

Communities and Schools in Action



A publication of the Safe Communities ~ Safe Schools Initiative

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Bullying Prevention Recommendations

Tips for Students

- If bullied, tell your parents - telling is not tattling. They can help you figure out what to do.
- Tell a trusted teacher, school counselor, or principal, or have your parents talk to the school for you.
- Do not retaliate or get angry.
- Respond evenly and firmly or say nothing and walk away.
- To avoid a bully, develop friendships and stick up for each other.
- Act confident.
- Take a different route to and from school.
- Avoid unsupervised areas of the school.
- Do not bring expensive items to school.

Tips for Parents

- Encourage your child to share problems with you and ensure him/her that it is not tattling.
- Praise and encourage your child - a confident child is less likely to be bullied.
- If your child's behavior is contributing to the problem, try to improve your child's social skills without suggesting he/she is responsible.
- Help your child develop new friendships - new peers can provide a new chance.
- Maintain contact with your child's school. Keep a detailed record of bullying episodes and communication with the school.
- Motivate your child to participate in sports or physical activity to improve esteem.

Tips for Schools

- Establish a bullying prevention coordinating committee.
- Create a long-term anti-bullying plan and raise school and community awareness and involvement.
- Use student surveys to determine if there is a bullying problem.
- Involve parents in planning, discussions and action plans. Invite them to meetings, inform them of the school anti-bullying plan, and inform them of bullying situations involving their children.
- Establish classroom rules against bullying.
- Create positive and negative consequences regarding bullying.
- Initiate serious talks with bullies and with victims of bullying.

Mesa County Valley School District

School safety is a priority for the 36 schools in Mesa County Valley School District #51, located in Grand Junction on the Western Slope. District 51's efforts to provide a safe learning environment for its middle school students have been very successful. The vast majority of the students (85%) and staff (96%) as well as parents (86%) and community (78%) believe students are learning in a safe environment. These statistics result from the surveys administered last year to all 8 middle

schools participating in the initiative. The survey data will be used to develop prevention plans for each school. Using the Planning and Social Support Teams, schools continue to update and move forward with implementation of prevention strategies.

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◆ Safe School Planning Assistance Available ◆

The Center for the Study and Prevention of Violence (CSPV) is currently offering technical assistance to schools and communities throughout the state of Colorado in the area of safe school planning.

CSPV is available to provide assistance with specific components of the Safe Communities ~ Safe Schools model, such as information sharing, crisis planning, prevention programming, and all aspects of creating a safe school plan.

In addition, CSPV can assist schools in implementing the complete model, should they choose to do so.

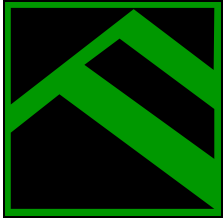
CSPV has received \$1 million in funding from The Colorado Trust to provide these technical assistance services at no charge to schools and communities in Colorado. For more information, or if you are interested in receiving technical assistance from CSPV, please call (303) 492-1032.

Lake County School District

West Park Elementary School, a second through third grade elementary school, is part of the Lake County School District located in Leadville, Colorado. West Park has ap-

proximately 200 students. Because of Leadville's existing small size and close relationships, there has been active involvement in the Safe Communities ~ Safe Schools Initiative from law enforcement, the superintendent, parents, teachers, and representatives from the Victim's Advocates, Colorado Mountain College, Parks and Recreation, and clergy. Last spring, in order to maximize efforts and communication, the SCSS Planning Team joined forces with the Accountability Team's school climate subcommittee. This group will begin to develop the strategic plan this fall to address the top areas of concern as illustrated in the student and staff surveys that were administered last winter. Some issues to be addressed include bullying, staff development and building improvements.

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Safe Communities ~
Safe Schools
Center for the Study and
Prevention of Violence
University of Colorado
439 UCB
Boulder, CO 80309-0439

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THE COLORADO TRUST
UNIVERSITY OF COLORADO AT BOULDER

SCSS INITIATIVE

CSPV, in partnership with The Colorado Trust, developed the Safe Communities ~ Safe Schools (SCSS) Initiative in response to requests from the Colorado education community. The goal of the Initiative is to help schools and communities create and maintain a positive and welcoming school climate free of drugs, violence, intimidation and fear - an environment which is strongly supported by the community, and in which teachers can teach and students can learn. To achieve this goal, CSPV is assisting schools in Colorado in designing individualized safe school plans based on the five components of the Safe Communities ~ Safe Schools Model:

SCSS Planning Team
Site Assessments
Prevention Programming
Social Support Team
Crisis Planning.

CENTER FOR THE STUDY AND PREVENTION OF VIOLENCE

University of Colorado at Boulder
439 UCB
Boulder, CO 80309-0439
303-492-1032

Delbert S. Elliott, Director
Jane M. Grady, Assistant Director
William Woodward, Training and Technical Assistance Director
Landa Heys, Communications Coordinator
Holly Bell
Sheryl Cardozo
Jennifer Carroll
Miriam Jebe
Beverly Kingston
Rhonda Ntepp
Gretta St. Martin
Dorian Wilson
Darci Card

Mesa County cont. from page 1 District 51 is in the process of adopting a new Strategic Plan. Through this process, over 3000 school and community members were asked for input and identified "*Safe Learning and Working Environment*" as a priority. Included under this proposed aim is the framework of the Safe Communities ~ Safe Schools project. The district continues to update emergency response plans as well as provide training for staff and students in this area. Plans are underway for the annual crises in-service for staff.

Included this year will be a mini prevention fair showcasing exemplary and promising programs available for adoption by schools. Continuous student improvement continues to be District 51's focus. The SCSS initiative supports this focus through offering numerous resources and technical assistance. Mesa County is happy to share its successes and challenges with others. Please contact Karol Benroth at (970) 245-9852 for more information.

Lake County cont. from page 1 One of the goals created to address the preventive aspect of school safety involves implementing a school-wide bullying prevention program and promoting respect among all students. Further, as more than half of the overall elementary student body is Hispanic there are hopes to bring in a Bilingual Coordinator to work with parents and community members to strengthen those relationships.

One of the most important pieces to successful planning with respect to the Safe Communities ~ Safe Schools Initiative is determining what has been effective. The goal for West Park this year in school safety is to put into place things that work – things which will enhance and improve the learning environment for both students and staff, making school a safe, fun, and positive place to learn. For more information about West Park Elementary, contact Kathy Bye, Principal and SCSS Coordinator, at (719) 486-6891.