



# Newsletter for Safe & Drug-Free Schools

August, 2011

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## Collaboration links

- PACT Prevention Coalition
- EPIC Community Services
- National Guard Drug Demand Reduction Unit
- Sheriff's Office
- Betty Griffin House

## Contact Me

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## Prevention Programs for the 2011-2012 School Year

Prevention education is an integral part of the education for our students. Through our efforts with prevention education we meet F.S. 1003.42(2)(n) and selected Next Generation Sunshine State Standard. Most importantly, we provide our students with the knowledge and skills they need to make good decisions to lead a healthy life.

Although funding for Title IV Part A, Safe and Drug-Free Schools has been eliminated, our goals for prevention education continue:

- To provide comprehensive substance abuse education with a focus on middle school.
- To ensure bullying prevention education (including Internet Safety) is integrated in the curriculum for grades K-12.
- To ensure Teen Dating Violence and Abuse prevention education is integrated in the curriculum for grades 7-12.
- To provide grades 3-12 with the opportunity to receive age appropriate education on alcohol, tobacco and other drugs.

**Contact Leslie Shugart for information on available programs for appropriate grade levels.**

## Comprehensive Prevention Education - 6<sup>th</sup> grade focus

Because budget cuts have affected our community agencies, a comprehensive prevention program cannot be delivered by one agency in all our middle schools. Our county has the advantage of having multiple qualified agencies to provide prevention education to our students. Two comprehensive prevention programs available to our 6<sup>th</sup> grade students will be Stay on Track that is delivered by the National Guard and Drug & Alcohol Prevention Series For Middle School Education that is delivered by EPIC Community Services.

### **Stay on Track delivered by the National Guard – Middle School 6<sup>th</sup> Grade**

The program will be delivered to 6<sup>th</sup> grade students. Modules for Stay on Track include Health Education (drug information), Decision-Making and Goal-Setting, Improving Communications Skills and Interpersonal Relations, and Media Influences. This program is delivered by a National Guard specialist in a classroom setting.

Following is what some of our teachers had to say about the program:

*"Our Guard Specialist engaged our students through developing positive personal relationships and had a great rapport with the students. He communicated on an individual basis to the students. My students also felt very involved in the lessons. They looked forward to having time devoted to Stay On Track. When it finished they all wanted more."*

*"SGT Jackson did a fantastic job teaching the SOT program to my students. He was extremely energetic and engaging with the students each week."*

*"Sgt. Mike Simmons did an excellent job presenting the program. The students greatly enjoyed the program."*

## Useful Websites

SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) Resource Center - <http://ncadistore.samhsa.gov/catalog/top.aspx>

*Florida Youth Substance Abuse Survey* - <http://www.dcf.state.fl.us/programs/samh/publications/fysas/>

*Stop Bullying Now!* Website from the US Dept of Health and Human Resources - <http://stopbullyingnow.hrsa.gov/>

*NetSmartz* – Website is an interactive, educational program of the National Center for Missing & Exploited Children® (NCMEC) that provides age-appropriate resources to help teach children how to be safer on- and offline. <http://www.netsmartz.org/Educators>

**Drug & Alcohol Prevention Series For Middle School Education delivered by EPIC Community Services – 6th grade.** Each lesson in this three part series is delivered during one class period.

### Smoking Exposed

This program presents straight-forward facts about virtually every harmful effect that smoking can cause in an effort to get teens to stop considering smoking before they start. The program also exposes the new danger to teens of herbal cigarettes and bidis.

### Alcohol Exposed

Using interviews and narration by peers, this program exposes the ways that alcohol use interferes with health, education and personal lives. Binge drinking is addressed as a real life danger and potentially lethal activity. Students learn the short-term and long-term effects alcohol can cause on the body and mind.

### Marijuana Exposed

This program effectively dispels the myth, prevalent among many young people, that marijuana is not harmful because it is 'organic' and 'natural'. Through plain language narration by teen hosts and interviews with young people, marijuana is exposed as an illegal drug that damages the body as well as the mind. This program reveals the unhealthy effects and the very real dangers of marijuana use.

## **Introductory 5<sup>th</sup> Grade Prevention Presentation**

**Don't Drain Your Brain** is a presentation on how alcohol damages the brain and is a good introductory presentation for 5<sup>th</sup> graders before they move to 6<sup>th</sup> grade where they will receive a comprehensive program. The presentation is delivered by **EPIC Community Services** - If interested, contact: Sandra Cipolloni, MA at (904)829-2273x16 or [sandra@epiccommunityservices.org](mailto:sandra@epiccommunityservices.org)

## **Bullying and Cyberbullying Prevention Education**

F.S. 1006.147 and school district policy requires that bullying prevention education is integrated into the curriculum for grades K-12. Also, on June 2, 2011 H.B.251, which amends section 1003.42(2) F.S. was signed into law. This bill requires that public schools include the topic of Internet Safety in comprehensive health education. Following are available options for the schools:

### **Betty Griffin House**

Contact: Allison Rose at [education2@bettygriffinhouse.org](mailto:education2@bettygriffinhouse.org) or phone 808-8544  
Presentations to students on the following topics:

- Bullying Prevention Presentations – Grades K-12
- Cyberbullying Presentations – Grades 6-12

### **Sheriff's Office**

Contact: Melissa Swindull at [mwindull@sjso.org](mailto:mwindull@sjso.org)

- Cyber Safety. Grades K-12 - Trained officers deliver the Attorney General's Cyber Safety program focusing on teaching students the risks and tactics used by online predators as well as what constitutes a cyber crime and how to report it.

### **School-Based – Elementary and Middle**

Schools have received the following PowerPoint Ready Presentation Kits

Bullying Prevention for Grades K-3

Bullying Prevention for Grades 4-5

Bully-Free Living for Middle School Students

Elementary schools that participated in the *Stop Bullying Now* campaign received books and discussion lessons for grades K-5.

**Contact Leslie Shugart for additional bullying prevention resources.**

## Useful Websites

*National Crime Justice Reference Services. Administered by the Office of Justice Programs, U.S. Department of Justice. Teen Dating Violence Prevention Resources. <http://www.ncjrs.gov/teen-dating-violence/related-resources.html>*

*American Foundation for Suicide Prevention Resources for Schools: After a Suicide: A Tool Kit for Schools. [http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page\\_id=D948B0A0-C5E1-AB70-667797BCC2971704](http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=D948B0A0-C5E1-AB70-667797BCC2971704)*

## Teen Dating Violence and Abuse Prevention Education

In 2010, Florida's Legislature amended Section 1003.42(2)(n) of the Florida Statutes to include a requirement for teen dating violence education to be incorporated into the health education curriculum for grades 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>.

### **Betty Griffin House**

Contact: Allison Rose at [education2@bettygriffinhouse.org](mailto:education2@bettygriffinhouse.org) or phone 808-8544

- Sexual Harassment Presentations – Grades 6-12
- Teen-Dating Violence Presentations – Grades 9-12

### **Sheriff's Office**

Contact: School YRO

- Presentation for 8<sup>th</sup> grade developed by the Sheriff's Office and School District.

### **School-based**

The district will integrate this curriculum into the 7<sup>th</sup> grade HIV/AIDS curriculum, under the topic of healthy and unhealthy relationships.

## Youth Leadership

### **National Guard Youth Leader – Middle and High School**

If interested, contact: Captain Jeanette Kingsley - [jeanette.kingsley@us.army.mil](mailto:jeanette.kingsley@us.army.mil)

This program teaches leadership through army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. Along with Army Values, it stresses skills like teamwork, communication and problem solving.

Program lessons can be delivered in one class period. The National Guard can present the program over five-days or a one-day blitz.

## Suicide Prevention

School districts will provide all instructional and administrative personnel with access to educational resources regarding suicide prevention, which are approved by the Statewide Office for Suicide Prevention through the school district professional development plan under s.1012.98.

Guidance counselors have been trained to deliver suicide prevention education to teachers and other school personnel using the More Than Sad program. Online courses are also available for any school personnel. The course will give 2.0 inservice hours towards a teacher's professional development requirements.

**Making Educators Partners in Youth Suicide Prevention.** *Developed by the Society for the Prevention of Teen Suicide*

Access Instructions:

1. Go to <http://spts.pldm.com>
2. Select the second available course—the *national* version.
3. Follow the website instructions to either create a new account, or log-in to begin the training.
4. Upon completion of this accredited 2 hr activity, you will receive a certificate from SPTS.

## **Youth Suicide Awareness and Prevention.** *Developed by the Jason Foundation*

Access Instructions:

1. Go to <http://www.jasonfoundation.com/seminars/training>
2. If you are a first-time user, click on the "Contact Us" link. When the form opens, request a username and password in the comments section.
3. If you already have an ID and password, please log-in to begin the training.
4. The program run time is about 1.5 hours and is divided into 8 chapters. You may stop and return later as time permits. At the end of the program, you will be given a short assessment and a Certificate of Completion will be generated to your email address. This certificate is proof of completion of your training.

## **Bullying/Harassment and Teen Dating Violence Prevention for Staff**

As per school policy and state statute, all staff must annually review the Bullying Prevention and Teen Dating Violence and Abuse Prevention PowerPoint. This PowerPoint has been updated and can be found on Inside SJCS on the Risk Management page under PowerPoints and Videos. Link on the internal website is:

**<https://inside.stjohns.k12.fl.us/depts/hr/risk/video/>**

## **Prevention Training for Parents**

The following presentations can be offered to parents:

### **Sheriff's Office**

Contact: Melissa Swindull at [mwindull@sjso.org](mailto:mwindull@sjso.org)

- **Internet Safety for Parents** – Keeping your Child Safe Online.

### **EPIC Community Services**

Contact: Sandra Cipolloni, MA at (904)829-2273x16 or [sandra@epiccommunityservices.org](mailto:sandra@epiccommunityservices.org)

- **Parent to Parent** - The goal of the program is to help parents develop competence, confidence, and commitment to help guide their children safely through their youth.
- **15+ Make Time to Listen Take Time to Talk** provides practical guidance for parents and other caring adults on ways that they can strengthen the bonds with their children by setting aside a minimum of 15 minutes daily to listen and talk with them to prevent bullying.

### **PACT Prevention Coalition of St. Johns County**

Contact: [Heidi@pactprevention.org](mailto:Heidi@pactprevention.org)

- **Substance Abuse Trends and Culture** presentation will provide parents with an insight to St. Johns County teen culture and provide the knowledge to recognize possible warning signs of drug abuse.

### **Student Services' Safe and Drug-Free Schools**

Contact: Leslie Shugart, Student Services

- Parenting for Drug Prevention (all grade level parents)
- Middle School Success: What Parents Should Know
- Parenting to Prevent Bullying (all grade level parents)

"What we do in the name of health, safety, and well-being is linked with teaching and learning. Teaching and learning can't take place if students aren't healthy, aren't physically and mentally fit, aren't safe or aren't present during school hours." (William Modzeleski, Director, Office of Safe and Drug-Free Schools US Dept. of Education)