



October, 2019

# Prevention Intervention News

## October is Bullying Prevention Month

### What Parents Can Do To Help

Bullying is hurtful and it's dangerous. When it occurs, it is scary for the targeted student and for those who observe it. The Paulding County School District does not tolerate bullying behavior!

#### How parents can help:

- Talk to students about the school's anti-bullying rules
- Encourage students to be involved in school activities and to maintain positive friendships
- Report bullying to an administrator at school
- Work with the school team to resolve bullying situations
- Remind students that bullying is wrong and it's never their fault.

### 4 Bullying Prevention Rules for Paulding County Schools

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know that someone is being bullied, we will tell an adult at school and an adult at home.

## NOT ALL AGGRESSIVE BEHAVIOR IS BULLYING

Learn more: <https://olweus.sites.clemson.edu>

October is  
National Bullying Prevention Month



Teasing is when students hit, push, threaten, chase, or try to wrestle with other in a friendly, playful manner



Conflict is a disagreement, argument, or fight and differs from bullying in the repeated nature of behavior and imbalance of power.

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.



# Vaping Has Deadly Consequences in Georgia

As of October 8<sup>th</sup>, 2019, the Centers for Disease Control and Prevention reported 1299 lung injury cases and 26 deaths related to vaping. 2 people have died in Georgia from vaping related illness. Of these reported cases, 15% are younger than 18 years old and 21% of them are 18-20 years old.

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)

Your teen may want to quit vaping but an addiction to nicotine could make it difficult to stop. It is important for parents to have an honest, open conversation with their middle school and high school students about the dangers of vaping. It is especially important to let them know that **there is help to quit vaping**. For teens who want to stop, they can **text QUIT to 47848** for support.

For more information and resources, go to [Smoke Free Teen's Quit Vaping page](#).



*TEXT QUIT  
TO 47848  
FOR  
SUPPORT TO  
STOP VAPING*



*"Use the talents you possess, for the woods would be very silent if no birds sang except the best."*

*~Henry Van Dyke*



## The Connection Between Art and Self-Esteem

A new study published by the New York Academy of Sciences finds a strong link between the arts and positive self-esteem. Youth who engaged in painting, drawing or making things had higher self-esteem than their peers who didn't engage in the arts. Listening to or playing music and reading also increased self-esteem although parental involvement in these activities helped to increase it the most. Since youth start to struggle with self-esteem in middle school, encouraging your student to draw, paint, play music, read or be creative in some other way might help to increase their self-confidence as they navigate the waters of adolescence.

<https://nyaspubs.onlinelibrary.wiley.com/doi/full/10.1111/nyas.14056>

### MELTED CRAYON STAINED GLASS ART

#### Easy and fun idea:

1. Get some crayons and a cheese grater (or pencil sharpener)
2. Shred the crayons – this could take a while but most kids enjoy this part so they don't mind
3. Using a piece of wax paper, use the shredded pieces of crayon to make an object or creation
4. Put another piece of wax paper over the crayon shavings
5. Put another piece of paper over the top of wax paper and a towel under the bottom one
6. Iron on low until the crayons are melted
7. Remove the top sheets and hold the creation up to the window

For more ideas:

<https://artfulparent.com/melted-crayon-stained-glass-art/>



EVERYONE HAS MENTAL HEALTH.  
MENTAL HEALTH RANGES FROM  
MENTAL WELLNESS TO MENTAL ILLNESS.  
IT'S IMPORTANT FOR PARENTS TO TALK  
TO THEIR CHILDREN AND TEENS ABOUT  
THEIR MENTAL WELLNESS.  
PCSD SCHOOL COUNSELORS CAN HELP  
PARENTS LOCATE RESOURCES IF THEIR  
STUDENT NEEDS SOME  
MENTAL HEALTH SUPPORT.

**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
**Free, 24/7, Confidential**



Carol Huff, LCSW  
APEX Therapist at Poole Elementary School

### *Carol Huff, LCSW*

Carol Huff is the APEX therapist located at Poole Elementary School. Carol comes to us with over 15 years of experience working in a variety of settings. Carol is passionate about working with kids and she is looking forward to serving them in one their natural settings – the school. Carol will do assessments, schedule appointments, and provide therapy during school hours. If your student attends Poole Elementary, you are welcome to call Ms. Tate at (770) 505-5541 and ask for a referral.

### *School Based Mental Health Services*

## *The APEX Program in Paulding County Schools*

The Paulding County School District has partnered with Highland Rivers Health to provide school based mental health services via the APEX program. APEX is funded through the Georgia Department of Behavioral Health and Developmental Disabilities. The program provides a therapist for each school who serves students and families.

### *DeDe Reed, LAPC*

DeDe Reed is the APEX therapist located at Dallas Elementary School. DeDe comes to us with previous school based mental health experience. She has enjoyed working with students in one of their natural settings – the school. DeDe will do assessments, schedule appointments and provide therapy during school hours. If your student attends Dallas Elementary, you are welcome to call Ms. Anyaebosi at (770) 443-8018 and ask for a referral.



DeDe Reed, LAPC  
APEX Therapist at Dallas Elementary School