m. -4:00 p.m.</p>	<p>City of Arnold Police Dept. 601 Drey Street Arnold, PA 15068 (724)339-9663 Hours of Availability: Please contact location</p>	<p>City of Greensburg Police Dept. 416 S. Main Street Greensburg, PA 15601 (724)838-4324 Hours of Availability: 24 hours/7 days a week.</p>
<p>City of Latrobe Police Dept. 901 Jefferson Street Latrobe, PA 15650 (724)537-5526 Hours of Availability: M-F 8:00 a.m. -4:00 p.m.</p>	<p>City of Lower Burrell Police Dept. 2800 Bethel Street Lower Burrell, PA 15068 (724)339-4287 Hours of Availability: M-F 8:00 a.m. -4:00 p.m.</p>	<p>City of Monessen Police Dept. 239 Donner Avenue Monessen, PA 15062 (724)684-6151 Hours of Availability: M-F 8:30 a.m.-4:00 p.m.</p>
<p>City of New Kensington Police Dept. 301 Eleventh Street New Kensington, PA 15068 (724)337-4523 Hours of Availability: 24 hours/7days a week.</p>	<p>Delmont Police Dept. 77 Greensburg Street Delmont, PA 15626 (724)468-8501 Hours of Availability: 24 hours/7days a week.</p>	<p>Irwin Police Dept. 424 Main Street Irwin, PA 15642 (724)864-3103 Hours of Availability: 24 hours/7days a week.</p>
<p>Ligonier Township Police Dept. One Municipal Park Drive Ligonier, PA 15658-8763 (724)238-5105 Hours of Availability: M-F 7:00 a.m.-3:30 p.m.</p>	<p>Mt. Pleasant Police Dept. Box 119, Etze Avenue Mt. Pleasant, PA 15666 (724)547-7210 Hours of Availability: Please contact location</p>	<p>Murrysville Police Dept. 4120 Sardis Road Murrysville, PA 15668 (724)327-2111 Hours of Availability: M-F 6:00 a.m. to Midnight</p>
<p>North Huntington Township Police Dept. 11279 Center Highway Irwin, PA 15642 (724)863-8800 Hours of Availability: 24 hours/7days a week.</p>	<p>Penn Township Police Dept. 2000 Commercial Drive Irwin, PA 15642 (724)863-1119 Hours of Availability: M-F 8:00 a.m.-4:00 p.m.</p>	<p>Rostraver Township Police Dept. 205 Municipal Drive Belle Vernon, PA 15012 (724)929-8811 Hours of Availability: Please contact location</p>
<p>Seward Borough Police Dept. 233 Indiana Street Seward, PA 15954-0456 (814)446-6164 Hours of Availability: Please contact location</p>	<p>Upper Burrell Twp. Police Dept. 735 Seventh Street New Kensington, PA 15068 (724)335-0664 Hours of Availability: Please contact location</p>	<p>Vandergrift Police Dept. 109 Grant Avenue Vandergrift, PA 15690 (724)568-5507 Hours of Availability: M-F 8:00 a.m. -4:00 p.m.</p>
<p>Washington Twp. Police Dept. 289 Pine Run Church Road Apollo, PA 15613 (724)727-3410 Hours of Availability: M-F 7:00 a.m.-3:00 p.m.</p>	<p>Westmoreland County Park Police 2 North Main Street Greensburg, PA 15601 (724)830-3469 Hours of Availability: 24 hours/7days a week.</p>	<p>West Newton Police Dept. 112 South Water Street West Newton, PA 15089 (724) 872-8610 Hours of Availability: Please contact location</p>

Need more info? Contact **Westmoreland Drug & Alcohol Commission, Inc. @ 724-684-9000 ext. 4446**

What is Online Sexual Abuse?

Online sexual abuse can be any type of sexual harassment, exploitation, or abuse that takes place through screens.

Forms of online sexual harassment or abuse include:

- Sending someone unwelcome communication about sex or hateful comments based on sex, gender identity, and/or sexual orientation.
- Sending partners, friends, acquaintances, or strangers unwanted requests for nude photos or videos or to livestream sexual acts.
- Performing sexual acts on webcam without the consent of everyone involved or in inappropriate settings (like during an online class or online work meeting).
- Sharing private images or videos without the consent of everyone involved (also known as revenge porn or nonconsensual pornography — which, as of February 2021, is illegal in 46 states plus Washington, D.C.).
- Sharing porn in spaces where not everyone has consented to view it (for example, in inappropriate spaces like Zoom meetings, where this is also called Zoombombing).
- Grooming children to enable their sexual abuse either online or offline.

As technology has evolved to become part of our everyday lives, our awareness of ways it can be used to bully, threaten, and abuse has grown as well. Just over the past few decades, terms such as “sextortion,” “revenge porn,” and “doxxing” have entered the public lexicon. Other examples of common abusive behaviors online include creating or posting child sexual abuse materials (sometimes called child pornography), online harassment, or posting unsolicited explicit images.

These examples represent just a fraction of the ways that consent and boundaries can be violated online. Some acts are identified as criminal under the law, others violate policies put in place by online platforms (like Zoom or Instagram), while still too many acts of sexual violence online are normalized and not taken seriously. The reality is that online sexual abuse is influenced by the same attitudes and beliefs that lead to sexual violence committed in person.

Sometimes violence is initiated online and then takes place in person, and in other instances, the violence takes place entirely behind screens. Even though the abuse occurs virtually, the impact on the victim, their loved ones, and the community can be just as harmful as sexual violence committed in person.

The reality is that online sexual abuse is influenced by the same attitudes and beliefs that lead to sexual violence committed in person. These shared risk factors include social norms that directly or indirectly condone violence; traditional harmful ideas about masculinity; and attitudes that devalue and degrade women, LGBTQ people, people of color, people with disabilities, and other marginalized communities. A safe online space is one that is inclusive, where everyone is treated with respect and dignity.

Westmoreland County Contact Info



1200 Maronda Way, Suite 300, Monessen, PA 724-243-2220
 Hours: Monday-Friday 8:00 AM – 4:30 PM <http://wedacinc.org>



First Floor Suite 110
 40 N Pennsylvania Ave
 Greensburg, PA 15601
 724-830-3617
<http://www.co.westmoreland.pa.us/>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601 724-834-0420
 Hours: Monday-Thursday 8:30am-9:00pm <http://www.sphs.org>
 Friday 8:30am-5:00pm



Outpatient Services PHONE 724-837-1518 FAX 724-837-0801	Residential Programs PHONE 724-238-8441 FAX 724-238-3748	PO Box 639 Greensburg, PA 15601 https://myoutsidein.org/
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SVC Prevention Projects

Laurel Sherbondy	724-805-2050
Donna Cartia	724-805-2050



225 Margaret Avenue, Suite 3
 Hempfield Township, PA 15644
 724-522-5456 (Greensburg office)
<https://www.axiomfamilycounseling.com/>

Available Services Through SVCPP:

LOOK FOR THE
 SAINT VINCENT COLLEGE PREVENTION PROJECTS
 AT MANY SCHOOL EVENTS THROUGHOUT WESTMORELAND COUNTY

Lunch and Learn Presentations

Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids, and The Dangers of Underage Drinking.

RADAR (Free Materials)

Regional Alcohol/Drug Awareness Resource, information Center

The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

To schedule a program for your business, school or organization, please contact Beth Joseph, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.joseph@stvincent.edu



What is Omegle? Key Things Parents and Carers Need to Know

At the Childnet, we regularly deliver online safety training sessions both virtually and in person to pupils, parents and teachers. Recently we have noticed a lot of conversations about the website 'Omegle', and we know parents and carers may have also heard about Omegle in the news recently. In this blog we are explaining to parents and carers what Omegle is and some of the key things to be aware of.

What is Omegle?

Omegle is a website which is specifically designed to allow users to talk to strangers. It works by randomly matching users to talk one-to-one using either text or video. It is free and anonymous to use, with no account registration or age verification. Many concerns have been raised about the safety and use of Omegle by children and young people.



Why are young people using it?

Young people have told us that the interest in Omegle could be because it connects strangers online, meaning that you never know who you will end up talking to. Sometimes people can have meaningful conversations about important topics, sometimes it might be jokey or even flirty. It also allows opportunities to talk with people from other countries, especially during lockdown when travel and face-to-face contact is limited.

Most recently, Omegle has been talked about and highlighted through the video sharing app, TikTok. TikTok users have recorded conversations happening on Omegle and then shared these widely on TikTok. This has raised the profile of Omegle with new users who may not have been aware of it previously.

Some influencers or TikTok users with large followings have used Omegle to interact more directly with their fans. They tell their followers that they will be present on Omegle at a certain time and may even encourage their fans to use the service at the same time, giving them a chance of randomly being paired for a chat.

Although young people have told us about these interesting sides of Omegle, they have also told us about the risks, most notably about the dangers around talking to strangers and the prevalence of adult content, particularly pornographic material. For some children and young people, the risk of not knowing what content you will see is part of the attraction of going on sites such as Omegle.

Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION

What do I need to know?

Contact with strangers

Omegle is specifically designed to encourage users to talk to strangers, by either using the website's chat function or video calling within Omegle. Whilst chat is initially anonymous, many users choose to share personal information including names, ages, locations, email addresses, phone numbers or social media handles.

Explicit and adult content

Adult content is prevalent on Omegle, including pornographic content and adult language. Users have no control over what they may see or hear when matched up with a stranger. Some people use Omegle with the intention of engaging in sexually explicit conversations or participating in live sex acts, including with children and young people.

Lack of safety settings

Omegle does not allow users to report, flag or block chats that may be distressing, inappropriate or illegal. The website states: "Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable."

Omegle states: "Omegle video chat is moderated. However, moderation is not perfect. You may still encounter people who misbehave."

Users can also choose to join an unmoderated section of the website. Some details of the moderation and monitoring of chat is available in Omegle's privacy policy.

Age Ratings

Omegle is only intended for use by young people aged 13 years or older, but does not ask users to verify their age. Additionally, Omegle states that for young people under the age of 18, it should only be used "with a parent/guardian's permission". However, users are not asked to give their age before they start using the service.

Recording chats

Some people choose to record or screenshot chats in Omegle without the knowledge or consent of their chat partner. This means a one-to-one conversation may end up being seen by many other people. Live chat provides an additional challenge for children and young people who do not have the opportunity to edit or take back the things they may say or do in the moment.



Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION



Our advice...

Have an open and honest conversation with your child.

The best way to support your child with life online is maintaining an open and honest dialogue about their online interests, including favourite apps and games. By showing you're interested, children are also more likely to feel comfortable coming to you if there's an issue. Our Parents and Carers [Toolkit](#) includes resources to help talk about life online.

Avoid talking about Omegle by name, unless mentioned by your child.

Not all young people are interested in or using Omegle. By asking your child specifically about this website and no others, you may draw their attention to something they were not already aware of. Instead, we would advise to talk generally about life online and only discuss Omegle specifically if your child mentions it or you think they are using it.

If they do talk about Omegle, these further points may be of help:

Consider whether your child is ready to navigate the risks presented Omegle.

Whilst the risks and harms present on Omegle are not unique to this site and exist elsewhere on other platforms, the lack of safety settings on Omegle can make it more difficult to manage. Without adequate safety tools, we do not advise that this service is suitable for children of any age. You may decide to use [parental controls](#) to limit access to the website, especially for younger children.

Explain the risks simply and without judgement

We often hear from young people that when parents confiscate technology or ban specific apps and sites without explanation, this can be frustrating. It may also lead to your child trying to find ways around a ban and doing so in secret. If you are uncomfortable with your child using Omegle, be honest and specific about your concerns so they understand your decision.

Look for alternatives

There are many other fun and exciting opportunities for young people to enjoy online, without the same level of risk as Omegle. Try using a site like the [Family Video Game Database](#) or [Common Sense Media](#) to look for age-appropriate alternatives to share with your child.

Info from: <https://www.childnet.com/blog/what-is-omegle-key-things-parents-and-carers-need-to-know/>