



IMPACT 360°

Social/Emotional Learning in Kansas City, Kansas

Kansas Bully Awareness Month

October is Bully Awareness Month across the state of Kansas. During this month take a moment to talk to students about bullying, but more importantly, work to create bully awareness plans. These plans will help students:

- Identify bullying situations
- Respond to witnessing a bully
- Report a bully
- Seek help if they have been bullied

Put your plans in a visible space. This will remind students how they can feel safe and at home in school and their community.

Visit RedCardKC.com for more ideas.



Bullying is Not Just a School Issue

Research shows that schools can play a powerful role in bullying prevention. They can inspire others and maintain a climate of respect and inclusion. However, schools cannot do it alone. When parents and youth are involved in the solutions:

- Students feel safer and can focus on learning
- Parents worry less
- Teachers and staff can focus on their work.
- Schools can develop more responsive solutions (Students are more likely to see or hear about bullying than adults.)
- School climate improves (Students are engaged in taking action to stop bullying)
- Parents can support schools' messages about bullying at home (They are also more likely to recognize signs that a child has been bullied or is bullying others.)

What Can Parents Do?

RedCardKC is a bully awareness partnership between the Kansas City, Kansas Public Schools, Sporting KC and Children's Mercy, that provides parents with four ways to help students deal with and avoid being bullied:

- **Teach your child to act with self-confidence** (Confident empathetic children are less likely to bully others, or be bullied)
- **Help your child understand the different types of bullying and learn to recognize the signs of bullying in your child.**
- **Encourage involvement in activities your kids enjoy** (kids involved in group activities develop more confidence, resiliency, a better sense of belonging and more meaningful relationships)
- **Watch out for signs of cyberbullying** (notable increase or decrease of device use; emotional responses to what's happening on their device; hiding their screen; shutting down social media accounts and/or opening new ones)



Monthly Educator Video

[How Can You Spread Kindness?](#)

Monthly Student Videos*

[Color Your World K-5](#) [Under the Surface 6-12](#)

*Remember to always check for ads before playing for students

Monthly Whiteboard Message

Strong people stand up for themselves.
BUT
The strongest people stand up for others.

Character Connection

During the month of October, we turn our focus to bullying. According to StopBullying.gov, “70.6% of young people say they have been bullied in schools”. By teaching our students the Character Education Traits of **empathy**, **compassion** and **integrity**, we can help our students build core principles. Principles that will provide them with the foundational skills to be a friend, not a bully, and the coping skills to respond to being bullied. This month talk to your students about being a bystander. By learning to speak up, our students can help put an end to bullying in our schools. For more ideas on being a positive bystander visit, RedCardKC.com.



Monthly Lesson Plan Ideas

PreK-2nd Grade

Hello, I'm new here: This activity helps students identify how it feels to be new to a class or community.

Materials: Anchor Chart

What to Do: Begin by telling students that you are going to pretend to be a new student in your class. Invite students to tell you how they would make you feel welcome and included. If students' answers are general (e.g., I would be nice to you), ask students to come to the front of the room one at a time and demonstrate their ideas. Record all concrete ideas (e.g., I would ask you to sit next to me during story time) on the board. Ask students to guess how you (as the new student) feel about your first day in a new classroom and all your new classmates. Once the class has created as many ideas as they can, pick five and turn them into a Action Poster. Students will use this poster as their new protocol for when a new student arrives.

3rd-5th Grade

Respecting Differences: This activity helps build effective conversations on recognizing differences.

What to Do: Ask students to generate questions that could help them get to know someone. List the questions on the board. (For example: What do you call your grandmother? Have you ever been on an airplane? What are your chores at home?) Pass out paper and pencils. Assign or allow students to choose partners. Explain that students should ask their partners the list of questions on the board and record the answers. Once all students have completed their interviews, demonstrate how to fill in a Venn diagram and pass out your templates or have students draw one Venn diagram per pair. Have students fill in their Venn diagrams with the similarities and differences discovered in their interviews. Go around the room and make sure each pair has at least one similarity.

Have pairs share their Venn diagrams with the class. Discuss the similarities and differences between students in your class. Discuss what your classroom (and the world) would be like if every person was exactly the same as all the others. Explain that we live in a diverse society, but all people have certain things in common such as basic needs and feelings. Connect the idea that all people are similar with the idea that all people deserve to be treated with respect. Ask students to explain what respect means to them and offer feedback on their responses. Create a list of ways to show respect to diverse people. (For example: smile, listen, be kind, be helpful, talk about things that interest both of you, etc.).

6th-12th Grade

Creative Outlet Challenge: This activity helps students express their thoughts about bullying in their own unique manner.

What to Do: Have students create some form of creative art to display their understanding, beliefs and reactions to bullying. This lesson can begin with a short video on bullying to spark ideas or interest. Students can utilize creative writing, spoken word, music, visual art or any medium to express their thoughts and ideas. Take it a step further by displaying their work throughout the school and community.

Suicide Awareness



BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at www.BeThe1To.com

If you're struggling, call the Lifeline at **1-800-273-TALK (8255)**

The poster features a background image of hands clasped together. It includes a green checkmark icon above the website information and a white question mark icon in a speech bubble next to the Lifeline number.