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CONTACT:
Kevin Strauss, M.E.
FamilyeJournal, LLC
Phone: 240-398-7228
info@familyejournal.com

Your Family's Connection Helps Reduce Teenage Suicide, Bullying

*Using teen's technology to communicate could be the solution
parents and their children have been looking for*

Leesburg, VA – January 8, 2013 – Suicide and bullying top the list of challenges teenagers face today. Mainstream solutions suggest parents “talk” to their kids which is proving less effective with the increase in dependency on technologies like social media and text messaging. “We need to communicate in a manner teenagers understand and to which they feel comfortable responding, which means getting online but without confrontation.” says FamilyeJournal.com President, Kevin Strauss.

During the 12 months before the [2011 Youth Risk Behavior Surveillance](#) survey conducted by the Center for Disease Control (CDC), 32.8% of students had been in a physical fight, 20.1% had ever been bullied on school property, and 7.8% had attempted suicide. The fourth leading cause of death among 10-24 year olds is suicide and that number doesn't reflect contemplation or serious depression.

A strong family connection can have a significant influence on reducing high risk behavior. However, since the 1960s, children have lost about 10-12 hours per week of time spent with their parents. Experts use a myriad of resources to help improve communication with the most common solution being to talk; frequently, clearer, directly, to listen actively and to watch non-verbals. Unfortunately, teens would rather text and tweet than be, what feels like, interrogated by their parent.

[FamilyeJournal](#) (FEJ) utilizes guided communication by offering family members a new set of four Q&As each day. By reading answers to questions like, “How would you rate your day on a scale of 1-10?” a new kind of connection occurs. By sharing information that may otherwise never be discussed, a new relationship level can be achieved. FEJ is a free service and fun for ages 8 and older. “Teenagers today communicate by writing using technology. The eJournal's format and questions take advantage of that and encourages parents and their children to share their thoughts and feelings.” says Strauss.

The opportunity to positively impact high risk youth behavior is here. Counseling experts and decades of research conclude that children who are close to their parents don't get into as much trouble. Short of direct counseling, an easy, convenient and effective solution has not been conceived until the [eJournal](#). Now is the time for every family to make an investment in themselves.

About [Kevin Strauss, M.E.](#)

Mr. Strauss earned his Master of Engineering in Biomedical Engineering from Worcester Polytechnic Institute. He has worked for nearly 20 years in the areas of orthopaedic implant research and development, regulatory affairs consulting and NIH funded research. His work has been published and presented at conferences, earned approximately 30 patents and won awards for innovation. His passion for psychology, human behavior and communication has led him to set his goal on helping families around the world get connected.

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