

Hello 7th Grade Parents!



With a growing need for mental health awareness, we are pleased to share with you that our most recent PATH lessons addressed the crucial topic of **bullying**. We emphasized the widespread impact of bullying and the undeniable power of kindness. This unit contains three lessons that define basic terminology, identify warning signs, stress referral techniques, and promote prevention strategies. Your child's safety is a priority for us, so we will continue to invest time into their social and emotional health through these sessions. We want you to know that we take this subject very seriously, and we consider these efforts a partnership; therefore, this letter provides parental tips for supporting children who are bullied and raising children who treat others with respect. Your being present and aware creates an invaluable layer of prevention. Please take time to talk with your child this week to learn more about the outcome of these sessions. We are here not only for your child but also for you. Our counseling staff welcomes any questions or concerns you may have.

37%

About 37% of young people between the ages of 12 and 17 have been bullied online.

Did You Know?

About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once.¹ 60% of young people have witnessed online bullying. Most do not intervene.² Dr. Martin Luther King, Jr. said, "In the end, we will remember, not the words of our enemies... but the silence of our friends." This is a central theme as we discuss the importance of being an upstander, promoting acts of kindness.

Helplines/Resources

- Stop Bullying.gov information for parents
<http://www.StopBullying.gov>.
- Jamari Terrell Williams Foundation
<https://www.jamariterrellwilliams.org/>
- Referral Hotline 800-261-7097
- Do Something.org <https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying#fn1>
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips
<https://kidshealth.org/en/parents/screentime-teens.html>
- Family Education This site includes descriptions of various parental tips school, behavior, values, social and emotional issues.
<https://www.familyeducation.com/entertainment-activities/online/15-apps-for-parents-to-monitor-kids-mobile-use>

References

1. Patchin, Ph.D, Justin. "2019 Cyberbullying Data." Accessed July 30, 2019, <https://cyberbullying.org/2019-cyberbullying-data>
2. "Safety Net: Cyberbullying's Impact on Young People's Mental Health: Inquiry Report." The Children's Society. Accessed July 30, 2019. https://www.childrenssociety.org.uk/sites/default/files/social-media-cyberbullying-inquiry-full-report_0.pdf
3. Asmelash, L. (2019, August 15). Social media use may harm teens' mental health by disrupting positive activities, study says. CNN. Retrieved July 21, 2022, from <https://www.cnn.com/2019/08/13/health/social-media-mental-health-trnd/index.html>

Tips:

Connection

- Encourage 15-minute conversations about their daily life. Include daily highs and lows, social interactions, lunchtime, and bus ride.
- Prompt your child to elaborate on their best qualities for perspective and confidence.
- Be involved with school activities to increase your level of comfort in reaching out to school personnel with concerns.

Technology

- Be aware of how your children spend their screen time, particularly on social media sites. Note that online gaming sites are also considered social media.
- Research and utilize various parental control apps to monitor children's interests and interactions.
- Follow your children on social media to help see the world through their eyes.
- Know your children's lock screen password for their phones. While children have privacy needs, parents also have a responsibility to monitor the devices to which they have given their children access. Find that healthy balance for peace of mind.

¡Hola Padres de 7th Grado!



Con una creciente necesidad de concienciación sobre la salud mental, nos complace compartir con ustedes que nuestras lecciones PATH más recientes abordaron el tema crucial del acoso escolar. Destacamos el impacto generalizado de la intimidación y el innegable poder de la bondad. Esta unidad contiene tres lecciones que definen la terminología básica, identifican señales de advertencia, técnicas de referencia de estrés y promueven estrategias de prevención. La seguridad de su hijo es una prioridad para nosotros, por lo que continuaremos invirtiendo tiempo en su salud social y emocional a través de estas sesiones. Queremos que sepa que nos tomamos este tema muy en serio. Nuestro personal de asesoramiento acepta cualquier pregunta que pueda tener. Por favor, tómese el tiempo para hablar con su hijo esta semana para aprender más sobre el resultado de estas sesiones.

37%

Alrededor del 37% de los jóvenes entre las edades • Según Stop Bullying.gov, “Niños de 12 y 17 años han sido intimidados en línea.

¿Sabías?

Alrededor del 37% de los jóvenes entre las edades de 12 y 17 años han sido intimidados en línea. Al 30% le ha sucedido más de una vez. [1] El 60% de los jóvenes ha sido testigo de la intimidación en línea. La mayoría no interviene. [2] El Dr. Martin Luther King, Jr. dijo: “Al final, recordaremos, no las palabras de nuestros enemigos ... sino el silencio de nuestros amigos”. Este es un tema central mientras discutimos la importancia de ser un líder, promoviendo actos de bondad.

Líneas de ayuda / recursos

- Detener Bullying información para padres <http://www.StopBullying.gov>
- Fundación Jamari Terrell Williams <https://www.jamariterrellwilliams.org/>
- Línea directa de referencia 800-261-7097
- Do Something.org <https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying#fn1>

Referencias:

1. Patchin, Ph.D, Justin. “Datos de ciberacoso de 2019”. Consultado el 30 de julio de 2019, <https://cyberbullying.org/2019-cyberbullying-data>
2. “Red de seguridad: el impacto del ciberacoso en la salud mental de los jóvenes: informe de consulta”. La sociedad infantil. Consultado el 30 de julio de 2019. https://www.childrenssociety.org.uk/sites/default/files/social-media-cyberbullying-inquiry-full-report_0.pdf