



The Home & School Connection



a newsletter from your School Psychologist and Counselor
October 2019- National Bullying Prevention Month

IN THIS ISSUE

Community Resources/Events
Information on Bullying Prevention (home and school)
Conscious Discipline tool of the month

COMMUNITY RESOURCES/EVENTS

October 9th: National Alliance On Mental Illness (NAMI) Family Support Group, Tahoe Forest Hospital, 6-8pm (FREE, <https://chamber.truckee.com/events/details/nami-support-group-10-09-2019-35379>)

- This group is intended to support family members who have a loved one impacted with a mental illness.

October 20th: Run For Education, Outland at Legends/ Scheels, 7am-11am, (Register at <https://thisisreno.com/calendar/run-for-education/>)

- Hosted by the Education Alliance of Washoe County a non-profit 501(c)3 community outreach organization created in 1992 to support all students in Washoe County, the Run for Education raises needed money for PE and student wellness and nutrition in WCSD Elementary Schools.

October 22nd -24th: 2nd Annual National Summit of State Tip Lines: Intersection of Law Enforcement, Education, and Mental Health. (FREE, RSVP on Eventbrite)

- Preventing School Shootings
- Twenty Years Since Columbine: Lessons Learned and Best Practices for Creating Safe Schools and Community
- How law enforcement, education, and mental health reinforce each other and improve school safety together
- Blueprints for Tip Line Operations
- Law Enforcement Roles and Responses to Tip Lines
- Response Protocols for School Multidisciplinary Teams
- Trauma Informed and Resilience-Oriented Leadership
- Social Workers' Role in Responding to Tips
- Challenges and Barriers of School Safety Tip Lines

TIPS & TRICKS: Bullying Prevention Information for Students/ Parents *

For Students: There are things you can do if you are being bullied or to protect yourself from bullying: Utilize STOP, WALK, TALK:

- STOP: Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- WALK: If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot
- TALK: Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying

Additional Tips: Stay away from places where bullying happens. Stay near adults and other kids. Most bullying happens when adults aren't around.

Cyberbullying Tips:

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyber-bullying, report it.

For Parents: Be aware of what your kids are doing online. Establish rules about technology use. Make sure that you and your children understand the state's anti-bullying laws and policies (can be found at:

<https://www.washoeschools.net/cms/lib/NV01912265/Centricity/Domain/173/Safe%20Drug%20Free%20Folders/Safe%20Drug%20Free%20Documents/Bullying/NDOEBullyingLawFinal.pdf>)

Teach your children how to recognize bullying and safe ways to stop bullying when they see it.

How To Report Bullying:

- Tell a trusted adult in your school: a counselor, teacher, coach, principal, etc.
- Online at bullyfreezone.nv.gov
- SafeVoice: anonymous tip line. Hotline: 833-216-7233, www.safevoicenv.org, or download SafeVoice mobile app (apple or android)

*Copies of the monthly handout are available on our bulletin board (between our two offices). Stop by and grab a copy of Nevada Department of Educations "Bully Free Zone" brochure.

CONSCIOUS DISCIPLINE TOOL: Using I- Messages

Teach students to be respectful and assertive by using I-messages

Style 1: "I don't like it when you_____." (Follow with an assertive command and relate it to safety.)

Style 2: "When you_____, I feel_____ because_____." (Follow with an assertive command.)

- "I" statements teach responsibility and reclaim your power. "You" statements send a message of blame, seek to inflict guilt and put the child in charge.
- Assertive communication requires facial expression, body language and tone of voice of "no doubt". Check-in with yourself, were your face, tone and words calm and firm?
- What you focus on, you get more of. End the statement by telling the child what to do instead (in positive terms).

SUGGESTIONS

Looking for us to address a particular topic? Please place a note with your suggestion in the folder on our bulletin board.

See you in Novemeber!

Coraline Dubois & Lauren Mattingly