

# SHAWSHEEN PRIDE



Positive Mental Attitude and Perseverance



Respect for self and others



Integrity Leads to Success



Determination outweighs ability, skill, & talent



Excellence in everything



Be A Friend, NOT a bully

CREATE,  
PROMOTE,  
AND  
MAINTAIN A  
"HAPPY"  
CLIMATE AT  
SHAWSHEEN

- Bullying is one of the most prominent issues among adolescents today. When bullying occurs it impacts the entire community.
- Shawsheen is committed to Bullying Prevention and communication is key in the effort to end bullying. If you see it happen—do something about it. If you hear it happen—do something about it.
- Staff and students must work together to eliminate the problem. Your school community is a reflection of each one of us. We are a reflection of one another.

# What is Bullying?

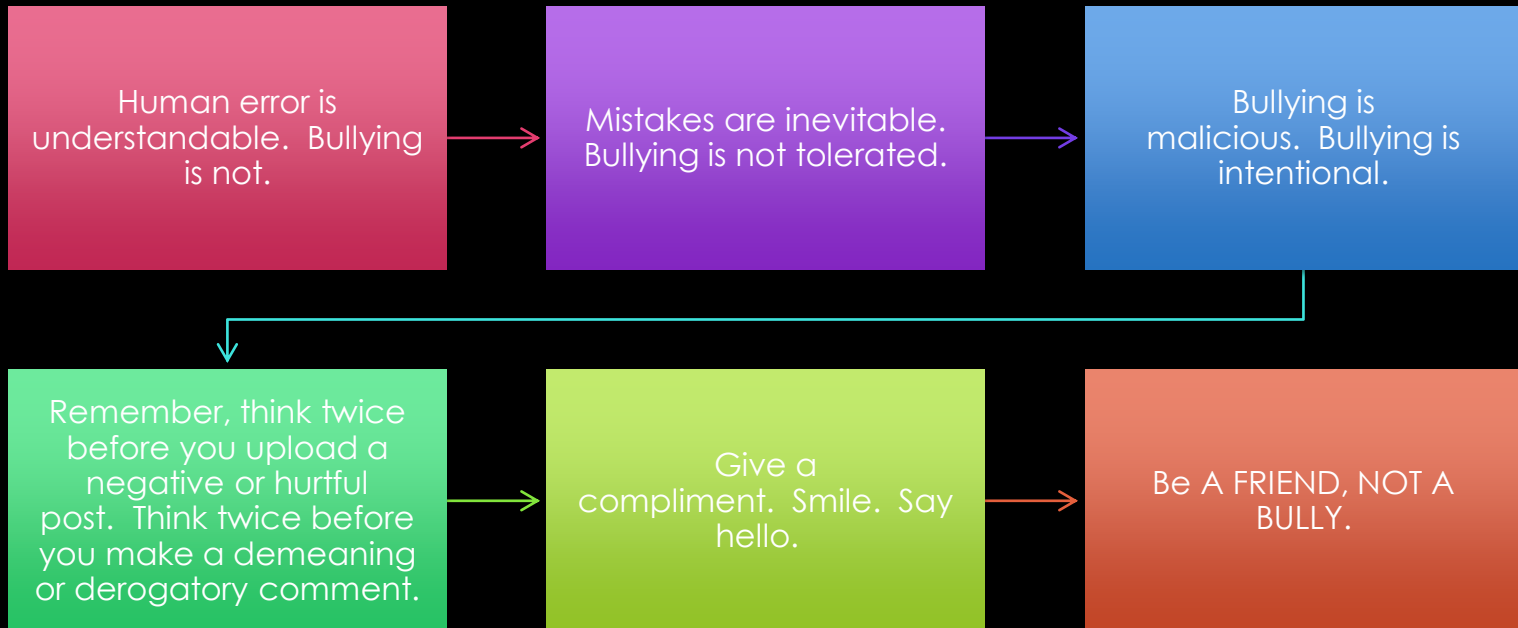
- ▶ Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.
- ▶ Those targeted by the behavior have difficulty stopping the action directed at them, and struggle to defend themselves.
- ▶ There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally, such as a higher social status, or is physically larger or emotionally intimidating.
- ▶ Repetitive behavior; however, bullying can occur in a single incident if that incident is either very severe or arises from a pattern of behavior.

# What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, tablets, and iPads, as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyberbullying include cruel text messages or emails, rumors, photos, or videos sent by email or posted on social network sites. The behavior hurts, humiliates, or harms another person physically or emotionally.

# USE GOOD JUDGMENT



We all feel emotions & bullying can lead to sadness.



# Life has challenges...

Chemo is tough...



SURVIVOR



I failed another test...



I got cut from the team again...



I don't have any self confidence...



...Don't give up



You are never too  
old to set another  
goal or to dream a  
new dream..."  
- C. S. Lewis

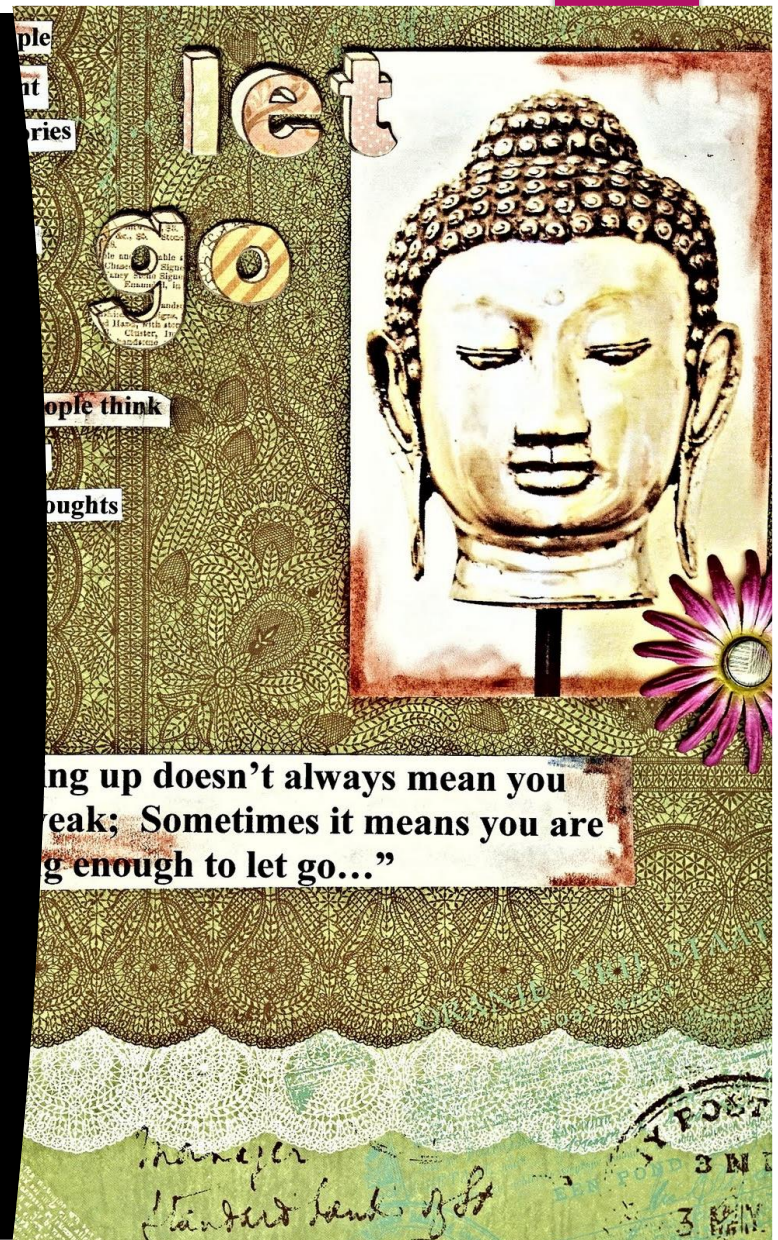
Gratitude Journals  
Mindfulness Breathing  
Meditation  
Vision Boards

► **COPING STRATEGIES**



# The Mug Exercise

- ▶ What happens when you don't stop pouring water into a mug?
- ▶ It overflows.
- ▶ Then what happens?
- ▶ It makes a mess.
- ▶ How could this be prevented?
- ▶ Drink some, then pour more.
- ▶ Our mind is like a mug and we need to create space, so it does not implode/explode.



A scenic landscape featuring a calm lake in the foreground, surrounded by tall, golden-brown reeds. The water reflects the sky and the surrounding greenery. In the background, there are trees and a clear blue sky with wispy white clouds. The overall atmosphere is peaceful and serene.

# Happiness

Depends Upon Ourselves

It is important not to place importance on things that are not important.

I am responsible  
for my own  
Happiness



[Self-Love-U.blogspot.com](http://Self-Love-U.blogspot.com)

It is equally important to place importance on  
the things that are important.

# We Are Here To Help

- ▶ Mrs. Tobin, Dean of Students
- ▶ Mrs. Lucci, School Psychologist
- ▶ Ms. Yentile, School Adjustment Counselor
- ▶ Ms. Joyce, School Nurse
- ▶ Guidance Counselors
  - Ms. Caira
  - Mr. Chapman
  - Mr. Harrison
  - Mrs. Henry
  - Mrs. McFadden
  - Mrs. Samaha



National Suicide Prevention Lifeline

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

Suicide Awareness/Voices of Education

[www.save.org](http://www.save.org)

Suicide Prevention Resource Center

[www.sprc.org](http://www.sprc.org)

# Resources

DO YOUR  
PART TO  
KEEP  
SHAWSHEEN  
A SAFE  
SCHOOL

A safe place to...

Learn

Discover new things about yourself

Develop new relationships

Disagree respectfully

Grow

Be who you are without judgment