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
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.
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.
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

- Human error is understandable. Bullying is not.
- Mistakes are inevitable. Bullying is not tolerated.
- Bullying is malicious. Bullying is intentional.
- Remember, think twice before you upload a negative or hurtful post. Think twice before you make a demeaning or derogatory comment.
- Be A FRIEND, NOT A BULLY.
We all feel emotions & bullying can lead to sadness.

“Promise me you’ll always remember that you’re braver than you believe, stronger than you seem, and smarter than you think.”

Christopher Robin to Winnie the Pooh

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Life has challenges...

Chemo is tough...

I failed another test...

I got cut from the team again...

I don't have any self confidence...

...Don’t give up
Gratitude Journals
Mindfulness Breathing
Meditation
Vision Boards

COPING STRATEGIES

You are never too old to set another goal or to dream a new dream...”
- C. S. Lewis
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.
It is important **not** to place **importance** on things that are **not** important.
I am responsible for my own Happiness.

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
Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

American Foundation for Suicide Prevention
www.afsp.org

Suicide Awareness/Voices of Education
www.save.org

Suicide Prevention Resource Center
www.sprc.org
A safe place to...
Learn
Discover new things about yourself
Develop new relationships
Disagree respectfully
Grow
Be who you are without judgment