

# SUPPORTING OUR STUDENTS IN SAFE AND SECURE ENVIRONMENTS

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HIB & Suicide Prevention

August 6, 2015

# Outcomes

- After the presentation you will:
  - Be aware of current Healthy Youth Survey data regarding HIB and mental health
  - Be aware of resources available to your school to support student mental health
  - Be able to plan for staff and student training

# HIB

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# Why We Need to Discuss HIB

- Important topic in society today
  - Cyberbullying major issue for kids; impacts to school environment
- Legal challenges around the state
- Claims against Everett Public Schools in 2014-2015



# Policy/Procedure/Law

- 3204/3204P
- RCW 28A.300.285
  - Defines HIB
  - Requires compliance officer, staff and student training, investigation, timeline

# Definition

- Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

# A Relational Problem

Bullying is a relationship problem that requires a relationship solution.

# Core Elements

Bullying is a form of youth violence that includes:

- Unwanted, aggressive behavior
- A real or perceived imbalance of power between the student(s)/adult(s) doing the bullying and the student(s) being bullied
- Behavior that is repeated, or has the potential to be repeated, over time



# Who Harasses/Bullies?

- Teachers/Coaches/Other Adults
  - Investigated 2 cases in past two years
- Affluent students
  - Used to getting own way
  - Looked up to by other students/has influence
- Disadvantaged students
  - Lack control of life
  - Trying to find place in world

# Roles in Harassment

- Aggressor
- Target
- Bystanders
  - Bystanders can be taught to be **UP-STANDERS** to change the climate

# When Do Kids Reveal Bully Troubles?

- Video – [Rosalind Wiseman](#)
- A story about a kid.

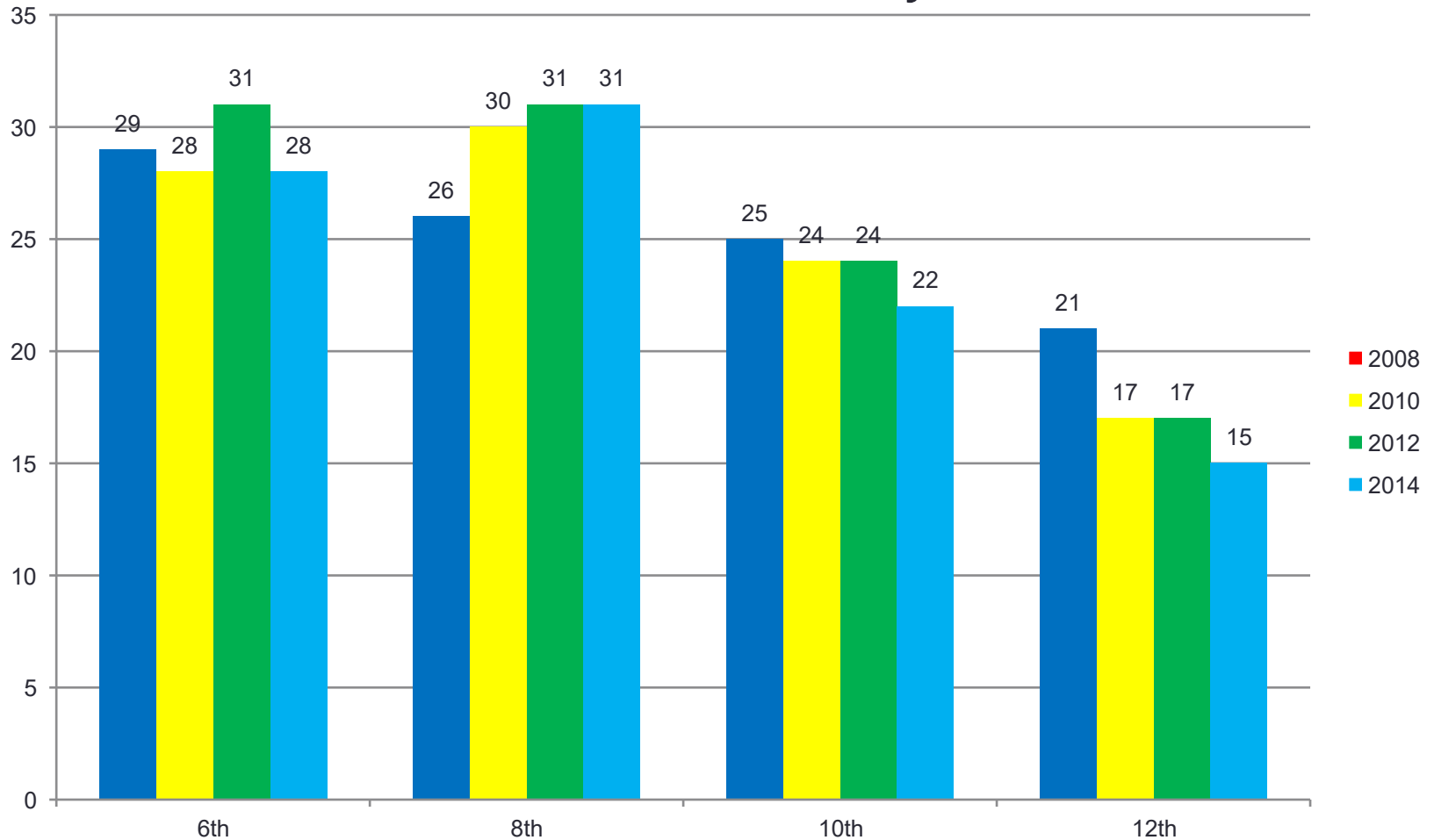
# 2014-15 EPS Discipline Data

	Elementary	Middle	High
Bullying/ Other Harassment	26	185	105
Disability	0	0	1
Racial	2	17	7
Sexual	7	54	17
<b>Total</b>	<b>35</b>	<b>256</b>	<b>130</b>

Not all incidents reported

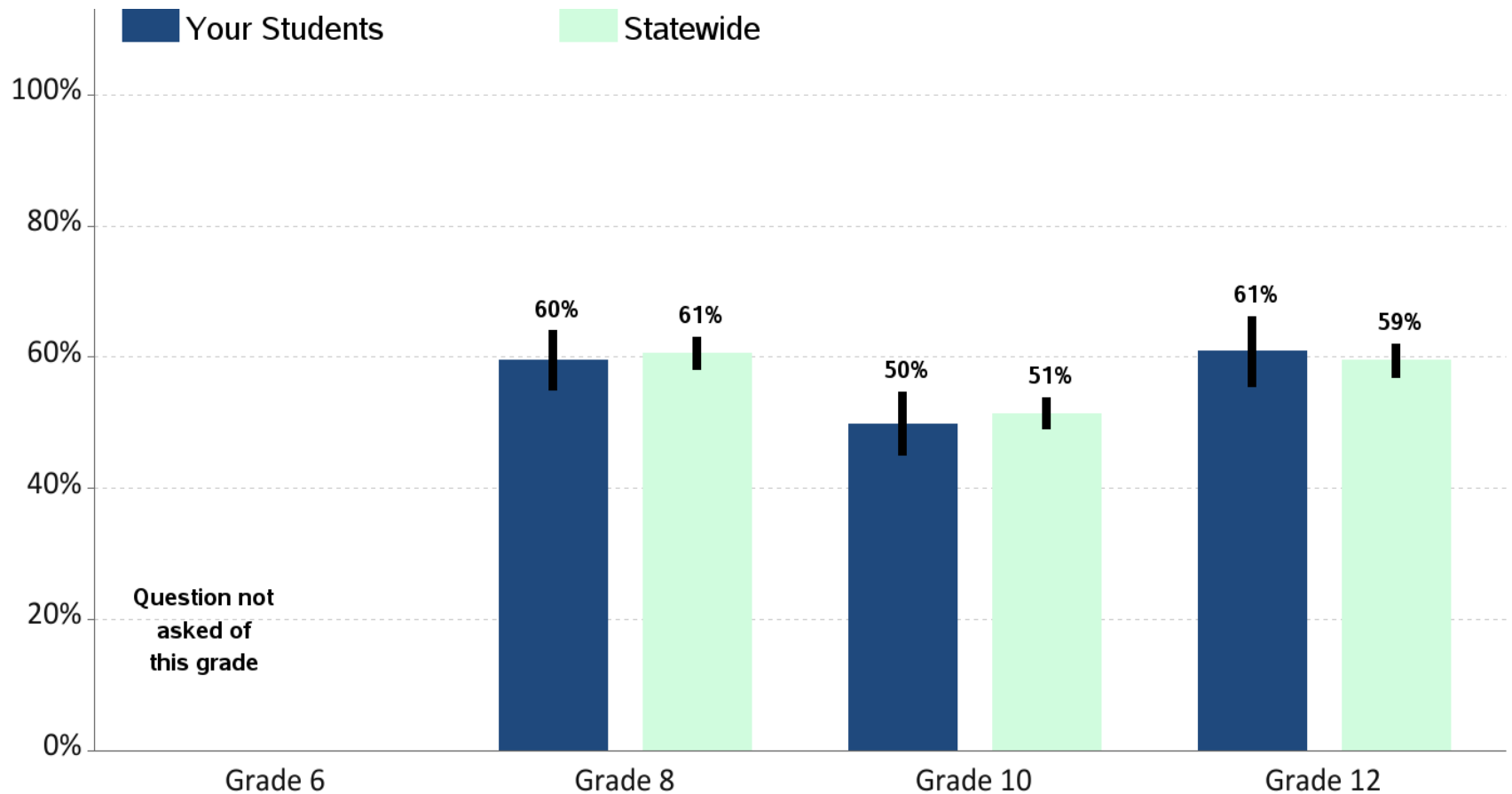
# Comparison Data HYS 2008-2014

## Percent of Students Who Report Being Bullied in the Past 30 Days



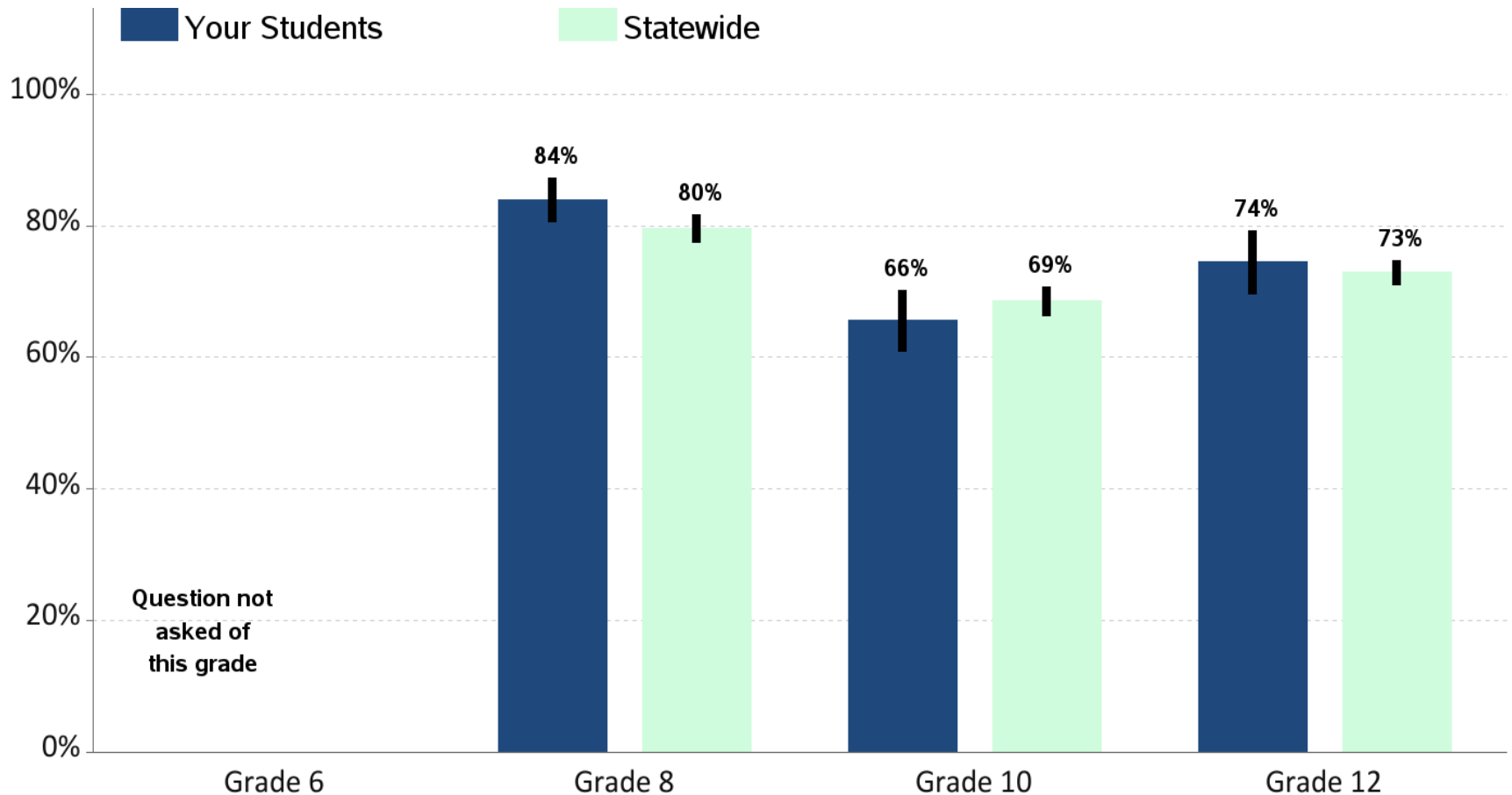
# 2014 HYS Data

## Percent of Students Who Report Teachers or Other Adults at School “Almost Always” or “Often” Try to Stop Bullying



# 2014 HYS Data

## Percent of Students Who Report They Know How to Report Bullying at School



# Supportive Settings

- Engagement: includes relationships, respect for diversity, and school participation
- Environment: includes the physical, academic, and disciplinary environments and wellness
- Safety: includes emotional and physical safety and reduction of substance use



# Best Practices in Bullying Prevention and Intervention

- Focus on the social environment of the school
- Assess bullying at your school.
- Garner staff and parent support for bullying prevention.
- Form a group to coordinate the school's bullying prevention activities.
- Train your staff in bullying prevention and keep talking about it.
- Establish and enforce school rules and policies related to bullying.
- Increase adult supervision in hot spots where bullying occurs.
- Intervene consistently and appropriately in bullying situations.
- Focus some class time on bullying prevention throughout the year.
- Continue these efforts over time.

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

# You are Doing Good Things

- Share one thing your school is doing to develop a healthy, respectful school climate

# MENTAL HEALTH

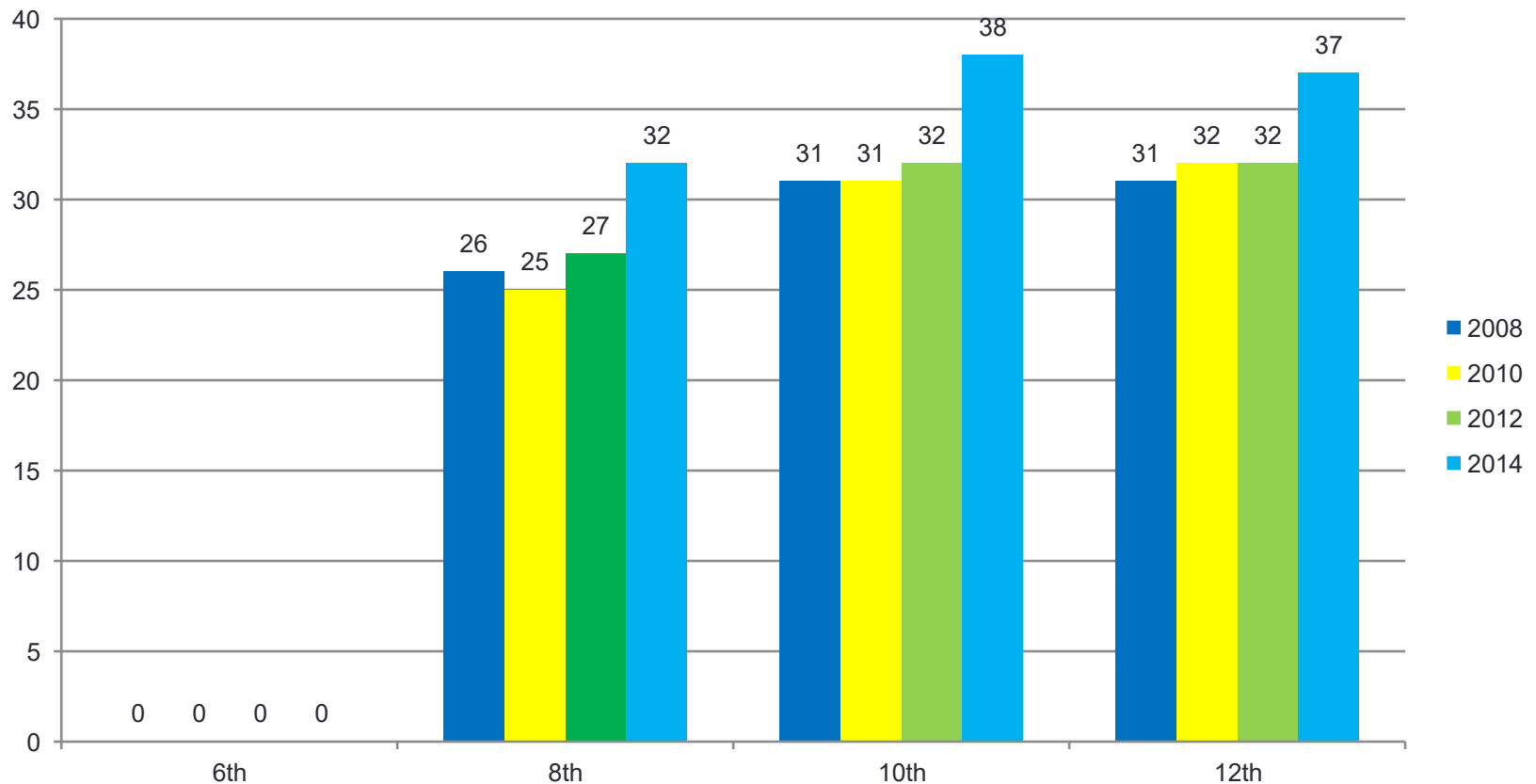
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# House Bill 1336

- A 3 hour Suicide Prevention Training is required of school counselors, psychologists, and social workers.
- School districts are required to adopt a crisis response plan for recognition, initial screening and response to emotional or behavioral distress in students.

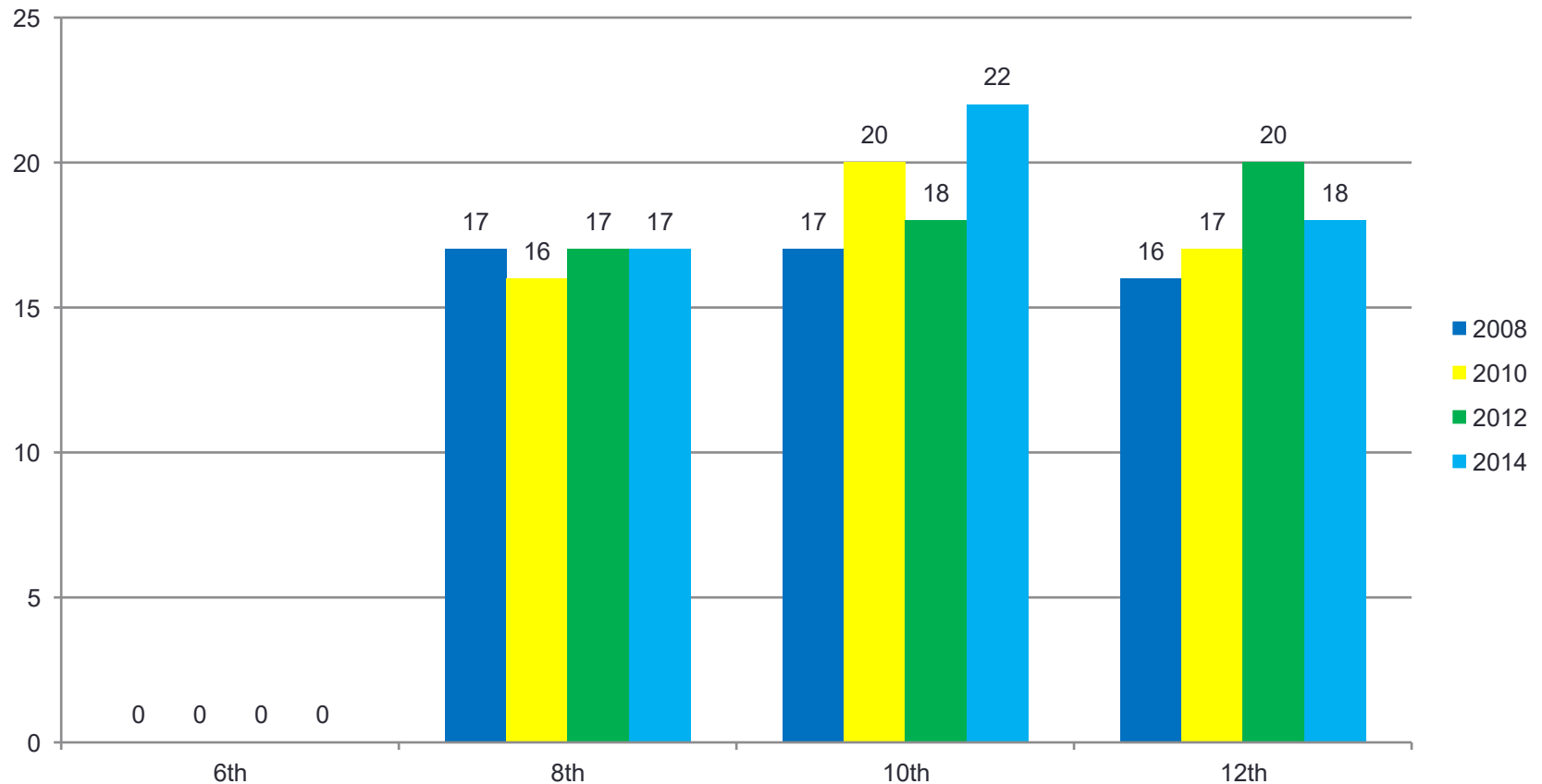
# Comparison Data HYS 2008-2014

## Percent of Students Who Report Experiencing Depressive Feelings in the Past Year



# Comparison Data HYS 2008-2014

## Percent of Students Who Report Having Seriously Considered Suicide in the Past Year



# Networks for Life:

## A Counselor's Role in Youth Suicide Prevention

- About Youth Suicide
- Prevention: Knowing the Issue
- Youth Suicide in Washington: Data
- Prevention Education
- Prevention: Creating a supportive, preventive environment
- Intervention: When to step in
- Postvention: After a suicide

# Signs of Suicide Curriculum for Middle School and High School

- Signs of Suicide is the only evidence and school-based suicide prevention program endorsed by SAMHSA.
- Addresses suicide risk and depression, reduces suicide attempts, empowers students with practical tools, educates students, parents and staff and creates common mental health language.
- Can be delivered in one or two class periods.
- Easy and simple to use.



# Signs of Suicide Curriculum

- Video creates structure to address mental health concerns in a consistent and healthy manner.
- Gives students the language and opportunity to ask for help when they normally would not have.
- Addresses and reinforces previous lessons regarding bullying, on-line safety, depression and self-harm.

# Time to Act: SOS Signs of Suicide Middle and High School Program

- [https://www.youtube.com/watch?v=CRjAm3b-e\\_w](https://www.youtube.com/watch?v=CRjAm3b-e_w)
- <https://www.youtube.com/watch?v=hhuUCVbejus>

# Program and Curriculum Resources

- The following are links to information on bullying prevention and intervention background, educator and parent resources and programs.
- [Bullying Prevention Resources](#) (PDF)
- [Committee for Children](#): Provides many resources for bullying prevention. This site can guide the selection of a bullying prevention program by the bullying prevention committee.
- [Community Matters](#): Programs and services organized around a whole-school framework to improve school climate and reduce bullying related incidents.
- [Let's Get Real](#): Young people tell their stories in their own words—and the results are heartbreaking, shocking, inspiring and poignant.
- [The Massachusetts Aggression Reduction Center](#): MARC provides academic-based, high-quality, free or low cost programs, research and resources for education, communities and families, nationwide.
- [Olweus Bullying Prevention Program](#) - A comprehensive, school-wide program designed and evaluated for use in elementary, middle, junior high or high schools.
- [Pacer's National Bullying Prevention Center](#): Unites, engages and educates communities nationwide to address bullying through creative, relevant and interactive resources.
- [Peaceful Playgrounds](#): The purpose is to introduce children and school staff to the many choices of activities available on playgrounds and field areas

# Program and Curriculum Resources

- [Positive Behavioral Interventions and Supports](#): A decision making framework that guides selection, integration, and implementation of the best evidence-based academic and behavioral practices for improving important academic and behavior outcomes for all students.
- [Project Adventure](#): The Peaceable Playground Program was developed by Project Adventure to address aggressive play at recess.
- [Rachel's Challenge](#): A series of student empowering programs and strategies that equip students and adults to combat bullying and ally feelings of isolation and despair.
- [Safe & Civil Schools](#): A series of materials and services that schools and districts can use to implement Positive Behavior Support solutions.
- [Seattle MS Cyberbullying Curriculum](#): Lessons can be used alone, but contain materials designed to coordinate with and fit into ongoing Olweus Bullying Prevention programs.
- [StopBullying.gov](#): Provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
- [Teaching Tolerance](#): A place for educators to find thought-provoking news, conversation and support for those who care about diversity, equal opportunity and respect for differences in schools.
- <http://www.k12.wa.us/Safetycenter/BullyingHarassment/default.aspx>

## Now it's your turn...

- Spend the next \_\_\_\_\_ minutes in your school team planning the activities and strategies you will implement in your building this year that specifically address supporting our students in safe and secure social and emotional environments.

# A little inspiration...

- <https://www.youtube.com/watch?v=m5yCOSHeYn4>