

School Health Aide Training

Bullying Prevention and
Intervention

and

How Trauma Affects
Children's Behavior

March 6, 2015



Required Annual Training

- Bullying Prevention and Intervention – Annual District training presentation: on the First Class desktop, go to NCS Conferences, then Required Annual Training, then Required Annual Training Presentations, then Required Annual Training Part IV.



Who can tell me what bullying is?

- **Systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees.**

NCSB Administrative Rule 5.49



Important Actions to Prevent Bullying

- Understand your influence in creating a positive atmosphere at your school.
- Prevention is better than reaction.
- Relationships are important.
- Know the basic facts about bullying and how to handle it.
- Be clear and explicit about your expectations.
- Model positive behavior for students.
- Know the difference between bullying and conflict.
- Know the basic rules for intervening in bullying and correcting it.
- Make parents your allies.



Why Do We Care About Bullying?

- Being a victim OR a bystander OR a bully has many unwanted consequences, physical, emotional, social, and **ACADEMIC.**



We want kids to be ready and able to learn!

Our 2014-15 Focus Is...

**We're all in this
together!**



We believe in the power of being concerned for and considerate of each person in our schools so that everyone succeeds.

What Causes Kids to Act Inappropriately?

- Many factors, but one of them might be that the child has been a victim of trauma.



A Change in Thinking...

- We wish to be alert and recognize the presence of trauma symptoms and acknowledge the role that trauma plays in victims' lives.
- We seek to change from asking "What's wrong with you?" to asking...



"What has happened to you?"

Trauma Types

- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Natural Disasters
- Neglect
- Physical Abuse
- School Violence or Crisis
- Community Violence
- Sexual Abuse
- Traumatic Grief (death, military families)



What effects does trauma have on children?

- **Elementary students:** complaints of stomachaches, headaches, and pains; change in behavior, such as increase irritability, aggression, and anger.
- **Middle and high school students:** self-consciousness about their emotional responses, feelings of shame and guilt about the traumatic event, fantasies about revenge and retribution, radical shift in the way they think about the world, self-destructive or accident-prone behaviors, reckless behaviors, changes in interpersonal relationships with family members, teachers, and classmates.

However, kids (people) are different in the ways they react...even to the same event.

I'm Not a Psychiatrist... How Am I Supposed to Know What to Do?

- You're not supposed to know what to do about the child's trauma or to be able to "fix" anything!



Then Why Are We Talking About This?

- If you understand that when people act improperly, there may be an underlying reason for it, then you have the ability to help the situation rather than make it worse.



In general, remember...

- Avoid confrontations and ultimatums.
- Keep your own behavior under control.
- Be positive and focus on solutions.
- Have compassion.
- Remember that peoples' behavior is ABOUT THEM, NOT ABOUT YOU.



If you suspect something's going on with a child...

- Take the time to talk to someone!
- Talk to the parent.
- Refer the child to the school guidance counselor or social worker.



Together,
we make it happen!

