

September, 2020

PREVENTION INTERVENTION NEWS

Paulding County School District



Fall is Here

Whether it's the cooler temperatures or the Friday Night Lights, it feels like fall here in Paulding County. Students are back in school and they've settled into their routines with face-to-face and virtual learning. This has certainly been the most unusual start to a school year, but PCSD staff, students and parents have worked together to make it successful.



Cyberbullying Prevention

October is National Bullying Prevention Month. Parents are invited to join the Prevention Intervention Office's (virtual) Lunch & Learn called, "**Parenting in the Digital Age.**" This event will take place on **October 23rd** from **12:00pm—1:00pm.**

Guest speaker will be Dr. Patricia Agatston, Past President and Board Member for the International Bullying Prevention Association. As an expert in cyberbullying, Dr. Agatston will discuss digital citizenship, warning signs of cyberbullying, and how parents can intervene in possible cyberbullying situations.

"Although the world is full of suffering, it is also full of the overcoming of it."

-Helen Keller

To register or learn more about this informational seminar, click [HERE](#)



October is

National Bullying Prevention Month



A public viewing of the IndieFlix Original documentary, *Angst*, will be held in October. Details will be released soon. For more information on the film, visit www.angstmovie.com



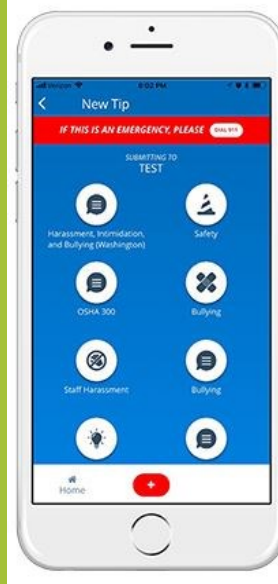
"I can be changed by what happens to me. But I refuse to be reduced by it."
~ Maya Angelou

FOSTERING RESILIENCY

Resiliency is the ability to thrive despite challenges. The American Psychological Association offers these tips to help build resiliency in children:

- ◆ Teach children how to make friendships.
- ◆ Encourage children to help others.
- ◆ Maintain daily routines.
- ◆ Take a break from stressful and routine situations. Children need unstructured time to be creative.
- ◆ Teach self-care: eating healthy, sleeping, exercise.
- ◆ Set reasonable goals and allow children to reach them one small step at a time.
- ◆ Help your child see their strength by nurturing a positive self-view.
- ◆ Maintain a hopeful outlook.
- ◆ Discuss what your child learned by going through a difficult time in their life.
- ◆ Accept that change is a part of living.

American Psychological Association, "Resilience Guide for Parents and Teachers."



SAFE SCHOOLS APP

Report suicidal ideation, bullying behavior, and safety concerns with the PCSD Safe Schools App. Reports can be made anonymously.



[Not OK]

Youth can use this FREE app to contact trusted adults when experiencing mental health symptoms.



FREE Suicide Prevention App for youth



Students must be taught how to be good digital citizens like they are taught to be good citizens in their community.

Be kind online. Be respectful online. Report harmful online behaviors.

For additional mental health and internet safety resources, please visit the Paulding County School District's Prevention Intervention webpage here: www.paulding.k12.ga.us/preventionintervention

CRISIS TEXT LINE |

**Socially distant,
but not alone.
Your mental health matters.**

Text SCHOOL to 741741 for free, 24/7 crisis counseling

