

Health Education Connections

News about Health Education, Social/Emotional Learning, and School Climate

Cambridge Public Schools ***** Upper Schools

What Students are Learning in Health Class This Trimester

Grade 6

We are defining the terms bullying, bystander, ally and empathy and talking about what to do if bullying happens to you or someone you know. We are also talking about cyberbullying and clarifying misconceptions about bullying.

- Bullying=happens when someone uses his or her power unfairly and repeatedly to hurt someone
- Ally= a person who is on your side or helps you in a situation
- Bystander= a person who witnesses an act or an event without participating in it
- Empathy= a feeling of knowing and appreciating what another person is feeling

Grade 7

In grade 7 we are viewing the film *Let's Get Real* and doing lessons that address name calling, sexual and GLBT harassment, and bullying. The lessons look at some of the factors underlying bullying; such as a racial, ethnic and gender stereotypes. Cyberbullying and the importance of not sending inappropriate texts or pictures is an important part of the unit.

Grade 8

In grade 8, there are lessons on healthy and unhealthy relationships and prevention of dating violence. Lessons come from the *Safe Dates* curriculum.

Resources for Families

CPS Bullying Reporting Form, CPS Policy and CPS Bullying Prevention and Intervention Plan

<http://www3.cpsd.us/Bullying/BullyingStopbullying.gov>

stopbullyingnow.com/index.htm

onguardonline.gov/media

www3.cpsd.us/safeschools/safe_schools_resources

commonsensemedia.org

What you can do if your child has been bullied

Many kids are embarrassed to be bullied and may not tell their parents or another adult right away. If your child comes to you and asks for help with a bully, take it seriously. Many times, if kids aren't taken seriously the first time they ask for help, they don't ask again. Even if your child doesn't turn to you for help, you can watch for warning signs that he or she is being bullied, such as reluctance to go to school; frequently lost objects or possessions; low self-esteem; complaints like, "Everybody picks on me."

What you can do if your child has been bullying others

It's hard for any parent to believe that their child has been bullying others, but sometimes it happens. But just because your child bullies doesn't mean that he or she will bully forever. Parents are one of the best resources to help their child stop bullying and start interacting positively with their classmates. Take it seriously. Talk to your child to find out why he or she is bullying. Help build empathy for others and talk to your child about how it feels to be bullied. Ask a teacher or a school counselor if your child is facing any problems at school. Ask yourself if someone at home is bullying your child.

Adapted from: <http://www.ncpc.org/topics/bullying/what-parents-can-do>

Common Sense on Internet Safety for Middle School Kids

www.commonsense.org

➤ Help your middle school child develop safe online behavior

The first step in keeping your preteens and teens safe on the Internet is to find out what they're doing online to make sure they're behaving respectfully and responsibly. Talk to them about what's appropriate to say to others, what kind of content is okay to upload and download, and what kinds of interactions are important to avoid. Helping your child become a responsible digital citizen is ultimately what will keep them safe.

➤ Help them visit age-appropriate sites. Explain your concerns about chatting with strangers.

➤ Help kids think critically about what they find online.

If they wouldn't do it in real life, they shouldn't do it online. Remind them: Don't say mean things, and don't cheat in games or at school.

➤ Have some rules about time and place. Set limits on the amount of time your kids spend online.

➤ Talk about privacy.

Remind your kids that when they post something online, they lose control of it. It can be cut and pasted and sent around the Web. Show kids where privacy settings are on their favorite sites and help them think about the settings they should use.

➤ Make sure kids feel safe reporting bad behavior.

It doesn't have to be you, but if anything suspicious, mean, or scary happens, they need to know they won't get in trouble if they tell a trusted adult.

➤ Be involved and view your own habits carefully. Parents are their role models for safe and smart use. Enjoy the good stuff together!

Reality Check

Results from the 2015 Middle Grade Health Survey

- 39% of last year's middle graders reported being bullied in school or on the way to school
- 5% admitted to bullying others
- 14% of last year's students reported receiving mean or threatening emails
- 18% of females reported receiving rude sexual comments in school; 7% of boys
- 13% stated that they had witnessed violence in their neighborhood

What's Going on Cognitively with your Middle Grader?

6th Grade

- Like rules and logic
- Open to learning mediation or problem solving skills
- Beginning to challenge adult explanations
- Would rather learn new skills than review

7th Grade

- May begin to excel at a subject or skill
- Can be tentative, worried, unwilling to take risks
- interested in fairness and justice
- start to enjoy thinking about many sides of an issue

8th Grade

- Gaining more abstract thinking skills
- like technology and how things work
- complain about homework but enjoy the challenge
- Often say "I'm bored" to mean "I don't understand"

*Adapted from **Yardsticks** by Chip Woods,
Northeast Foundation for Children*

Community Connections

Transition House

Transition House is Cambridge's domestic violence agency providing shelter and housing resources; support services; and youth violence prevention education to our community since 1975. Transition House helps lead our City's efforts to address domestic and dating violence and works with schools, daycare programs, healthcare providers, legal services, Senior Centers, police, and community members. The organization provides assistance in multiple languages including English, Amharic, French, Hebrew, Kreyol, and Spanish. Transition House can help people assess their options if they feel unsafe at home.

Transition House partners with youth programs throughout Cambridge to facilitate fun and interactive teen-lead workshops about safe, respectful and healthy relationships. Transition House can also facilitate workshops for parents and caregivers so they can better recognize signs of abuse in teen dating relationships as well as maintain open and healthy communication with their children and teens throughout their development.

For more information contact: (617) 868-1650
<http://www.transitionhouse.org>
info@transitionhouse.org

Contact the Health Education Team

Amigos School
Cambridge Street
Putnam Avenue
Rindge Avenue
Vassal Lane

Patrick Kantlehner
Daniel Georgette
Fatima Sammy
Justin McNulty
Brendan Grimm

pkantlehner@cpsd.us
dgeorgette@cpsd.us
fsammy@cpsd.us
jmcnulty@cpsd.us
bgrimm@cpsd.us

Program Leader, Health & Social Emotional Learning: Kim DeAndrade kdeandrade@cpsd.us 617-349-6851