The members reviewed the training topic “Self-esteem and Self-acceptance” with Petal, Oak Grove, Hattiesburg and Long Beach High School and Bayou View Middle School. The discussion topics reviewed include the following:

- **Self-esteem**: Feeling Good About Yourself
- **Self-acceptance**: Using Your Strengths and Take Responsibility for Your Faults and Practice Loving Yourself

The students were introduced to anti-bullying through videos and sharing personal stories, especially students with disabilities. The U.S. Department of Education (2000) specifically suggested that the students with disabilities should receive appropriate training for staff and students regarding harassment. The lessons showed the students how issues with disability harassment lowers self-acceptance and self-esteem and, in turn, may cause feelings of depression. According to CDC (2013), “Approximately 80% of individuals with depression reported some form of functional impairment, and 27% reported serious difficulties in work and home life.”

The students were given several options to cope with these issues that include the following:

- Talk to someone such as your parents, friends, school counselor or your family physician.
- Seek professional help.
- Exercise or find other activities/hobbies to get you physically moving.


The students above used a picture of two figures to list things they liked about themselves on one side and things they disliked on the other side and discussed “pro’s and con’s about me”.

For additional information on the national AmeriCorps program, visit [www.nationalservice.gov](http://www.nationalservice.gov).

For additional information on the Institute for Disability Studies at The University of Southern Mississippi, visit [www.usm.edu/disability-studies](http://www.usm.edu/disability-studies).
Tobacco Lesson: Asthma and Secondhand Smoke

Asthma is a chronic disease that affects the airways of the lungs, and an asthma attack can occur when something irritates your airways and triggers an attack. Tobacco smoke is one of the most common asthma triggers, including secondhand smoke. Secondhand smoke is a mixture of gases and fine particles that includes:

- Smoke from a burning cigarette, cigar or pipe tip; or
- Smoke that has been exhaled (breathed out) by someone who smokes.

Secondhand smoke contains more than 70,000 chemicals, including hundreds that are toxic, 70 of which can cause cancer specifically.

Monthly Tip
If you are among the 21% of U.S. adults who have asthma and smoke, quit smoking!

For additional information, www.cdc.gov/tobacco or www.smokefree.gov.