

Welcome to the Safe and Healthy Learners E-newsletter!

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Welcome back to school! This edition of the E-Newsletter will focus primarily on resources regarding bullying prevention and creating safe school environments. Children are hardwired to learn and to be in relationships. Taking the time to build the learning community and relationships in the classroom both enhances learning and helps to prevent against bullying.

October is Bullying Prevention Month, and more information on that can be found at the PACER website (<http://www.pacer.org/bullying/nbpm/>). In her book, *Restoring Safe School Communities*, Brenda Morrison describes tiered levels of support to create safe school climates. These three tiers are similar to the frameworks of Response to Intervention (RtI) and Positive Behavioral Interventions and Supports (PBIS— <http://pbismn.org/>).

Primary prevention practices involve the entire school community and aim at establishing an ethic as well as skills for resolving differences in respectful and caring ways.

Secondary prevention practices target groups and involve them in problem solving or talking Circle practices in the classroom on a regular basis.

Tertiary practices respond to specific harms and involve all those affected, including families, social workers, and others, in a face-to-face restorative justice process.

Morrison summarizes the whole-school approach:

- Reaffirming relationships through developing social and emotional skills.
- Repairing relationships through facilitated and supported dialogue.
- Rebuilding relationships through intensive facilitated dialogue that includes a broad social network.

Using this framework, here are some resources for each level.

1. **Bullying Prevention Resources**

Re-affirming Relationships: Following are resources and ideas to add to bullying prevention education and school climate promotion efforts such as Olweus Bullying Prevention Program, Second Step, Bully Busters, CASEL's school climate programming, Responsive Classrooms, Lions Quest, or Character Education, to name a few.

The Make the Peace Calendar provides pro-social themes for each month, with ideas for activities to support on-going relationship building and social emotional learning.



Make The Peace
Calendar (2).pd...

MindUp: a resource for social emotional learning. The Hawn Foundation seeks to help transform children's lives by providing them with opportunities to acquire vital social and emotional skills, to improve academic performance, enhance the quality of their lives, and help others in their community. We support research studies conducted by university associated social scientists and neuroscientists and develop evidence-based educational programs for children, such as MindUP™, using cutting-edge scientific research on the brain and social emotional learning. <http://www.thehawnfoundation.org/welcome>

Book by Book: an annotated guide to youth people's literature with peacemaking and conflict resolution themes, Carol Spiegel, Educators for Social Responsibility, Cambridge, MS, 2010, www.esrnational.org.

Search Institute Asset Champion: resources for creating a safe, supportive school environment, or school bus environment: <http://www.search-institute.org/back-to-school>

Wakanheza--MN Elementary School Principals' Program: http://www.mespa.net/Wakanheza_Project.html. This program from the Ramsey County Initiative for Families provides ways to handle stressful situations with students and students' families.

Lesbian, Gay Bisexual, Transgender Health CDC's Division of Adolescent and School Health launched a web page on the topic of LGBTQ youth and bullying. It includes advice and resources on how teachers and school administrators can prevent bullying in schools, and what parents can do to support their children. The page can be found at: <http://www.cdc.gov/lgbthealth/youth.htm>

PBIS National Website has resources on bullying prevention using Positive Behavior Supports: http://www.pbis.org/school/bully_prevention.aspx These resources are used in conjunction with implementing the Positive Behavioral Interventions and Supports. There is an elementary and a middle school manual.

Repairing Relationships

Safe Schools, Healthy Schools, One Student at a Time <http://www.miph.org/store/avert-dvd-package> From the Minnesota Institute on Public Health, this DVD is a training resources for staff, students and parents on how to address bullying, cyber bullying and threats using the *See It, Say It* six step process.

Restorative Questions I and II International Institute on Restorative Practices (IIRP), <http://www.safersanerschools.org/Books-and-Videos.html> Affective questions to use with students to problem solve problems and harm in the classroom, hallway or after-school setting.

Rebuilding Relationships

The Safe and Supportive Schools Technical Assistance Center for the US Department of Education has archived Webinars on their website. Click on the link for a list of [archived Webinars](#) to download PowerPoint presentations and question and answer summaries or to view the complete archived version of Webinars, including the real-time audio and visual to contact the Safe and Supportive Schools Technical Assistance Center email sssta@air.org. Last spring and this August, two webinars on bullying prevention and intervention were broadcast and archived. Both sets of experts recommended using formative, non-punitive responses to school bullying, such as:

Method of Shared Concern: <http://www.readymade.com.au/method/>

No Blame Approach: http://www.police.govt.nz/service/yes/nobully/kia_kaha/share.html

Positive Discipline: <http://www.positivediscipline.com/what-is-positive-discipline.html>

I Can Problem Solve: <http://www.sharingsuccess.org/code/eptw/profiles/es68.htm>

Restorative Justice Approaches: *Restorative Justice Pocketbook: how to resolve disciplinary matters by enabling those involved to repair the harm done to people and relationships*, by Thorsborne and Vinegrad www.teacherspocketbook.co.uk.

Other restorative measures resources:



Websites
estorative 2011.docx

Training Recommendation: Administrators and other school staff should be **trained** in these approaches before applying them. Any formative discipline process requires **preparation and follow-up** to ensure that participants understand the process, and to monitor the outcomes: does the target of the bullying feel safe again in the school, is the person who did the bullying changing his or her behavior, are bystanders and adults, including the parents and guardians aware of how they can positively support both the target and the person who did the bullying? Review office discipline data and check in with the affected parties in a timely manner to ensure that the learning environment has been repaired.

Working with Parents of Bullies and Victims by Dr. Water Roberts provides practical strategies and sample dialogues of conversations about bullying. Corwin Press, (800) 233-9936, www.CorwinPress.com.

Bullying Prevention Policy Resources

Some policies outline step by step interventions from actions the teacher in the classroom can take to the response of administrators in the office. For examples, see the following policy manuals.

PBIS: Reducing the Effectiveness of Bullying Behavior in Schools provides a framework to use data to identify and address bullying, using tiered levels of support for prevention and intervention.

http://www.pbis.org/common/pbisresources/publications/PBIS_Bullying_Behavior_Apr19_2011.pdf

Raisin City District Elementary School, Fresno County, CA <http://www.raisincity.k12.ca.us/>
http://disciplinethatrestores.org/Raisin_City_Handbook_-_DISCIPLINE.pdf Student handbook. This policy is based on the work of Ron and Roxanne Claassen. Roxanne is a K-8 teacher at Raisin City School, and Ron is the Director of the Center for Peacemaking and Conflict Studies, Fresno Pacific University, 559-453-3420 rlclaass@fresno.edu; peace.fresno.edu/.
<http://disciplinethatrestores.org/> Discipline That Restores web site.

Lewisham Schools and the Restorative Justice Council of Lewisham, United Kingdom

http://www.restorativejustice.org.uk/resource/lewisham_antibullying_policy_and_guidance_for_those_working_with_children_and_young_people/. The Lewisham Schools have a restorative anti bullying policy: *Lewisham Anti-Bullying Policy and Guidance for those working with Children and Young People*. Contact Caroline Newton, Lewisham Restorative Approaches Coordinator, carolinefn@hotmail.com.

Langley School District, Langley, British Columbia (a partnership between the Langley School District and Fraser Region Community Justice Initiatives Association). <http://www.sd35.bc.ca/programs/counselling/default.aspx?ID=34> *Restorative Action* is an approach to resolving conflict that is based on a set of principles and values. These principles and values guide a response that is needs based and focused on meaningful outcomes. Restorative Action utilizes trained students and staff to help facilitate the restorative process. Restorative Action School Program Coordinator (Fraser Region Community Justice Initiatives Association) - Dan Basham at 604-534-5515; danbasham@cjibc.org.

Other Bullying Policy Resources

The Compliance and Assistance Unit of the Minnesota Department of Education has updated two model policies:

Model Harassment and Violence Prohibition Policy (native) 70Kb (9/1/2011)

In accordance with Minnesota Statutes, section 121A.03, each school board must adopt a written policy prohibiting harassment and violence, which shall be made available to all school personnel and students.

Model Hazing Prohibition Policy  83Kb (8/2/2011)

In accordance with Minnesota Statutes, section 121A.69, each school board shall adopt a written policy governing student or staff hazing and include such policy in the student handbook on school policies.

Strategies for Creating LGBTQ Inclusive Anti-Bullying Policies at the State Level Link to Webinar Recording:

<https://cc.readytalk.com/play?id=gk61we>

US Department of Education Guidelines on State Bullying Policies:

http://www.findyouthinfo.gov/spotlight_bullyingPoliciesTAmemo.shtml

Anti Defamation League Resource on Cyberbullying Language:

http://www.adl.org/main_internet/Cyberbullying_Prevention_Law

Cyber Bullying Prevention Manual by Nancy Willard, M.S., J.D. Center for Safe and Responsible Use of the Internet

<http://csriu.org/cyberbully/docs/cbcteducator.pdf>

Climate Activities


Flash Mobs to End Bullying The Albuquerque Public Schools Safe Schools Healthy Student Initiative in New Mexico worked with their County partner and a professional dance studio to create *Flash Mobs to End Bullying*. Click on the website:

<http://www.abqsafeschools.org/dont-just-stand-there>. Flash Mobs can be an energetic way to get young people MOVING as well as being leaders in an anti-bullying campaign. The website provides video examples as well as dance steps for a Flash Mob. Another example of a bullying prevention Flash Mob can be found at this site: PINK SHIRT DAY Flash Mob

<http://www.youtube.com/watch?v=MhYyAa0VnyY>.

Mix It Up at Lunch: October 18, 2011 Mix It Up encourages students to break out of their normal social circles and make new friends. It's easy to organize. We provide free online resources, lessons and activities. They help students identify and cross social boundaries. Social scientists have long maintained that contact between diverse groups helps alleviate tension and reduce prejudice. Put your school on the [Mix It Up Map](#) starting in the fall. Watch for updates from us to help you organize your activities. Organized by Teaching Tolerance: <http://www.tolerance.org/?source=redirect&url=teachingtolerance>.

2. Safe and Healthy Learners Resources

Bullying in Minnesota Schools: An Analysis of the Minnesota Student Survey  246Kb (5/17/2011)
2010 Minnesota Student Survey Executive Summary

Restorative Measures In Schools Survey, 2011 In spring, 2011, a survey was conducted of Minnesota elementary, middle, secondary school and alternative learning center principals about the use of restorative measures as part of the disciplinary options of the school. This report summarizes the findings of the survey.



RM in Schools
Survey Report 20...

The 2nd Annual Positive Behavioral Interventions and Supports (PBIS) Institute is seeking presentation proposals from administrators, educators, institutions of higher education, parent/advocacy organizations and related service professionals sharing information on effective strategies and practice in the field of School Wide PBIS. Presentation proposals are separated into three categories and instructions for submission are found on the attached Call for Presentations.



SAVE THE DATE
Final Labor



Final PBIS call for
Proposal 2...

MDE's Calendar of agency workshops can be found at: <http://education.state.mn.us/WebsiteContent/Calendar.jsp>.

3. State Agency Spotlight: Minnesota Department of Health Prevention Resources

The Minnesota Department of Health, STD and HIV Section has created a website that delves into defining sexual health as well as providing links to useful resources and tools. Check it out at: <http://www.health.state.mn.us/topics/sexualhealth/index.html>. Or you can go to the MDH home page and search for "sexual health".

Toolkit for a Healthy, Respectful, Non-Violent School Environment www.health.state.mn.us/svp/toolkit This online toolkit has been created by the Healthy Environments in Schools Action Team of the Minnesota Department of Health's Sexual Violence Prevention Program. If you have any resources that you would like to recommend, please contact [Ilana Blum](#). Our goal with this toolkit is to help concerned school workers, parents, teachers or teacher's aides or really anyone concerned with a school to share ideas that are working in some of our schools so that we can create or improve that **healthy, respectful, nonviolent environment** in all Minnesota schools.

4. Other Workshops and Conferences

Program Sharing Conference: October 27 & 28m 2011, St. Cloud Civic Center. 37th Annual alcohol, tobacco and other drug Prevention conference. KEYNOTE PRESENTERS: Jeff Linkenbach, Culture Director, Center for Health and Safety at Montana State University; Kao Kalia Yang, Author and Storyteller; Jim Mosher, President, Alcohol Policy Consultations.

The Minnesota Association for Health and Physical Education State Conference "Move on Minnesota". KEYNOTE PESENTER: Dr. JoAnne Owens-Nausler – well know Motivational Speaker and Geo Motion. October 7-8, 2011; Doubletree Hotel; Minneapolis MN. Registration can be found at <http://www.mnahperd.org/>

5. Funding Opportunities

Provides a synopsis of the available funding that can be used by individuals and/or agencies working to end domestic violence and sexual assault. The FUNDING ALERT is located at:

http://www.vawnet.org/Assoc_Files_VAWnet/FundingAlert-V6N8.pdf (from the National Resource Center on Domestic Violence & National Sexual Violence Resource Center

Office of Justice Programs funding opportunities can be found at OJP's Open Solicitations page at www.ojp.gov/funding/solicitations.htm.

FORECAST OF FUNDING OPPORTUNITIES has information on federal grants **UNDER THE DEPARTMENT OF EDUCATION DISCRETIONARY GRANT PROGRAMS:** <http://www.ed.gov/fund/grant/find/edlite-forecast.html> .

Here is the link to the language for **MS 126C.44**, the Minnesota statute that allows districts to levy funds to support safe school education, programming and staffing: <https://www.revisor.mn.gov/statutes/?id=126C.44> .

6. Electronic Newsletters



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To subscribe or unsubscribe to this newsletter or to submit information for inclusion, send an email to boche001@umn.edu.

Sexual Violence Prevention Network (SVPN) E-News Members of this list receive mailings on sexual violence prevention including: upcoming SVPN meeting announcements and other announcements including conferences, workshops, trainings, resources, funding opportunities, job openings, etc. To view current and archived issues of SVPN mailings, please visit the *website*. To be added to the list, please contact [Amy Kenzie](mailto:Amy.Kenzie). If you have information or resources to share, contact [Amy Kenzie](mailto:Amy.Kenzie).

The Prevention Researcher is a multidisciplinary journal focusing on successful adolescent development and at-risk youth. Established in 1994, the unique single-theme format provides in-depth analysis and examines exemplary prevention programs and strategies. [more about who we are »](#)

To self-enroll on the OSDFS weekly **LISTSERV OSDFS PREVENTION NEWS BULLETIN** please visit: <http://www.ed.gov/news/newsletters/listserv/preventioned.html>

Visit [FindYouthInfo.gov](http://www.FindYouthInfo.gov) <<http://www.FindYouthInfo.gov>> today and learn about all its great features, and sign up for **e-blasts** to stay abreast of the latest youth-related news and new site features.

Shared Youth Vision Website <http://www.deed.state.mn.us/youth/SYV/syvWhatsnew.htm> These listings of youth resources are a service of the Minnesota Department of Employment and Economic Development, Office of Youth Development.

Safe and Healthy Learners E-mail List We are updating the e-newsletter list, adding anyone who is interested in receiving a bi-monthly e-newsletter as well as timely resource, training and grant opportunity alerts. **Please register for the e-newsletter contact list at this address:** <http://www.surveymonkey.com/s/sdfse-newsletter>.

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Minnesota Department of Education