

CACY COMMUNICATOR

BULLYING EDITION



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How to Talk to Your Children about School Violence

October was a scary month for many Richland County parents and children. Bomb threats, shooting threats, threats of violence towards others, and gun shots happening outside our schools had parents and students on edge. Many parents reported their children were afraid to return to school. While violence can happen anywhere at anytime there are some important things parents can do to help ease the fears of their children.

- Encourage your child to talk about their fears and to express their feelings verbally.
- Validate your child's feelings, but let them know school violence is not common. Although, when violence happens at our schools there is a lot of media coverage making it seem like it is more common than it is. Studies have shown that our schools are more secure than ever before.
- Empower your child to take action regarding

school safety. Tell them to report bullying, threats, and talk of suicide.

- Discuss the safety procedures that are in place at the school. Help your child understand precautions are in place to ensure safety and to stress the importance of obeying school rules and policies.
- Create a safety plan with your child. Help them identify adults at school they can go to if they feel threatened. Also, make sure your child and school knows how to reach you (or another family member or friend) in case of crisis during the school day.
- Keep talking and make sure school safety is a common family discussion and not just a response to a crisis.
- Recognize behavior that may indicate your child is con-

cerned about returning to school. Younger children may not want to go to school or participate in their extra curricular activities. Older children may minimize their concerns outwardly but may be more argumentative or withdrawn.

- Seek outside help when necessary. If you are worried about your child's reaction or have ongoing concerns about behavior or emotions contact a mental health professional at school or in the community. Call CACY to get more parenting information about school violence.

Information for this article came from Mental Health America.
www.mentalhealthamerica.net/conditions/talking-kids-about-school-safety



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CACY's Core Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

Jodi Floyd, CACY Prevention Educator is available to answer questions. Please call if you are interested in having a speaker about Bullying. 419-774-5683

Resources



Mental Health America

www.mentalhealthamerica.net

Stopbullying.gov

www.stopbullying.gov

Bullying Statistics— Parenting a Bully

www.bullyingstatistics.org

Bullying Prevention: Parent Information

National Bullying Prevention Center

www.pacer.org/bullying/resources/info-facts.asp