

## **School Newsletter Copy:**

### **National Bullying Prevention Month**

October is Bullying Prevention Month across the country. During this month take a moment to talk to students about bullying, but more importantly, work to create bully prevention plans. These plans will help students:

- Identify bullying situations
- Respond to witnessing a bully
- Report a bully
- Seek help if they have been bullied

Put your plans in a visible space. This will remind students how they can feel safe and at home in school and their community. Visit [RedCardKC.com](http://RedCardKC.com) for more ideas.

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### **Bullying is Not Just a School Issue**

Research shows that schools can play a powerful role in bullying prevention. They can inspire others and maintain a climate of respect and inclusion. However, schools cannot do it alone. When parents and youth are involved in the solutions:

- Students feel safer and can focus on learning
- Parents worry less
- Teachers and staff can focus on their work
- Schools can develop more responsive solutions (Students are more likely to see or hear about bullying than adults.)
- School climate improves (Students are engaged in taking action to stop bullying)
- Parents can support schools' messages about bullying at home (They are also more likely to recognize signs that a child has been bullied or is bullying others.)

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### **What Can Parents Do?**

Red Card is a bully awareness partnership between our school, Sporting KC and Children's Mercy, that provides parents with four ways to help students deal with and avoid being bullied:

- Teach your child to act with self-confidence (Confident empathetic children are less likely to bully others, or be bullied)
- Help your child understand the different types of bullying and learn to recognize the signs of bullying in your child.
- Encourage involvement in activities your kids enjoy (kids involved in group activities develop more confidence, resiliency, a better sense of belonging and more meaningful relationships)
- Watch out for signs of cyberbullying (notable increase or decrease of device use; emotional responses to what's happening on their device; hiding their screen; shutting down social media accounts and/or opening new ones)