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Redakcja naukowa niniejszego numeru:

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WYCHOWANIE NA CO DZIEŃ Czasopismo założone w 1993 roku przez Toruńską Fundację Edukacyjną przy UMK „Copernicus”

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WYCHOWANIE NA CO DZIEŃ

Nr 5-6 (272-273), 2018

CURRENT PEDAGOGICAL PROBLEMS

Marcin Szulc

Psychological conditions, consequences and cyberbullying prevention

Abstract: Besides unquestionable benefits following from using digital media, we can't go blankly next to risks which they brings. The risks primarily pertain to digital violence. The main aim of the article is characterized digital violence in context traditional form of age-mate mobbing, the consequences and prevention which is organized on family and school level.

Key word: cyberbullying, trolling, peer violence, cyberbullying prevention

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Mirosław Kowalski, Sławomir Kania, Katarzyna Gabala-Wdowiak, Anna Żyborc

Cyberthreats for the development of children and adolescents – onlineinstigators of suicides and onlineinstigators of the drugs

Abstract: The article contains a description of two phenomena occurring in the network. The first phenomenon – online instigators of suicides – concerns the phenomenon of manipulation of young Internet users, seeking support and listening to difficult situations by persuading them to commit suicide. The second phenomenon – online instigators of the drugs – concerns the phenomenon of drug education through drug addicts active in the network.

Key words: cyber security, pseudocode boosters, death triggers

HEALTH EDUCATION

Małgorzata Chmielewska, Mariusz Z. Jędrzejko

Impact of drugs and neurotransmission nervous effects of drugs on the nervous system

Abstract: Addictions are a challenge for health policy and prevention. This phenomenon affects more than 3 million Poles – alcoholism and nicotine are the key addictions in Poland. The number of drug addicts and cybertechnologies is growing rapidly. The authors present mechanisms of addiction and the effects of drugs and alcohol on neurotransmitters (brain). The analysis covered the most popular psychoactive substances in Poland (alcohol, marijuana, amfetamine and ecstasy).

Key words: addiction, drugs, NPS, youth

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Alina Dworak

Health education and the prevention of harmful and risky behaviors in education of "instant" generation

Abstract: The main target of the article is indication on a meaning and role of an "instant" culture in the context of the health of the XIX/XX century generation. Modern pop culture is a challenge for health education, which core rely on a skills of making decisions conducing to be healthy. XX/XXI century generation is living in new, changing reality, determined by dynamic civilisational changes, consumption and behaviors effecting threats for health and society. Nowadays youth living in sociocultural reality meets promoted models of pop culture and leads life style compatible with youth culture. Dynamics of these processes leads to desire of integration pedagogic and educational activities among all societies oriented on young generation's health.

Key words: generation, life style, health, health education

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Dorota Trybusińska, Agnieszka Saracen

Social and medical aspects of use and abuse of over-the-counter drugs by the elderly

Abstract: Use and abuse of over-the-counter drugs by the elderly draw increasing attention. Problems are caused by development of the pharmaceutical industry and open and easy access to drugs, especially OTC. The ubiquitous advertising for 'miraculous' preparations of drugs, difficult access to medical specialists and doctors and improved seniors' awareness of their own health may result in decisions to self-medicate. Consumption of excessive quantities of pharmaceuticals, taking of the same substances under different trade names or administration other than indicated, however, may lead to health complications, while uncontrolled consumption may end in addiction.

Key words: OTC drugs, abuse of OTC drugs, the elderly

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Malgorzata Chmielewska

Psychosomatic and social consequences of drug abuse for the youth

Abstract: During the last few years you could have seen the increase in the popularity of medicines used for non-medical purposes by young people. Intoxication of substances contained in medicines give similar effects to drugs. Among the medicines used by young people is a whole range of specifics: over-the-counter (OTC) drugs, sedatives, slimming, sleeping pills and more. In the nature of a young man there is a need to experiment, risk, check their abilities and learn about life. While exploring life is needed, the consequences of risky behaviors undertaken by young people can be tragic in consequences. We mean here violent reactions from symptoms of poisoning, deaths to those that appear after many years, causing serious, often irreversible health and social consequences. Regardless of the nature of the use of drugs (recreational, occasional or addictive) psychosomatic and social complications will always occur, although with different range and symptoms.

The article is an attempt to present the psychosomatic and social consequences of drug abuse by young people based on available literature and research reports.

Key words: adolescents, drugs, side effects, psychosomatic consequences

ENVIRONMENT & EDUCATION

Jacek Szczepkowski

The young addicts – searching for institutional solutions. On the example of the 24-hour Youth Addiction Treatment Center in Toruń

Abstract: The article is an attempt to present experiences related to work with the youth with a drug problem based on functioning the 24-hour Youth Addiction Treatment Center in Toruń. Accepting the Solution-Focused Approach means changing the paradigm of support and abandoning the perspective of difficulties they experience. Instead they focus on the client's success, which means that they experience real opportunities of alternative way of understanding themselves and their functioning in various dimensions. Therefore resocialisation could mean creating conditions for better understanding, experiencing the difficulties and understanding relations with other people, which can lead to changing a dysfunctional status into a more constructive one. Resocialisation is described by me as a process of *reification*, *signification* and *extrapolation*. The essence of institutional resocialization can be reduced to creating a context in which young people regain ability of making life choices, overcoming the hurdle of inability resulting from established dysfunctional habits.

Key words: Youth, drug problem, resocialization based on potentials, therapy, solutions focused approach

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Mateusz Frączyk, Aleksandra Zwolińska

Toruń campaign *October – a Month Free From Addictions* as an example of good practices

Abstract: The main goals of this article are to both delineate and analyse all the activities undertaken in the provision of a preventative campaign *October – a Month Free From Addictions* that has been organised for 21 years in Toruń by the local government. The campaign focused initially on threats associated with alcohol consumption by youth. However, after several years the scope of the campaign was extended to drug prevention and today it also includes a term which is very broadly comprehended, namely the prevention of any possible addictions that may result in threats for the development and social existence of not only youth, but also of any other age groups. Moreover, the activities undertaken in the provision of the campaign are dedicated to: school pedagogists, supervisors, tutors, social workers, etc. The below article illustrates the diversity of practices which have been conducted in Toruń for several months. In *October* they are concluded in the form of educational projects, happenings, workshops and contests promoting a healthy life style. Authors of the text also indicated the essential features of *Toruń campaign* – a systematically extended number of receivers and also the inclusion of new segments of possible hazards by promoters. Indeed, such characteristics, regularity, sustainability and commitment to designating and implementing the diversity of entities in the campaign are perceived as the measure of a success.

Key words: preventing, addictions, health education, youth, local community, Toruń

PROBLEMS OF THE YOUTH

Urszula Kempieńska

Some effects of alcohol consumption by teenage girls

Abstract: According to international studies, the number of teenagers who drink alcohol is increasing. The age of alcohol initiation decreases from year to year. Minors drink alcohol less often than adults, but at one time they consume it in larger quantities. Nowadays, the youngsters drink four or five glasses of strong alcohol at the party one by one. Speed is now fashionable: fast cars, quick sex and quick getting drunk. A frequent consequence of such a lifestyle is entering into risky sexual behavior, which results in an unplanned pregnancy. Studies show that girls also drink during pregnancy. The aim of the article is to show the causes and effects of alcohol consumption by under-age girls.

Key words: alcohol, causes and effects of alcoholization of girls, risky sexual behavior, FAS

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Danuta Dramska

The impact of advertising on the cognitive and emotional development of children and adolescents (the danger of addiction and the need for prevention)

Abstract: Addiction to advertising is a socially undesirable phenomenon. However, the need to conduct various types of preventive activities is connected not only with the hope of reducing the risk of addiction to advertising and shopaholicism, but also an opportunity to raise the standards of science and disseminate knowledge that serves the young person to properly read advertising content and maintain a proper distance from their message.

Key words: advertising, addiction, shopaholicism, preventive actions, cognitive development, risk areas

OLD & NEW READINGS

Sylwia Renosik

Foster parenting – a kindness of someone’s heart or a social mission?

(Review: Raław Mariola, *Zinstrumentalizowane rodzicielstwo. Rodziny zastępcze – między usługą a odruchem serca. Perspektywa socjologiczna*, Wydawnictwo Edukacyjne „Akapit”, Toruń 2017, ISBN 978-83-63955-47-2)

METHODICAL ATTACHEMENT

Jan A. Malinowski, Katarzyna M. Wasilewska-Ostrowska

Forms of prevention’s activity in the community center

Abstract: The article presents the main aims of different activities carried out by community centers for the children and youth. They focused primarily on children becoming from families with many difficulties. Thus they provided care and had educational tasks, which manifested itself in providing care (as a rule also a meal) and helping children in learning, as well as in organization their free time. An important aim of community day care centers is also

undertaking activities in the field of social prevention for shaping the right social relations, assertive and pro-health behaviors. To underline the role and importance of prevention in the work of the day care centers, the authors propose several scenarios of classes that can enrich the activities of educators employed in such facilities.

Key words: social prevention, children, youth, care, organization of free time, community center, projects of the classes