

# North Greene School District MENTAL HEALTH NEWSLETTER



October 2022

## THIS MONTH IS... NATIONAL BULLYING PREVENTION MONTH

### DEFINITION:

- Bullying is unwanted, aggressive behavior 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.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

### FAST FACTS:

- Nationally, 1 in 6 students reported that they've either been the victim of some form of bullying or witnessed others being bullied.
- 1 in 8 have experienced bigotry and name calling.
- The most commonly reported type of bullying is verbal harassment (79%), followed by social harassment (50%), physical bullying (29%), and cyberbullying (25%).
- More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.

### MINDFUL MOMENT

#### BOX BREATHING

INHALE FOR 4



H  
O  
L  
D

4

REPEAT

3-4 TIMES

H  
O  
L  
D

4



EXHALE FOR 4

- USED BY NAVY SEALS TO CALM DOWN IN STRESSFUL SITUATIONS
- REDUCES PHYSICAL & EMOTIONAL STRESS
- POSITIVELY EFFECTS SHORT AND LONG TERM MENTAL HEALTH
- INCREASES MENTAL CLARITY

Every leaf speaks  
bliss to me  
Fluttering from the  
autumn tree.

-Emily Bronte

# RESOURCES

**CARES (Crisis and Referral Entry Services)**  
**(800) 345-9049**

Mental health crisis services for children and teens

**Locust Street Resource Center**  
**(217) 854-3166**

<https://www.locuststreetresourcecenter.org/>

**Offices in Carlinville and Carrollton**

Crisis services, counseling, substance use treatment, senior services, developmental disabilities.

**Memorial Behavioral Health- Jacksonville**  
**(217) 243-6126**

<https://memorial.health/medical-services/behavioral-health/>

Psychiatric services for children and adolescents, counseling, ADHD resources, crisis services, inpatient/outpatient programs

**Memorial Emotional Support Hotline**  
**(217) 588-5509**

Support for anyone experiencing anxiety, stress, and difficult emotions

**SAMHSA's National Hotline**  
**(800) 662-4357**

Confidential, free, 24-hour-a-day, 365-day-a-year, information service for individuals and family members facing mental and/or substance use disorders

**988- National Suicide and Crisis Hotline**  
**Dial 988**

Provides free and confidential support to people in suicidal crisis or emotional distress.  
Available 24/7.

## BULLYING SPECIFIC RESOURCES:

- **No Bully Help Hotline: 1-866-488-7386**
- **STOMP Out Bullying HelpLine: Online Live Chat @ [stompoutbullying.org](http://stompoutbullying.org)**
- **GLBT National Youth Talkline: 1-800-246-7743**
- **National Suicide Prevention Lifeline: 1-800-273-8255 or dial 988**

# NATIONAL BULLYING PREVENTION MONTH

## HERE AT NORTH GREENE...

We have a strategic plan in place to prevent and identify bullying, as well as a system by which we investigate reports of bullying. Bullying is absolutely prohibited at any school sponsored event or activity, while in school or on school property, through transmission on a school computer or wifi, and even if the bullying occurs outside of school but impacts the school environment. If a report of bullying is made, a team of staff members investigate the report within 10 school days, and determine the appropriate disciplinary action. These reports may be made by students, staff, or parents.

## ACTION STEPS:

If you are being bullied:

- Fill out the North Greene bullying report form and turn it in to any teacher or staff member.
- Speak with a trusted adult.
- Reach out to any member of the mental health team at school.
- Call the "No Bully Help Hotline" at 1-866-488-7386

If you witness someone else being bullied:

- Step in and speak up if it feels safe to do so!
- Fill out the North Greene bullying report form and turn it in to any teacher.
- Speak with a trusted adult.
- Reach out to any member of the mental health team at school.

The district's policies as well as the bullying report form are available on the district's website [www.northgreene.com](http://www.northgreene.com) and can be found by selecting Menu > Documents > Bullying Prevention and Response.

## IMPORTANT INFO

This month we will complete our school wide mental health assessments and begin to schedule students to meet with a member of our mental health staff. These meetings will be to work on skills such as social awareness, relationship skills, self-management, goal directed behavior, optimistic thinking, personal responsibility, self awareness, and decision making.

Our team is here to support your students social and emotional well being, which can have a positive impact on every part of their lives.