

SOCIAL EMOTIONAL WELLNESS

April 2024 | Created by: HEBISD Crisis Intervention & Prevention



The Team:

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

Texas Bullying Laws:

This law allows schools to combat and prevent cyberbullying by empowering them to investigate and address off-campus cyber-assisted bullying if it materially affects the school environment. "David's Law" requires school districts to include cyberbullying in their district bullying policies and notify a child's parents if he or she is a victim or alleged aggressor of bullying. It allows for schools to collaborate with law enforcement when serious or life-threatening cyberbullying situations arise. "David's Law" gives parents and courts new tools to protect cyberbullying victims and strengthens options for schools and prosecutors in dealing with some of the most egregious forms of cyberbullying, such as suicide baiting. In recognition of bullying as a mental health issue, "David's Law" also encourages schools to invest in counseling and rehabilitation services for both victims and aggressors of bullying.

For more information: <https://www.davidslegacy.org/>

Defining Bullying:

One significant act, or a pattern of acts, by one or more students directed at another student. With social media, one comment or post can be made viral, retweeted, and reposted hundreds of times. Exploiting an imbalance of power. Power can include physical strength, popularity at school or on social media, having access to embarrassing photos or information, financial status, or parents who are in esteemed professions or positions of power, to name a few.

Engaging in written or verbal expression, through electronic means, or physical contact.

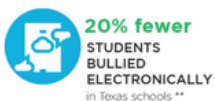
The action or threat:

- Causes physical harm or reasonable fear of harm to a student or their property
- Is sufficiently severe, persistent, or pervasive enough that it creates an educational environment that is intimidating, threatening, or abusive
- Causes substantial disruption of a student's education, or to a classroom or school operations
- Infringes on a student's rights at school

As *cyberbullying* can happen anywhere, at home, school, or in the community, and it can take place before or after school hours, the law includes bullying that occurs:

- At the site of a school-sponsored or school-related activity on or off school property.
- On a school bus or vehicle being used for transportation of students to or from school or a school-sponsored or school-related activity.
- Off school property, but it interferes with a student's education, or disrupts the operation of a classroom, school, or school-sponsored or school-related activity.

CDC SURVEY OF TEXAS STUDENTS 2017 vs. 2019*

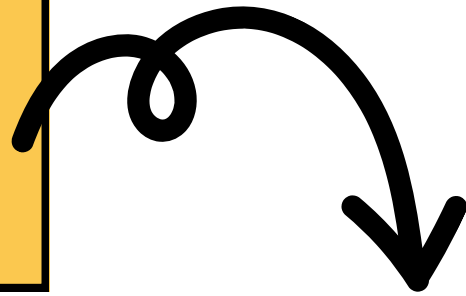


DLF'S PROGRAM ACCOMPLISHMENTS



*Data from the CDC National Youth Risk Behavior Surveys

COPING SKILLS, EDUCATION, WELLNESS...



How to Help if Your Child is Being Bullied at School:

1. Care for your child - Before doing anything else, care for your child's needs.
2. Get the facts (and document them) - Ask your child gently but directly whether anyone is doing anything that makes your child feel upset, uncomfortable, or embarrassed. Specific questions will lead to specific answers. Be sure to gather any documents that show the bullying. You can save emails or texts and print them out. You can also take screenshots of social media or online forums, as well as save voice messages.
3. Write down and tell the bullying story - having a timeline of events can help.
4. Review the school's anti-bullying policy (and any state laws) - review the district's student handbook to see who to report to.
5. Report the bullying to the school
6. Monitor the school's response
7. Take it up the chain of command if needed

DO NOT confront the perpetrator of bullying nor their parents. Model healthy expression of emotions and coping skills for your child.

Read full article at Understood.org.

Mental Health Education:

- Behavioral Health Awareness Modules
- Texas School Safety Center Videos
- The Thriving Kids Projects Video Resources
- Get Smart About Drugs Informacion de la DEA

Get Help Now:



Crisis Text Line
Text "HOME" to 741741



Suicide Hotline
988



Parenting Advice Line
817-332-6399

Wellness Practices:

MONDAY	Go for a walk
TUESDAY	Drink a glass of water before coffee
WEDNESDAY	2 Minutes of silence
THURSDAY	60 minutes technology free
FRIDAY	30 minutes of outside time

Anonymous Reporting:

