



NEWSLETTER

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OCTOBER 2024

HOW CAN WE HELP?

Energy Bus for Kids: A program that can be implemented in classrooms! This program shows children how to overcome negativity, bullies, and everyday challenges to be their best and share their positive energy with others.

Education and Awareness: Educate students, staff, and parents about the different types of bullying and its effects. Use assemblies, classroom discussions, and informational posters.

Encourage Reporting: Create a safe and confidential way for students to report bullying. Promote the use of anonymous reporting tools if available.

Build a Positive School Culture: Foster an environment where respect and kindness are valued. Recognize and reward positive behavior.

Parental Involvement: Engage parents by providing them with resources on how to talk to their children about bullying and how to support their kids if they are bullied.

BUILDING A SUPPORTIVE COMMUNITY



Welcome to our October newsletter! This month, we're focusing on three critical areas that impact our students and community: Bullying Prevention, Mental Health, and Domestic Violence Awareness. Let's work together to create a safe, supportive, and informed environment for everyone.

BULLYING PREVENTION MONTH



What is it?

National Bullying Prevention Month, held in October, is a campaign to unite communities nationwide to educate and raise awareness of bullying prevention. The goal is to promote kindness, acceptance, and inclusion.

Did You Know?

- **1 in 5** students report being bullied (StopBullying.gov).
- Bullying can lead to long-term **mental health issues** (PACER's National Bullying Prevention Center).
- **Prevalence:** Approximately 20% of students between the ages of 12-18 experience bullying nationwide (StopBullying.gov).

- **Types of Bullying:** Bullying can be physical, verbal, relational (social), or cyberbullying (PACER's National Bullying Prevention Center).
- Students who experience bullying are at **increased risk** for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school (CDC).

WATCH FOR MONTHLY NEWSLETTERS!





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RESOURCES

- **StopBullying.gov:** StopBullying.gov offers comprehensive resources including action plans, toolkits, and educational videos.
- **PACER's National Bullying Prevention Center:** PACER provides a wealth of resources for educators, parents, and students, including toolkits, lesson plans, and event ideas.
- **Stomp Out Bullying:** Stomp Out Bullying offers toolkits, resources, and campaigns to help prevent bullying.
- **National Bullying Prevention Month Toolkit:** PACER Toolkit
- **Books and Literature:**
 - **Wonder** by R.J. Palacio is a novel that promotes empathy and kindness.
 - **Each Kindness** by Jacqueline Woodson is a story that highlights the impact of small acts of kindness.

BULLYING PREVENTION MONTH



SUGGESTED ACTIVITIES

Kindness Challenge: Challenge students to perform acts of kindness for their peers. Create a "Kindness Wall" where students can post their acts of kindness.

Role-Playing Scenarios: Conduct role-playing activities where students can practice how to respond effectively to bullying situations.

Poster and Essay Contests: Encourage students to create posters or write essays on why bullying prevention is important and what they can do to help.

Themed Days: Organize themed days such as "Wear Orange Day" to show unity against bullying and "Mix It Up Day" where students sit with someone new at lunch.





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What is it?

World Mental Health Day, observed this year on Thursday, October 10, aims to raise awareness about mental health issues worldwide and mobilize efforts to support mental health.

It is an opportunity to talk about mental health, what more needs to be done to make mental health care a reality for people worldwide, and how we can break the stigma surrounding mental health.

DID YOU KNOW?

- **Prevalence:** Approximately 1 in 5 adults in the U.S. experience mental illness each year (National Alliance on Mental Illness).
- **Youth Statistics:** 1 in 6 youth ages 6-17 experience a mental health disorder each year (NAMI).
- **Global Impact:** Depression is one of the leading causes of disability worldwide, and suicide is the second leading cause of death among 15-29-year-olds (World Health Organization).
- **In Kansas,** approximately 19.4% of adults experience mental illness each year (Kaiser Family Foundation).
- About 16.7% of **Kansas youth** ages 12-17 report experiencing at least one major depressive episode in the past year (Substance Abuse and Mental Health Services Administration).

HOW CAN WE HELP?

- **Awareness Posters:** Create posters with facts about mental health and tips for maintaining well-being. Display them around the school.
- **Mindfulness Sessions:** Organize mindfulness and relaxation sessions to help students manage stress.
- **Mental Health Screening:** Offer free mental health screenings in collaboration with local health professionals.

RESOURCES

- **National Alliance on Mental Illness (NAMI):** Information and resources on mental health.
- **Mental Health America:** Tools and support for mental health awareness.

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DOMESTIC VIOLENCE AWARENESS MONTH

What is it?

Domestic Violence Awareness Month, observed in October, aims to raise awareness about domestic violence, educate the community on prevention, and provide support to survivors. It's a time to unite to end all forms of domestic violence.

Did You Know?

- **Prevalence:** 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence (National Coalition Against Domestic Violence).
- **Impact on Children:** Children who witness domestic violence are at a higher risk of mental health issues, academic difficulties, and future violent behavior (American Psychological Association).

How Can We Help?

- **Educate and Raise Awareness:** Use educational programs to inform students, staff, and parents about the signs of domestic violence and how to seek help.
- **Promote Healthy Relationships:** Teach students about healthy relationship behaviors and how to recognize unhealthy patterns.
- **Advocate for Change:** Encourage community involvement in policy advocacy to support survivors and prevent domestic violence.

Let's make October a month of awareness, compassion, and action. By understanding these critical issues and supporting one another, we can build a stronger, more supportive community. If you have any questions or need more information, please contact your Project Frontier Liaison.

Stay safe and be kind!

Newsletter Question:
When is World Mental Health Day?

Email your answer
to efaulkender@nkesc.org
for a chance to win a prize!



RESOURCES

- **National Domestic Violence Hotline:** provides 24/7 support through phone and chat for those affected by domestic violence.
- **Love Is Respect:** offers resources specifically for young people who are experiencing dating violence.
- **National Coalition Against Domestic Violence (NCADV):** provides resources, advocacy, and support for domestic violence prevention and survivor support.
- **Futures Without Violence:** focuses on prevention and education to end violence against women and children.

HELPLINES

National Domestic Violence Hotline:
1-800-799-SAFE (7233)
*confidential support and resources

Love Is Respect:
1-866-331-9474
*support for teens and young adults experiencing dating violence

Kansas Crisis Hotline:
1-888-END-ABUSE (363-2287)
*24/7 support for individuals in Kansas experiencing domestic violence