



Dysart Schools on the move for providing Safe Schools and Healthy Students

The SS/HS grant funds will support DUSD in actively building a team of prevention staff and putting the SS/HS strategies into high gear. A Project Manager, Community/Parent Outreach Specialist, and an Administrative Secretary have already been hired and DUSD is in the process of hiring two high school and eight elementary school Prevention Specialists, three Social Workers, and one Psychologist to help us provide support we will need for success.

The SS/HS Grant will be focusing on five elements with the following goals and objectives:

Element 1: Safe school environments and violence prevention activities:

- Create safe school environments and prevent violence through funding of additional district prevention staff
- Provide K-12 violence prevention curricula and

implement counseling curriculum

- Provide Crisis Response Training for staff

Element 2: Alcohol, tobacco and other drug prevention activities:

- Implement ATOD education and prevention activities
- Increase ATOD parent education, referrals, & resources
- Identify at-risk students and increase ATOD intensive interventions, referrals, & services

Element 3: Student behavioral, social, and emotional supports:

- Increase prevention curricula
- Increase prevention education for parents & community at schools and in the home

- Promote youth contributions to the community
- Increase behavioral, emotional, and social support resources & strategies for both parents and students

Element 4: Mental health services:

- Reduce the impact of nonacademic barriers on students success and achievements

Element 5: Early childhood social and emotional learning programs:

- To provide a network of Support and services to at-risk Pre-K families



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DUSD SS/HS Partners:

- ☺ Maricopa County Juvenile Probation Dept.
- ☺ Magellan Mental Health
- ☺ Jewish Family & Children Services
- ☺ Southwest Behavioral Health
- ☺ Surprise Police Dept.
- ☺ El Mirage Police Dept.

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TAKE THE TIME • TALK TO YOUR KIDS

TACKLE BULLYING



Bullying is when someone repeatedly tries to hurt another person in order to feel more powerful.



No one likes to be bullied (cont from page 1)



Dysart Unified School District is focusing attention on how this growing health epidemic is hurting our children and adolescents, and we're helping to find solutions.

Bullying among kids can cause both physical and emotional harm, whether it is directed at others through **physical**, **verbal**, or **relational** behavior.

Children who are bullied can develop a poor self-image, become depressed, avoid school, or even carry weapons for protection. And kids who bully are at risk for problems in school and later in life. We urge you to take the time to talk to our kids about bullying. Talk with

your child's teachers and school officials too. It's important to have an open dialogue with your kids so that problems can be identified and proper channels can be used to reach solutions.

Bullying Prevention Tips for Parents

First, focus on your child. Be supportive and gather information about the bullying. Tell your child you are concerned about him or her and ask questions.

Second, be sure the reported behavior is actually bullying. Every misbehavior or negative peer interaction is not bullying. Help your child accurately identify the behavior.

Third, Contact your child's Counselor, teacher and/or principal. He or she will probably be in the best position to understand the relationships between your child and other peers at school. Ask the teacher to talk to other adults who interact with your child at school to see if they have observed students bullying your child.

Fourth, If you know your child is being bullied, take quick action. There is nothing worse than doing nothing, and bullying can have life-long serious effects.

Visit the web for more info
www.stopbullyingnow.hrsa.gov

Alcohol: Kids' Drug of Choice

"Alcohol is the most commonly used drug among America's youth. More young people drink alcohol than smoke tobacco, or use marijuana."
— National Research Council / Institute of Medicine, 2007

- Each day, more than 5,000 kids in the United States under age 16 take their first full drink of alcohol.
- 1 in 6 eighth-graders are current drinkers.
- 1 in 5 youth, ages 12 to 20, binge drink (5 or more drinks on one occasion).
- Most kids drink to get drunk: more than 90% of the alcohol intake by 12- to 20-year-olds is consumed when they are bingeing.



Underage Drinking Harms and Kills Our Children

The short- and long-term consequences that arise from underage alcohol consumption are astonishing in their range and magnitude, affecting adolescents, the people around them, and society as a whole.

— The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, 2007

PROJECTALERT.com

Smoking has Negative Outcome on the Female Face?

Researchers say that 40 percent of young women who smoked developed non-inflammatory acne (NIA), compared to just 10 percent of nonsmokers, the *Journal of Dermatology* reported.

The study of 1,000 young women by the Dermatological Institutions dubbed the condition "smoker's acne face," characterized by blocked pores, large whiteheads, and small cysts. Researchers said the

smokers in the study group had half the level of vitamin E skin secretions as the nonsmokers.

Hormone alterations, stress, peer issues and environmental factors also may play a role in the development of NIA, experts said.

The research was published online in the *Journal of Dermatology*.

