

# Bullying Prevention Newsletter

## Respect Yourself & Respect Others *Bullying: What You Need to Know*

Township High School District 211



For Parents of District 211 Students

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### Warning Signs That Your Teen May be a Victim of Bullying

- ✗ Comes home with damaged or missing clothing or other belongings
- ✗ Reports losing items such as books, electronics, clothing, or jewelry
- ✗ Has unexplained injuries
- ✗ Complains frequently of headaches, stomachaches, or feeling sick
- ✗ Has trouble sleeping or has frequent bad dreams
- ✗ Has changes in eating habits
- ✗ Hurts themselves
- ✗ Is very hungry after school from not eating his or her lunch
- ✗ Runs away from home
- ✗ Loses interest in visiting or talking with friends
- ✗ Is afraid of going to school or other activities with peers
- ✗ Loses interest in school work or begins to do poorly in school
- ✗ Appears sad, moody, angry, anxious or depressed when they come home
- ✗ Talks about suicide
- ✗ Makes negative statements about themselves and their abilities
- ✗ Blames himself or herself for problems
- ✗ Suddenly has fewer friends
- ✗ Avoids certain places
- ✗ Acts differently than usual

If you believe your teen is being bullied or bullying others, the following suggestions and guidelines may be helpful:

- **Talk with your son/daughter.** Commonly, students do not tell their parents they are being bullied so if your child tells you about being bullied, it has taken a lot of courage for him or her to do so. Express your concern and make it clear that you want to help.
- **Help your teen understand bullying.** Explain that bullying is more than physical; it can be done in person or over the phone or computer.
- **Empathize with your son/daughter.** Say bullying is wrong, it is not their fault, and you are glad they had the courage to tell you about it. Tell them they are not alone and many people have experienced the same thing.
- **Work together to find solutions.** Ask your son or daughter what can be done to help. Reassure them that working with others can help to resolve the problem and that the situation will be handled with sensitivity.
- **Document ongoing bullying.** Work with your son or daughter to keep a record of all bullying incidents. If it involves cyberbullying, keep a record of all messages or postings.
- **Teach your son or daughter to take a stand against bullying in a nonviolent manner.** Give guidance about how to stand up to those who bully if it is safe to do so.
- **Stay vigilant to other possible problems your son or daughter may be having.** Some of the warning signs may be signs of other serious problems. Share your concerns with a counselor at your teen's school.
- **Be persistent.** Bullying may not be resolved overnight.
- **Work with your son or daughter's school.** Bullying is something that the administration in District 211 takes very seriously. We want to be a part of the solution and we need your help.

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Township High School District 211 has many groups and programs already set up in its schools to help reach out to students who want to be a part of school improvement whether through volunteering, being elected or choosing to be a part of a club or program to seek help.

**Below are the programs/clubs present in ALL District 211 Schools:**

**Bullying and Safety Concern Center**

The Bullying and Safety Concern Center is located on the home page of the each school's website. This site provides individuals the ability to report situations involving intimidation, harassment, threats, abuse, and other forms of bullying to administration and the student services staff quickly, efficiently and anonymously. It is also to be used to report any other safety concerns. Reports are viewed daily during days when students are in session. However, concerns reported on days when school is not in session WILL NOT be seen until the following school day. It is best to speak directly with an administrator, counselor, psychologist or social worker. However, since students and parents are not always comfortable doing so, this is another tool that can be used to report bullying or other safety concerns.

**New Student Programs**

District 211 has programs that help new students have a more positive transition. The following topics are addressed: learning school procedures/personnel, role of Student Services Department, school involvement (activities/athletics and eligibility), student responsibilities/roles (study skills/homework completion/bullying/conflict resolution), accessing academic/social emotional support and decision making/problem solving.

**Principal's Advisory Board**

The function of The Principal's Advisory Board is to communicate, discuss, evaluate, and resolve problems and issues involving the student body. This board consists of a representative from each class, the school newspaper, Student Council, Diversity Club, a prior member, two members "at large" who are selected by the principal, a counselor, the student council sponsor, the activity director, and two teachers elected by staff.

**Diversity Club**

This club strives to reduce prejudice and raise cultural awareness in the school. Students work together to educate and celebrate the diversity of the school by hosting fundraisers, presenting annual shows and fairs, decorating showcases, and organizing cultural awareness events all including student leadership positions.

**International Club**

The International Club is open to any student who is interested in learning more about the American culture. Students of all nationalities are encouraged to join. Club activities are designed to encourage socialization, education, and communication.

**Student Services**

Our student services departments provide individual, group, and crisis counseling services. The purpose of these services is to help students overcome obstacles that are interfering with their academic success.

In addition to the programs all the buildings in District 211 have in common, we also have programs specialized for each of our schools, too. Check out the programs original to each one of our terrific 211 schools.

**Conant Cougar Programs**

**CHS HEROES (Helping Everyone Respect Others and Expect Safety)**

HEROES are a student and faculty group working together to stop and prevent the unjust act of bullying. Our mission is to promote the prevention and education of the severity of bullying. The group's activities have included hosting a CHS Health and Safety Fair and visiting local junior highs to present skits about the prevention of bullying and transitioning to high school.

**Student Action for Education (S.A.E.)**

S.A.E. serves the school and the community. The club's activities include serving as guides for various events at the school, sponsoring Student-Teacher Staff Exchange, and working with community organizations in a service capacity.

**CHS Annual Expectations Assembly**

Administration conducts a freshman/sophomore and junior/senior expectations assembly for our student population to address appropriate conduct and behavior, as well as issues of harassment and bullying.

**Peer Mediation Program**

This is comprised of junior and senior students who are positive role-models and demonstrate leadership and cooperation are nominated by staff. These mediators participate in summer and fall training programs, as well as meet weekly to review mediations and refine their mediation skills. The Peer Mediation Program provides an opportunity for CHS students to engage in appropriate problem-solving process in order to resolve conflicts with fellow peers safely. The Program helps to foster the development of healthy decision-making and effective communication skills.

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## **Fremd Viking Programs**

### **Viking Operation Snowball**

Fremd Operation Snowball provides an opportunity for FHS students to celebrate living a healthy lifestyle. The club promises to foster development of leadership and communication skills. Operation Snowball hosts a daylong event in February with speakers and fun activities for everyone involved.

### **Viking P.A.V.E program**

P.A.V.E. is an organization whose membership is open to any student interested in helping promote positive decision making among our student population and the community at large. Issues include safe driving, health, and good character. Much time and effort is spent on student and community awareness projects.

### **United Clubs of Fremd**

U.F.C. is a club seeking to provide a forum for students with various interests and backgrounds to work together to create a school environment that makes everyone feel welcomed and valued. We would like students from all walks of life to provide diverse perspectives on our school's atmosphere. All students are encouraged to join as we build a more unified student body.

### **S.O.S. of Fremd**

S.O.S. is a service organization that provides support to numerous people throughout the Fremd area and the World. Some activities include the Halloween Trick or Treat For Food, Bridge Walk- A- thon, the Bridge Phone-a-thon, Palatine Township Thanksgiving baskets, Clothing drive for PADS, and fundraising for Clearbrook.

### **Viking Advisory and Mentoring Program**

Through a supportive group of students, teachers, and counselors, V.A.M.P. facilitates a smooth transition into Fremd's community on multiple levels including academics and social and emotional learning. With the opportunity to discuss important adolescent topics such as peer pressure, bullying, drugs, and alcohol in a supportive environment.

### **Viking Outdoor Adventure Club**

The Outdoor Adventure Club is designed around three objectives. First, the club provides an opportunity for all Fremd students to experience the excitement and sense of achievement associated with climbing, rappelling, and belaying. Second, we would like to create an environment and provides students with a chance to develop meaningful relationships with other students through enhanced emotional intelligence. Finally, we would like to be able to take the club on a field trip to gain an appreciation for the outdoors.

## **Hoffman Estates Hawks Programs**

### **Peer Mediation Program**

This is comprised of junior and senior students who are positive role-models and demonstrate leadership and cooperation are nominated by staff. The Peer Mediation Program provides an opportunity for students to engage in appropriate problem-solving process in order to resolve conflicts with fellow peers safely. The program helps to foster the development of healthy decision-making and effective communication skills.

### **Operation Snowball**

The HEHS Operation Snowball provides an opportunity for students to celebrate living a healthy lifestyle and helping to support the same in their peers. The club helps to foster the development of leadership and communication skills. The club works throughout the year to prepare student leaders that facilitate the overnight Operation Snowball retreat, in conjunction with the supervision of HEHS staff. The Snowball retreat features speakers and fun activities for everyone to be involved, and offers opportunities to grow as a young adult as well as a member of the HEHS community. All grade levels are encouraged to join!

### **Human Relations**

The purpose of Human Relations is to create an environment of mutual respect within HEHS and to promote an awareness and appreciation of cultural differences. The focus of this club's activities is making all students feel welcome and included in the "Hawk Family." Human Relations serves as an umbrella organization for these support groups: African American club, Asian and Pacific Islanders Club, Latino Club and a Women's Group. Students take part in performances, presentations, competitions, and field trips. The group meets twice a month after school.

### **Best Buddies**

Hoffman Estates Best Buddies Club consists of students with special needs and general education buddies. The goal of Best Buddies is to foster natural friendships between peers. After school, Best Buddies visit local restaurants, watch movies, and participate in community activities.

### **P.A.L.S./H.O.P.E. (Peers and Leaders/Help Our People Everywhere)**

P.A.L.S./H.O.P.E. is a service club that provides educational and service activities, which promotes the general health and welfare of HEHS students and the community. Projects include health/wellness activities and fundraisers, community service projects including elementary school tutoring, holiday programs for homeless and domestic violence victims/families, and food and clothing drives. Through P.A.L.S./H.O.P.E, students may also have the opportunity to participate in Illinois Teen Institute and more service activities.

### **S.A.D.D. (Students Against Destructive Decisions)**

Students involved in S.A.D.D try to make students and parents more aware of the problems of destructive decisions through a variety of school wide projects and activities throughout the school year. Students involved with S.A.D.D. Club will also be putting together an annual Operation Snowball retreat for all students at school. Operation Snowball is a community sponsored leadership program that uses group experiences and framework of a prevention program operated for and by teens, with adult support. Operation Snowball's purpose is to bring together teenagers and experts to share information and to develop positive attitudes toward life through an informal, social experience.

### **Palatine Pirate Programs**

#### **Palatine's PROMISE:**

Our student elected groups, the Student Summit, work with the faculty and staff members who have volunteered their time to be a part of Palatine's PROMISE. Each Summit class (i.e., freshman, sophomore, etc.) chose five members from their group to attend weekly meetings with the faculty/staff members before school to develop and coordinate the initiatives of the larger group. These Summit Leaders guide their classes in monthly in-class presentations, discussions, instruction, extracurricular activities, forums in the auditorium, and all-school assemblies.

#### **G.A.I.N. (Gang Avoidance Initiative Now)**

This group is for students interested in quitting current gang activity with an educational component with 2 field trips built in; topics of discussion include juvenile law (as related to drugs and bodily injury), drugs/alcohol as related to violence, conflict resolution, strategies for getting out of a gang, long-term goal setting/planning, etc.

#### **PEP Club**

The P.E.P. Squad is a school spirit group comprised of students from our Community Based Experience and Physically Challenged special education programs. Over the last few years, it has grown to become a regular and integral part of school activities. Pep Squad participates in the following school activities: Homecoming Royal Rally, PHS Drill Team Invitational, The Amy Rudolph Basketball Tournament and the Doug Verdonck Floor Hockey Tournament.

#### **Commit to the PIRATE**

This system teaches positive behaviors, and reinforces and acknowledges students who demonstrate these behaviors. Instead of looking at individuals, PHS uses a school-wide behavior system that addresses the entire school (classrooms, hallways, gyms, cafeteria, media center, school grounds, etc.) with keeping all adults involved with the school on the same page.

### **Peer Mediation Program**

This is comprised of junior and senior students who are positive role-models and demonstrate leadership and cooperation are nominated by staff. These mediators participate in summer and fall training programs, as well as meet weekly to review mediations and refine their mediation skills. The Peer Mediation Program provides an opportunity for PHS students to engage in appropriate problem-solving process in order to resolve conflicts with fellow peers safely. The Program helps to foster the development of healthy decision-making and effective communication skills.

### **Schaumburg Saxons Programs**

#### **Operation Snowball**

The SHS Operation Snowball provides an opportunity for SHS students to celebrate living a healthy lifestyle. The club helps to foster the development of leadership and communication skills. Operation Snowball hosts a day-long event in late February with speakers and fun activities for everyone to be involved. All grade levels are encouraged to join.

#### **Partner's Club**

The Partner's Club provides an opportunity for the students with multiple challenges to socialize with other students, and is open to all. After school on-site activities include movies, crafts, and cooking; off-site activities can include field trips to a local pumpkin farm, bowling, and shopping for Adopt-A-Family. Partners meet twice a month before school, and every four to six weeks for after school activities.

#### **Peer Mediation Program**

This is comprised of junior and senior students who are positive role-models and demonstrate leadership and cooperation are nominated by staff. The Peer Mediation Program provides an opportunity for Schaumburg students to engage in appropriate problem-solving process in order to resolve conflicts with fellow peers safely. The program helps to foster the development of healthy decision-making and effective communication skills.

#### **Saxon Superfans Pep Club**

The Saxon Superfans is open to all students who share in displaying school spirit and support for their fellow Saxons in athletic competition. The Saxon Superfans meet weekly throughout the school year and coordinate barbecues, senior celebrations, theme nights, and a host of other activities in an effort to build spirit within our school. Fun is the name of the game within a context of class and dignity.

#### **Saxon PRIDE**

A Positive Behavior Interventions Systems-based program developed to teach students how to display positive behaviors both inside and outside of Schaumburg High School. PRIDE represents Preparation, Respect, Integrity, Dedication, and Everyone.