



Engage.
Inspire.
Prepare.

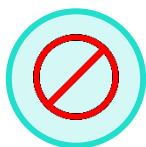
Paulding County School District | Prevention/Intervention News

JANUARY 2019

Paulding County Teachers Get Suicide Prevention Training

Each year, every certified Paulding County employee goes through an online suicide prevention training. This year, our teachers had even **more** training to prevent suicide!

Mary Wade, Prevention/Intervention Coordinator, went to every school in the district and trained staff in a more in-depth method of suicide prevention known as QPR. The goal of this additional training was to make sure PCSD teachers know the warning signs for suicide so that students who are struggling might be reached early and get the mental health help they need. Teachers were also asked to share the **Crisis Text Line** as a resource with their students. **Text HELLO to 741741**



"In a world where you can be anything, Be Kind." ~Anonymous

Bullying Prevention

Bullying is taken very seriously by the Paulding County School District. Mary Wade is working closely with administrators, school counselors and teachers to prevent bullying before it starts. Parents can be helpful in bullying prevention by:

- Teaching your child to include others who are left out or alone
- Teaching your child to report bullying behavior to an adult at school immediately



Teaching children to include others who are left out or alone sets them up for a lifetime of caring about others. Students who bully others are less likely to choose a student that has a friend than someone who is alone. This is a great lesson for students of all ages.

Bullying behavior should be reported at school regardless of whether your student was the target of the bullying or witnessed the bullying. Teaching your child to report these negative behaviors reinforces to them that bullying will not be tolerated and it allows the school staff the opportunity to intervene quickly too.



Juuling Is On The Rise And It's Dangerous!

According to the Centers for Disease Control and Prevention, using e-cigarettes during adolescence can lead to nicotine addiction, harm brain development, and may increase the risk for future addiction to other substances.

A Juul is a brand of e-cigarette that looks like a USB flash drive. It works by heating up a nicotine containing liquid into a vapor that is inhaled by the user. The manufacturer sells "pods" that taste like fruit or candy but each pod contains the same amount of nicotine as a pack of 20 cigarettes.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html



▶ Have you met the Resource Officer at your child's school? The Paulding County Sheriff's Office partners with the school district to provide a safe environment for students and staff. Resource Officers take pride in being a part of the school and they get to know the students and staff. The Paulding County School District is blessed to have such dedicated officers in their buildings every day!



▶ A day in the life of a school counselor includes counseling students, teaching classroom guidance lessons, speaking with parents, scheduling classes, collaborating with teachers and intervening in crisis situations. Remember your School Counselor during **National School Counseling Week February 4th – 8th**.

Parent Workshops Offered

If you have a topic of interest that you would like to learn more about, please contact Mary Wade, Prevention Intervention Coordinator (info below). When your child's school has parent meetings, it's important to attend them whenever possible. A school is most effective at educating children when parents partner with them.



"Happiness is when you realize your children have turned out to be good people." Geckoandfly.com