

BULLYING PREVENTION NEWSLETTER

A Bi-Monthly Email Newsletter focused on Bullying Prevention & Resources
Volume 2: Issue 1
October 2021

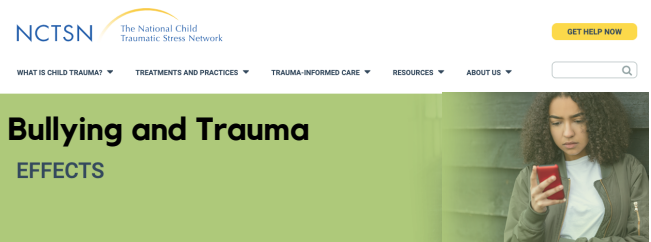


OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

This newsletter focuses on October as National Bullying Prevention month and will review Trauma-Informed Practices as a tool to build relationships, connections and a sense of safety.

THE CONNECTION BETWEEN BULLYING AND TRAUMATIC STRESS

Bullying can be a potentially traumatic experience for students. Events that traumatize one person may not affect another because every person responds differently. According to the National Child Traumatic Stress Network (NCTSN), children or teens who have been exposed to trauma and violence may be more likely to bully others and be bullied. Click on the image to the right to find out more about the connection between bullying and traumatic stress.



Instead of labels like "bullies" and "victims," more appropriate language should be used like "the child who bullied another student" (rather than "the bully") or "the student who was bullied" (rather than "the victim").



National Bullying Prevention Month

ANTI-BULLYING PSA Contest

Students are invited to submit a 60-second PSA that will help spread their message about how each of us (individually or as a group) can prevent/end bullying in a kind, nonviolent manner.

Contest ends October 11th

Natomas Unified School District
Connecting students to their future

Contest details and more information at www.natomasunified.org

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

October 2021 is Bullying Prevention Awareness Month. This is a perfect time to increase our awareness and understanding of bullying. In an effort to amplify student voices, we are hosting a NUSD Bullying Prevention 60-minute Public Service Announcement (PSA) for all grades. To learn more about the contest, click on the image to the left.

**PSA contest ends
October 11**



For inquiries, contact Dr. Michele Hamilton at mhamilton@natomasunified.org

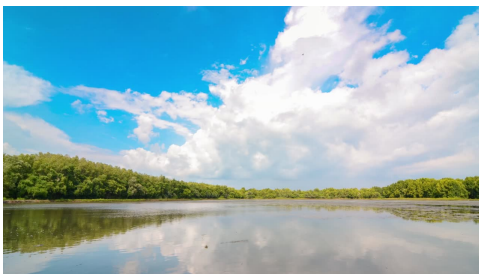
TRAUMA-INFORMED PRACTICES

Trauma-informed schools



TRAUMA-INFORMED PRACTICES TO USE WITH STUDENTS

A student may experience the effects of trauma if they have been bullied or witnessed the bullying of their peers. There are some activities and strategies that adults can do with students and young children to build resilience and to provide healing. Weareteachers.com offers five calming strategies to use with students to increase self-control, concentration, anxiety management and mental focus. Click on the image on the right to access the Mind-Body Exercises.



WHAT ARE TRAUMA-INFORMED PRACTICES?

Becoming trauma-informed means that we recognize and respond to the impact trauma has on the students in our schools, the families in our community and one another as a district. It is shifting our lens from "what is wrong with you" to "what has happened to you?" In doing so, we can create classrooms, schools and a district that intentionally builds resilience that buffers the effects of traumatic stress. To learn more about trauma-informed schools and practices, click on the image on the left.

5 Calming Mind-Body Exercises to Try With Your Students

BULLYING AND TRAUMA FACTS

To learn more about bullying and trauma facts, click the image below.

BULLYING & TRAUMA FACTS

Having been traumatized leads to an increased likelihood that a person will engage in bullying behavior.

Having been traumatized leads to an increased likelihood that a person will be bullied.

NCTSN The National Child Traumatic Stress Network

The relationship between trauma and bullying

FACT Children who are victims of trauma often have difficulty developing appropriate social skills and are thus more likely to become victims of bullying later in life.

41% of kids who have had at least 3 Adverse Childhood Experiences (ACEs) demonstrate negative behaviors like bullying.

FACT As the number of ACEs increased, the likelihood of adolescent violence related perpetration (including bullying) also increased.

Being bullied can lead to PTSD

For all bullied students, 27.6% of boys and 40.5% of girls had PTSD scores within the clinical range.

Those who both bully and are bullied had even worse symptoms.

Because bullying is ongoing and typically goes undetected, many children who are bullied can develop symptoms of PTSD.

What does this tell us?

Just implementing a bullying prevention and intervention program without also addressing trauma may be missing the needs of many children.

+

Just implementing trauma interventions without also addressing bullying may be ignoring a potential and current source of trauma.