



Fall 2021

WHAT'S HAPPENING...

BULLYING PREVENTION

October is Bullying Prevention Month. Classroom Counseling Lessons in October will focus on Bullying Prevention and the differences between Bullying and Conflict. In addition, Good Touch/Bad Touch lessons will be co-taught with our Wellness teacher (See page 4 for more details).

Dr. Dan Olweus who has studied the concept of bullying since the 1970's defines bullying as the following. "A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself." Bullying also involves an imbalance of power, where it may be a bigger kid to a smaller kid or a group of kids against one kid.

Conflict can be defined as a disagreement or an argument. Conflict happens all the time, between classmates, siblings, and adults. Conflict is a normal part of life. How we choose to deal with conflict can be in a positive way (that helps resolve the conflict) or a negative way (makes the conflict worse).

Just because someone disagrees with us or doesn't want to play with us that day at recess, this is not bullying, this is conflict.

BULLYING VS. CONFLICT

READ ON.....

Recognizing the Difference

CONFLICT	BULLYING
*Equal power or friends	*Imbalance of power
*Happens occasionally	*Repeated negative actions
*Accidental	*Purposeful
*Not serious	*Serious with threats of physical or emotional harm
*Not seeking power, attention, or material things	*Attempt to gain power, attention, or material things
*Takes responsibility and tries to solve the problem	*Blames the victim and makes no effort to solve the problem

BULLYING VS. CONFLICT

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Examples of Conflict vs. Bullying

CONFLICT:

On the school bus, Susan, a 2nd grader knocks a hat off the head of another 2nd grader, Patrick. This occurs one time and Susan stops after the bus driver addresses the behavior with her.

BULLYING:

On the school bus, Susan, a 2nd grader knocks a hat off the head of another 2nd grader, Patrick. A group of students on the bus laugh. Patrick tells Susan not to touch his hat again. Susan repeats the behavior again the next day, despite being reprimanded by the bus driver regarding her behavior.

CONFLICT:

A group of 4th grade boys are playing soccer at recess. Michael trips Nate and Nate falls to the ground. Michael helps Nate get up, asks if he's OK and apologizes for knocking him down.

BULLYING:

A group of 4th grade boys are playing soccer at recess. Michael trips Nate and Nate falls to the ground. Michael gets up, walks away from Nate and gives his friends "high fives". Nate asks Michael to be more careful when they are playing soccer. The next time the boys are playing soccer at recess, Michael trips Nate on purpose and gives his friends "high-fives".

**If you have any questions regarding Bullying Prevention,
Please feel free to contact Mr. Moore, School Counselor
at 225-4731 ext. 1572.**

GOOD TOUCH, BAD TOUCH

One of our highest priorities is your child's safety and well being. Unfortunately, we live in a world that is not always a safe place for children, where not every adult has our children's best interests in mind. One of the most important things we can teach our children is how to protect themselves from others who would harm them. In grades 1-4, we present a series of lessons called **Good Touch, Bad Touch** that focus on teaching students to recognize physical and sexual abuse and how to protect themselves in these situations. These lessons are designed not to frighten or alarm students, but to equip them with the knowledge, skills, and confidence they need to keep themselves safe from abuse.

While the **Good Touch, Bad Touch** lesson content is tailored to each grade level, all lessons are based on several fundamental principles of personal safety:

- Affirming every person's right to safety and privacy.
- Distinguishing between good touches and bad touches.
- Distinguishing between good and bad secrets.
- Using the 3-step response to being touched inappropriately, "**NO! GO! TELL!**":
 1. Shout "No!", "Don't do that!", or "Stop!" in a loud voice,
 2. Get away from the person as soon as safely possible, and
 3. Tell a grown-up you trust about what happened.
- Emphasizing that abuse is never the fault of the child, that it's okay to share a "bad secret" with an adult they trust, and that they won't get in trouble for telling.

Working together, school counselors and wellness teachers will present **Good Touch, Bad Touch** lessons to all 1st through 4th grade classes in the district. Now would be an excellent time for you, as your child's primary caregiver, to discuss personal safety with your child. You can reinforce the above principles, identify the trusted adults in your child's life they could go to for help if you're not available, and demonstrate your concern for their safety and willingness to listen to them if they need to talk about this delicate subject. Parents of kindergartners may want to talk to their children about not letting others touch them inappropriately and naming the adults they can go to for help if it occurs.

For some parents, this may not be an easy subject to discuss with their children. By being willing to undergo this discomfort, we let our children know their well being is important to us, and we give them the tools that can help to prepare them should they be faced with an unsafe situation.

If you have any questions regarding **Good Touch, Bad Touch**, please contact
 Mr. Moore, School Counselor
 at 225-4731 ext. 1572.