

BULLYING PREVENTION NEWSLETTER

A Bi-Monthly Email Newsletter focused on Bullying Prevention & Resources

Volume 1: Issue 2

October 2020



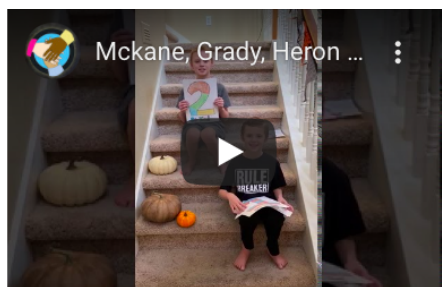
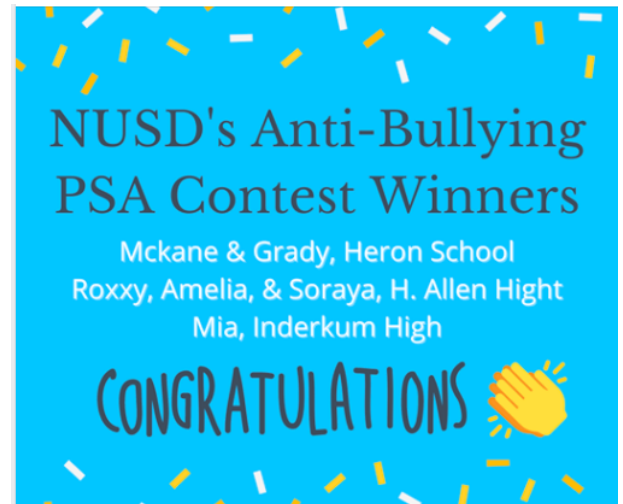
WHAT'S NEW ON THE NUSD WEBSITE?

NUSD has a new Bullying Prevention and Resources button on the NUSD home page. Click on the icon on the left to access our updated Bullying Prevention webpage.

ANTI-BULLYING PSA CONTEST WINNERS

NUSD hosted an Anti-Bullying Public Service Announcement (PSA) contest open to all students in grades K-12. The community voted and the winners have been announced.

Thank you to all the students who participated. We appreciate your voice and commitment to creating anti-bullying messages.



Mckane & Grady
Heron School



Roxxy, Amelia, Soraya
H. Allen Hight



Mia
Inderkum

Produced by Yessenia & Annelise



RED RIBBON WEEK
OCTOBER 23 -31, 2020

The 2020 Red Ribbon Week theme is:
BE HAPPY. BE BRAVE. BE DRUG FREE.™ Click on the red ribbon icons below to learn more about Red Ribbon Week.



Natomas
Unified School District

empathy

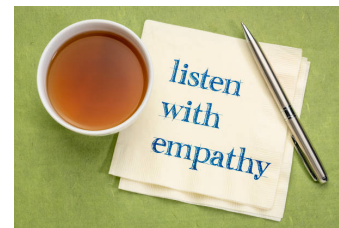


Empathy .mp...

CHARACTER MOMENT

In this issue, we will focus on empathy as a character trait to prevent bullying. Empathy is the ability to understand and share the feelings of another person. When you can see another person's perspective, you are less likely to tease or be mean to them.

Watch the video presented by Mrs. Nix, Psychologist, to learn more about empathy.



COVID-19 AND CYBERBULLYING

According to the PACER's National Bullying Prevention Center, cyberbullying is using a form of technology-such as the internet, cell phone, or virtual classrooms-to intentionally hurt or harm someone else.

Click on the icon on the right to view these free digital resources that you can use to continue engaging your child or student in social and emotional learning.

Infographics: COVID-19 and Cyberbullying

Download and share these infographics which illustrate the relationship between COVID-19, distance learning, and potential for cyberbullying.



**Elementary
School Students**



**Middle and High
School Students**



Parents



Click on the icon above to view PACER's infographics which illustrate the relationship between COVID-19, distance learning, and potential for cyberbullying.

CLICK
HERE



Google docs

GOOGLE DOCS: A NEW WAY TO BE CYBERBULLIED

According to the article by Dr. David Franklin, Ed.D., titled *Google Docs: A New Way to be Cyberbullied*, Google Docs "is one of the most popular destinations for online bullying." Click on the [Google](#) icon on the left to read the full article.