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INTERNET HOT SPOTS

National School Safety & Security Services
members.aol.com/kentrump/links.html

Month of the Young Adolescent www.nmsa.org

U.S. Department of Education Safe and Drug-Free Schools
www.ed.gov/offices/OESE/SDFS

Red Ribbon Week Resources
www.nfp.org/main/redribbon.html

National Clearinghouse for Alcohol and Drug Information
www.health.org

NCADI for Kids
www.health.org/kidsareal/kidsarea.htm

Crime Prevention for Youth, Teens and Adults
www.ncpc.org (in English & Spanish)

Hispanic heritage lesson plans
www.education-world.com/a_lesson/lesson023.shtml

Kids Hunger and Poverty Project www.kids.maine.org/

ERIC brochure on safe schools
www.kidsource.com/kidsource/content2/how_can_we_help_schools.html

Week Without Violence
www.ymca.org/week_without/week_without.html

October: Safe Schools

Counselors have always been integral to the facilitation of a safe school environment. We act as part of crisis management teams and serve as advisors for conflict resolution, violence prevention and peer mediation programs. We act as substance abuse interventionist or play key roles in initiating or collaborating with student assistance programs in our buildings. The National Standards for School Counseling Programs identifies the acquisition of safety and survival skills as a competency for students' personal and social development, and some state core curriculum standards place the identical skill under the area of student career development. No matter where the skill is identified, no month presents more opportunities to tie the theme of safe schools into both the curriculum and the calendar than October.

ALTERNATE TIE-INS TO THE CURRICULUM

October is Hispanic Heritage Month, Crime Prevention Month, National Violence Awareness Month, Domestic Violence Awareness Month, Child and Family Health Month, The Month of the Young Adolescent, National UNICEF Month and includes the celebration of Fire Prevention Week, American Safe Schools Week, Red Ribbon (Drug Prevention) Week, National High School Activities Week, Columbus Day, World Food Day, International Day for the Eradication of Poverty, United Nations Day, Make A Difference Day and Halloween.

ADDITIONAL IDEAS

Red Ribbon Week Activities

Elementary level drug prevention: Have students in each room make red paper chains. Before they add their link, have them write on it the name of someone they wish to have a healthy life. Then have each classroom link their chains to the chains from other classes. Run the chains throughout the hallway, and in the foyer, have a sign reading, “_____ School is linked together against drugs.”

Have “red lunch day” during Red Ribbon Week. The school serves a meal of pizza, tomato soup, red jello and cranberry juice.

(Source: Sandra Knecht-Goldfarb, Arrowhead Elementary School, Pennsylvania)

Middle school/high school drug prevention: Give students a paper with a blank T-shirt drawn on the page. Have them design a T-shirt with an anti-drug slogan. Announce the winners in an assembly, and give them prizes donated by the town alliance or the PTA. Use the entries for a bulletin board/hallway display. Have peer helpers, mediators or alternative club members write public service announcements for the week, and announce them on the intercom. Peer helpers can host a family fun night during this week, an orientation for the incoming class and their parents. Host a We Are Walking Out On Drugs walkathon.

All-level drug prevention: Spirit and theme days are easy to do during Red Ribbon Week. Try any of these dress up days at your school:

- Sock It To Drugs Day: everyone wears crazy socks
- Wear Red Day: usually Wear Red Wednesday
- Band Against Drugs Day: everyone wears bandanas or headbands
- Step Out Against Drugs Day: everyone wears mismatched shoes
- Say Boo to Drugs Day: hold on the day the school is celebrating Halloween

Certificates and other recognition for Red Ribbon Week and safe schools programs

- Send a certificate to the substance abuse interventionist/counselor who services your building.
- If you receive materials or grant money from your Municipal Drug Alliance staff members, be sure to send them certificates.
- Send certificates to D.A.R.E. officers.
- Send certificates to any agencies you deal with in the facilitation of intervention and recovery efforts for students.
- Put small red hearts with arms and feet on staff mailboxes with a note saying, “Hugs are better than drugs.” Make sure to sign it from the school counselor. Do the same thing for administration and school board members, and attach a copy of your planned activities for the week.
- Give students individually wrapped pieces of red licorice or individually wrapped cherry Lifesavers® with a note signed from the school counselor saying, “The sweetest things in life are drug-free.”
- High school and middle school counselors can send certificates of recognition to their national and local examination proctors this month. Middle school counselors can acknowledge and celebrate the Month of the Young Adolescent by recognizing all the stakeholders who work with them.
- Elementary counselors can send certificates to the firefighters who visit during Fire Prevention Week and to the police officers who come for assemblies on Halloween safety. Thank them for sharing their careers in such positive ways with your students.
- Send certificates to peer leader/mediator advisors.

Tips for Keeping Schools Safe

Prevention (Protection Skills): Violence prevention curriculum, goal setting, decision making, positive alternative activities creating logical options

Intervention (Changing Behaviors): Peer mediation, anger management control, problem-solving skills, conflict resolution

Suppression: Strict codes of conduct/rules, metal detectors, dress codes, expulsion/incarceration

Four States of Conflict Resolution: A Model for Managing Differences

Affirmation: Creating an environment of integrity, respect and trust

Communication: Open and honest sharing of ideas and feelings supported by active listening and empathy

Cooperation: Working together to achieve synergy

BULLETIN BOARD IDEAS



How Do You Respond to Conflict? Do you...

- | | |
|-----------------------------|-------------------------------|
| • Get quiet? | • Pout? |
| • Yell? | • Explode? |
| • Walk away? | • Try to talk things through? |
| • Get loud and controlling? | • Withdraw? |
| • Build alliances? | • Seek compromises? |

Conflict: Managing differences nonviolently, through interest-resolution-based negotiation and collaborative problem-solving

Safety Ideas for Students

Plan an activity to present and discuss “safety” on the way to and from school.

Plan a drug and alcohol abuse prevention workshop for students.

Organize teams of high school students to serve as mentors for elementary and middle/junior high school students.

Safety Ideas for Faculty

Invite community “safety” experts (firefighters, police, emergency medical teams, etc.) to speak with

students in the classroom. Conduct a faculty “in-service” program dealing with “at-risk” students, including identification and prevention strategies.

Work with teachers to develop a unit for students dealing with the concept of Safe Schools, Safe Communities.

Safety Ideas for Parents

Send home a telephone (made by students) with important emergency numbers.

Prepare a flier for parents describing “at-risk” signs in youth. (See information on suicide below.)

Host a workshop for parents on prevention activities. Invite representatives of community agencies to help prepare and implement the program.

Safe Schools/Safe Communities Sample Cards

Emergency Numbers

- 911 If Available
- Police
- Fire
- Ambulance
- Neighbor
- Parents at work
- Poison Control
- Other

Compliments of Your School Counselor

Information on Suicide

Suicide is the second leading cause of death among adolescents. Never take any talk, rumor, note or threat about suicide lightly. If you don't feel comfortable talking to the person, refer him/her immediately to the school counselor. If you do talk with a person contemplating suicide, LISTEN. Assume nothing; ask very specific questions about any suicidal plans. Assure the person that you can help. Contact the school counselor.

Distress Signals

- Acts of aggression
- Passive behavior
- Change in eating habits
- Sudden personality change
- Severe mood swings
- Loss of friends
- Drug and alcohol abuse
- Decreased interest in school
- Falling grades

Act immediately if you see the following:

- Expression of feelings of hopelessness.
- Giving personal items away or making a will. Note that a recent loss (death of someone close, divorce, broken relationships, job layoff) can trigger “distress” behaviors.

Compliments of Your School Counselor

Junior Safe Homes

We have all had conversations about the inappropriateness of many TV shows, videos, movies and computer games for our children. Much of what is too easily accessible to young children or worse, targeted at them, serves to pressure them to grow up too fast. Equally of concern is the increasingly violent content of what young children view, including many video and computer games. Many studies have shown the negative impact on children of viewing gratuitous violence on the media.

Who Should Participate

All parents with children in the kindergarten through fourth grade are encouraged to participate in the program. Every effort to resist undue influence and reduce exposure to media violence will help our children grow in safety and security.

Why Participate in Junior Safe Homes

As parents of young children, we need to shield them from the undue influences all too often delivered through the media. Junior Safe Homes serves to help us in this effort.

Be Aware That:

1. When children view shows beyond their maturity level, they often begin to expect that they can then participate in activities beyond their maturity level.
2. Children's expressed desires to engage in "mature" activities may simply be the result of peer pressure; they need us to set appropriate boundaries.

3. Our desires to give our children more than we had at their age can sometimes conflict with what is developmentally and emotionally appropriate.
4. Children often mimic much of the behavior seen in the media or become desensitized to the images presented there.
5. A child's age is not the only indicator of maturity.

Take the Pledge for Junior Safe Homes

Junior Safe Homes pledges to which I/We agree:

1. I/We will screen (either personally or through reviews and critiques) the videos/movies shown in our home to children (our own or visitors) who are in grades kindergarten through four, being guided as to suitability by a "G" or "PG" rating.
2. I/We will further pledge to be conscientious in monitoring our children's exposure to TV and to movies viewed in theaters and to video and computer games.
3. I/We do this with the realization that by openly banding together as parents, we are strengthened in our resolve to ensure a childhood for our children and a safer one. We are also strengthened in our resistance to the universal plea of children everywhere, "But everyone else is allowed."

Signature _____

Names(s) (please print) _____

Address _____

Child's name, age and teacher: _____

The list of signatures will be posted at school and published in the school newspaper.

Please return the signed pledge to your child's teacher by _____.