

Social Work Matters



Fostering the connection between home, community, and school.

OCTOBER 2021

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HABIT 1: BE PROACTIVE

by Emma Capps

Dear families,

We are so excited to share a way to practice Habit 1: Being Proactive at home. As a part of Habit 1, your child is learning the phrase "You're In Charge." Being a proactive person means that instead of blaming others, you own yourself, your choices, and your actions. Instead of worrying about the things in life we cannot control, proactive people choose to spend time and energy into things that are within their Circle of Influence. Try out the activity below to practice Habit 1 at home!

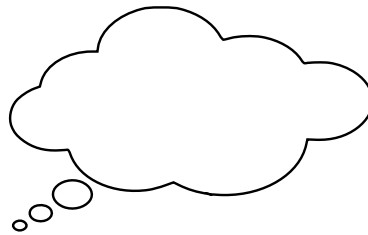
- SCM Social Work Team



Pause...Think... and Choose

Part of being proactive is making the choice to pause and think before responding reactively. To practice this at home, ask family members to think of a situation where they usually respond reactively - have each family member answer the following:

- What is the situation?
- What is something you can do to take a **PAUSE** in that situation?
- **THINK**, what are some choices you could make and what would be the consequence of that choice?
- What will you **CHOOSE** to do to be proactive?



Bullying Prevention Awareness Month

During October, SCM schools will bring awareness to the topic of bullying. Our goal is to equip students with tools to 1.) identify bullying behavior; and 2.) address bullying in a healthy, proactive way. Search stopbullying.gov for helpful tips.

BULLYING VS. TEASING

Is the behavior repetitive, intentional, and/or involve a power imbalance? If the answer is yes, then it is bullying. If the answer is no, then it is an incident of teasing or an unkind choice.

Resources

Please contact your school's social worker if you are interested in receiving weekend food packs, clothing, and/or school supplies. Your school social worker is able to provide referrals to a community resources if a need arises.

