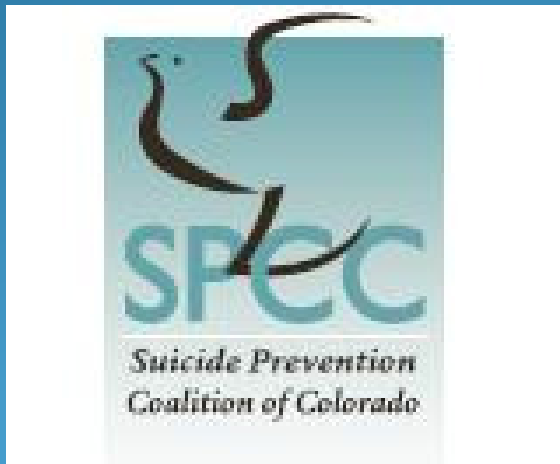


# Bullying & Suicide Prevention:

Creating a Positive School Climate



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# Where to start?

- Board policy to proactive creation of a positive climate (This instead of reactive policy.)
- Clear and positive mission statement that all participants can live by
- Behavior policy that celebrates and acknowledges positive behavior and is clear about the consequences for negative behavior.
- Student engagement
- Restorative interventions



# Where to start?

- Parent community explanation/involvement
- Selection and evaluation of administration and staff who are committed to a positive climate
- Students can identify three adults they feel they can go to for personal, social or academic help
- Parent participation in the school climate
- Regular (at least once a month) review by the school cadre to evaluate and celebrate students and adjust the strategies for a positive climate



## Bullying

- Foundation of bullying is power
- Starts at preschool
- Develop positive social skills
- Power of specific children needs to be channeled to positive leadership

## Suicide

- Foundation of suicide is hopelessness
- Best time to teach friendship skills
- Social resilient skills
- Learn to handle loss and disappointment
- Develop 'Right to Struggle' all through the childhood years
- Be aware of chronic depression and/or impulsive reactions

# Bullying

## Elementary

- Students with good verbal skills can be favored by the teacher plus have more power
- Gender – Females more Relational aggressive, verbal  
Boys more physical
- Girls to make amends and Move on

# Suicide

- Best to teach, acknowledge and celebrate caring skills
- Teach to be inclusive vs exclusive
- Teach to solve conflict with words



# Bullying

## Middle School

- Issues related to age
- Highest level of bullying is middle school students trying to see where they fit.
- Develop their own identity.
- Cyber bullying is an area of experimentation.

# Suicide

- Parents and school need to teach positive communication and cell phone and text ground rules.
- This is an important time for issues of bullying that can result in student feeling they are less than...resulting in depression.



# Bullying

## High School

- Bullying decreases but is still significant. Students have established their allegiances.
- Important for the staff and administration to assess the different cliques and honor them all so all students feel included.

# Suicide

- Process of emancipation
- Push back to parents
- Encourage other adults they can talk with
- Students with one parent benefit from other adults
- Romantic relationships can rollercoaster from high to low
- Be aware of important events.
- Test scores, peers college quest, college motive.



# Bullying

## High School

- Bullying has many forms:
  - Social groups (cliques)  
Stoners, Jocks, Geeks, Skaters, etc.
  - Racial
  - Gender identify
  - Religious
  - Socio economic
  - Sexual assault
  - Role needs to be considered when assessing and intervening

# Suicide

- Observe alcohol and drug consumption.
- Do not sanction.
- Adolescents need limits
- Observe driving and risk taking behaviors





# Bullying

## High School

- Be aware of all groups being included in the school population.
- Monitor and support students who have been targeted in the past.
- Should students who have been targeted leave the school or should the aggressors leave?

# Suicide

- Train staff and students to be connectors
- (Students give signs of depression and hopelessness) to get students to the interveners (Mental Health Staff)

# Suicide Prevention Coalition of Colorado



If you would like to become more involved with the Suicide Prevention Coalition of Colorado, Contact Brenda Gierczak, SPCC Chair  
[chair@suicidepreventioncolorado.org](mailto:chair@suicidepreventioncolorado.org)

720-383-SPCC (7722)

THANK YOU FOR YOUR PARTICIPATION TODAY!