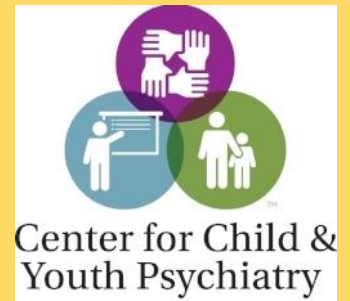


CCYP HAPPENINGS

October 2022

ccypsd.org



October is National Bullying Prevention Month

National Bullying Prevention Month is an opportunity to reflect on the classroom and school culture. It is a time to examine best practices when it comes to creating respectful school environments that foster inclusion and respect. The large body of research on effective responses to name-calling and bullying concurs that schools and other educational institutions can best address these behaviors through ongoing, comprehensive plans. These can include both intervention and prevention strategies and engage all people in the school environment: students, educators, school staff, families and other community members.

Take a Stand Against Bullying

Every day in schools across the country, students are bullied based on aspects of their identity including race, religion, gender and gender identity, socioeconomic status, sexual orientation, etc. Some of the most serious cases of bullying that occur in schools are the result of bias based on identity groups. Name-calling and bullying, like other bias-motivated behaviors, have the potential to escalate into more serious incidents of violence if they are unchecked.

How Can Teachers and Parents Prevent Bullying?

The cycle of name-calling and bullying is best interrupted by motivated allies. Teachers can help students by exploring with them the range of ally-building strategies and by practicing those skills and behaviors. Students can be motivated and empowered to act as allies and help contribute to creating a positive “ally culture” at their schools. Parents can keep the lines of communication open by talking with their children about bullying and cyberbullying and listening to what is happening for them in school and online.

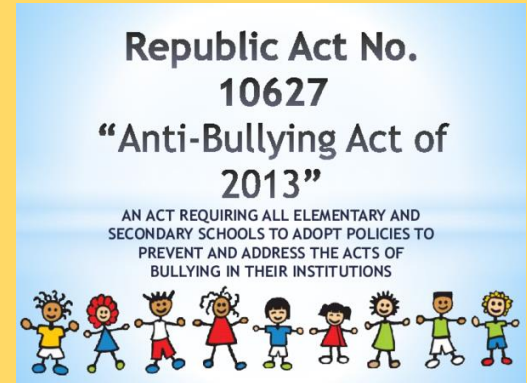
Newsletter Insights

- **Bullying prevention Month**
- **How to prevent bullying?**
- **Help a Child Recover from Severe Bullying**
- **Mental Health and Halloween**



State Anti-Bullying Laws

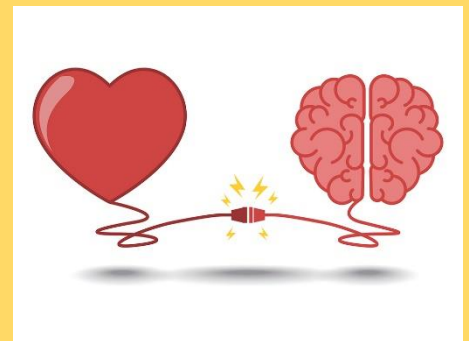
All fifty states and the District of Columbia have passed bullying prevention legislation. This information can be useful for schools when developing their own school and district policies. ADL's Bullying Prevention Statutes Chart provides detailed information about each state's bullying and cyberbullying laws. The resource includes links to the anti-bullying statute and whether each includes certain requirements such as statewide model policy, cyberbullying harassment provision, procedures for reporting, notification of parents, and more.



5 Recommendations to Help a Child Recover From Severe Bullying

1. ***Give your child constant reassurance and emotional connection.***

As hard as it is, try to act calm, positive, and hopeful since your becoming upset will make things harder for your child. Listen and keep listening. Kids need to hear these messages over and over, "I am so glad you told me. What happened was NOT your fault. We are all going to work together to prevent this from happening again." Find fun activities to do together no matter how busy you are so that you can create new positive experiences. Turn off your technology for a while so that you can really focus on enjoying each other's company.



2. ***Arrange professional counseling for both your child and your family.***

Bullying often affects the whole family and can negatively change a child's world view. Having outside perspectives and emotional support can make a great difference in how quickly and well a child heals from this upsetting experience. If the assault happened at school, schools can be asked to have their insurance pay for any medical care needed as well as therapy.

3. ***Provide protection from retaliation and further aggression.***

Report any illegal behavior such as physical assaults, sexting, and cyberbullying to authorities including the police, social worker agencies, and school officials. Ensure that the leaders in schools and other youth-serving organizations take clear action, provide better supervision, train teachers and playground supervisors in intervention and protection skills, apologize to your child for what happened, and explain to both your child and you why this will NOT happen again.

4. ***Seek opportunities for your child to develop new friendships and have fun with peers.*** Find social and recreational activities that are fun for the child in safe settings with adequate adult supervision.

5. ***Provide your child with self-defense, boundary-setting, and personal safety training.***





Mental Health and Halloween

Scary or gory decorations, movies and attractions can be appealing in the “spirit of Halloween,” but they can also make people feel bad and increase feelings of anxiety and fear, especially for children and those with existing mental illness. Consider how someone might feel in these environments, and how you can help them manage those feelings. Validating a child’s feelings of fear or anxiety and reducing environmental stressors can help make it a positive experience. Practicing how to handle a scary situation ahead of time can also help children feel prepared and reduce anxiety or fear. Giving children the support and validation to process new, scary or anxiety-causing situations – during Halloween and all year – can help them build positive mental health habits.

Mental illness can be scary for those who experience it. But we should not be afraid of those with mental illnesses and must stop perpetuating that stereotype. When selecting your costume, decorations and activities this Halloween, please consider how they impact the perception and understanding of mental health and what message you are sending.



RESOURCES

California Parent and Youth Helpline

Phone: 855-427-2736

Website: <https://caparentyouthhelpline.org/>

Child Abuse

Phone: 858-560-2191

San Diego County Office of Education

<https://www.sdcoe.net/students/health-well-being/bullying-prevention>

PACER National Center for Bullying Prevention

<http://www.pacer.org/bullying/>