



Margaret Weller-Stargell,  
President and CEO

**Corporate Headquarters**

Willie Stargell Office Park  
615 Shipyard Blvd.  
Wilmington, NC 28412

**Administration**

910.790.0187  
910.790.0189 Fax

Open House Youth Shelter  
(910) 392-6936

Rape Crisis Center  
(910) 392-7185 New Hanover  
(910) 754-7949 Brunswick

Outpatient Treatment  
(800) 672-2903  
(910) 343-0145 New Hanover  
(910) 754-4515 Brunswick  
(910) 259-0668 Pender

Community Based  
Family Services  
(910) 202-3155

Horizons Health  
Primary Care  
(910) 202-3860

WHAT  
(910) 790-9949

Continuum of Care  
(910) 216-6080

Prevention Services  
(910) 202-0840

Outdoor Adventure  
(910) 392-7306

TASC  
(910) 762-5333 New Hanover

TASC RCE  
(252) 638-3909 Region 1  
(910) 321-6793 Region 2

NC TASC Training  
Institute  
(910) 202-5500

Our Children's Place  
(919) 904-4286

Recidivism Reduction Services  
(910) 202-5125

RESET  
(910) 762-5333

School Year 2020-2021

Dear Parent or Guardian,

We continue to facilitate a program called Shifting Boundaries at your child's school. This effective and evidence-based program targets attitudes and behaviors associated with bullying and harassment. As of 2019, the curriculum is implemented by the New Hanover County School Physical Education and Health 6<sup>th</sup> grade teachers with support from the Shifting Boundaries Program Coordinator.

Bullying and sexual harassment are becoming significant problems for teens as young as middle school. This program is designed to empower students by helping them identify healthy boundaries for themselves and others, as well as recognize when their boundaries have been crossed (according to school rules and their own personal convictions). Students will also be given the tools necessary to speak out and report harassment to school staff. In a 2015 Journal of Adolescent Health article, researchers found Shifting Boundaries program to provide effective universal prevention of middle school youth dating violence and sexual harassment experiences.

As a parent, you also play an important role in helping your child adopt healthy attitudes and behaviors to prevent bullying and harassment. I encourage you to discuss these concepts at home, especially as they relate to your family's personal values. If you would like to learn more about Shifting Boundaries or have any questions at all, please feel free to email me at [jdowda@coastalhorizons.org](mailto:jdowda@coastalhorizons.org) or call our office at 910-392-7185. We look forward to continuing our work with your school this school year.

Sincerely,

Janie Dowda  
Shifting Boundaries Program, RPE Coordinator  
Coastal Horizons RCC



CARF - International Accreditation for Quality  
CABHA - Critical Access Behavioral Health Agency

[www.coastalhorizons.org](http://www.coastalhorizons.org)