

CVUSD

Empowering Inclusion:

Bullying Prevention Strategies

For Supporting Students with Disabilities



Bullying prevention
begins with **empathy**
instruction. ✨

Elementary SEL

Harmony Academy

Social-emotional learning program that helps students build relationships, empathy and communication skills

Pacer's All-In! Toolkit

Anti-bullying curriculum that counselors push out to sites October of every year

Community Circles

Regular classroom discussions that help students build relationships, express feelings, and solve problems together

CHAMPS

Focus on creating a positive classroom culture in which bullying is less likely to occur- paired with other programs

SEL Canvas Course

Tied to MTSS and CASEL Framework
Counselor Created Lessons

Wellness Centers

Support social, emotional, mental health and wellness of students through school-wide activities, and small group and individual counseling.

Harmony SEL Curriculum Details

All lessons focus on empathy, advocacy, and inclusion, but which explicitly tie into anti-bullying?



- ★ Becoming a Community
- ★ Speaking Up (K)
- ★ Everyone Belongs (1)
- ★ Saying It Kindly (1)
- ★ Being Inclusive (2)
- ★ Standing Up to Others (2)
- ★ Speak Up, Speak Kindly (2)
- ★ Roles Around Bullying Behaviors (3)
- ★ Pop That Stereotype (3)
- ★ Speak Up, Speak Out (3)
- ★ Standing Up to Bullying Behaviors (4)
- ★ Breaking Stereotypes (4)
- ★ Speak Up and Speak For (4)
- ★ Battling Bullying Behavior (5)
- ★ Speaking Up for Yourself & Others (5)
- ★ STEP It Up! to Resolve Conflict (5)

*Anyone can set up a free account online to view the SEL curriculum.

Counselor Created Canvas Courses (For Teachers)

2023-2024 SLIDE DECKS	First 8 Days of SEL August 23 - September 1
	Unit 1 - Being My Best Self September 5 - October 13
	National Bullying Prevention Month & Unity Day October 17 - November 9
	Unit 2 - Valuing Each Other November 13 - January 12
	Unit 3 - Communicating With Each Other January 17 - February 24
	Unit 4 - Learning From Each Other February 26 - April 12
	Supplemental Lessons April 15 - June 13

COUNSELOR-CREATED lessons

Sanford Harmony Quick Connection Card Links	
Collaboration Cards: For Buddy Ups	
TK-2	3-5
Community Builders: For Meet Ups or Other Classroom Activities	
TK-2	3-5
Conversation Cards: For Meet Ups or Buddy Ups	
TK-2	3-5

Sanford Harmony Resources <small>*Items with an asterisk require you to sign into Harmony's website for access</small>	
Building Community: The First 10 Days of Harmony SEL	
Harmony Goals*	
Class	Personal
Meet Up*	
Buddy Up*	
Buddy Up Grid	
Buddy Up Name Tags	
SEL Vocabulary Jar	
Definitions Slide Deck w/ Word Jar	
Strong Start Padlet	



Teacher Resources



CHECK-IN
ideas

DOOR GREETING
ideas

CIRCLE & JOURNAL
topics

COMMUNITY
builders

MINDFULNESS
resources

POSITIVITY
resources



Middle School SEL- Anti-Bullying Emphasis



Counselor-Created Units and Other Teacher Resources

Recognizing Bullying and Harassment

Managing Relationships and Social Conflicts

Coping Skills

“Digital Drama”

Recognizing Bullying

Friends and Social Media

Practicing Inclusion

Social Media Literacy

Middle School Clubs



pride club
crew
lucky humans club
web
better together club
latino leadership
gay straight alliance
black student union
american sign language
friendship bracelet club
bestie bracelet club
friendship club
zen den
builders' club (kiwanis)



High School SEL- Anti-Bullying Emphasis



Counselor-Created Units and Other Teacher Resources		
Kindness Matters	Healthy Relationships	Coping Skills
Communication	Boundaries	Breathing
Conflict/Resolution	Communication	Identifying Triggers
Empathy	Self-Advocacy	Journaling
Respect & Collaboration	Recognizing Emotions	Stress Release

High School Clubs



Our HS Wellness Rooms

MONTHLY WELLNESS TOPICS		
SEPTEMBER FRIENDSHIP BUILDING <ul style="list-style-type: none">SUICIDE PREVENTION MONTHCOMMUNICATION SKILLSINCLUSIVITY & KINDNESSPERSPECTIVE TAKINGSOCIAL MEDIA	OCTOBER COPING SKILLS <ul style="list-style-type: none">ANTI-BULLYING DAYANXIETY & DEPRESSIONMINDFULNESS	NOVEMBER GRATITUDE <ul style="list-style-type: none">KINDNESS MATTERSPERSPECTIVE TAKINGMINDFULNESS
DECEMBER RESILIENCY <ul style="list-style-type: none">GROWTH MINDSETPOSITIVE THINKING/OUTLOOKREFRAMING	JANUARY GOAL SETTING <ul style="list-style-type: none">MOTIVATIONVISION BOARDSVALUES	FEBRUARY HEALTHY REALTIONSHPIS <ul style="list-style-type: none">CONFLICT RESOLUTIONFOOD/BODY/MINDSET
MARCH SELF-ESTEEM & SELF-WORTH <ul style="list-style-type: none">BUILDING CONFIDENCEPOSITIVE SELF-TALKAFFIRMATIONSSOCIAL MEDIA	APRIL EXECUTIVE FUNCTIONING <ul style="list-style-type: none">ORGANIZATIONTEST-TAKING STRATEGIESTIME MANAGEMENTSTUDY HABITS	MAY SELF-CARE <ul style="list-style-type: none">MENTAL HEALTH AWARENESS MONTHHEALTHY HABITSSLEEP HYGIENESCREEN TIME
JUNE SELF-ADVOCACY <ul style="list-style-type: none">PRIDE MONTHADVOCATING FOR SELF & OTHERSSCHOOL/FRIEND/HOME/ETIC.		

- ★ Lunch Time Activities
- ★ Classroom Presentations
 - Diversity/Inclusion
 - Communication
 - Boundary Setting
- ★ Small Group Support
 - Conflict Resolution
 - Empowerment Groups
 - Friendship Groups
 - Healthy Relationships
- ★ Drop-In Support
- ★ Ongoing Individual Counseling



School/District Wide Programs/Initiatives



No Place for Hate

Inclusion Week

Student Council

Unity Day

Student Government

Co-Teaching

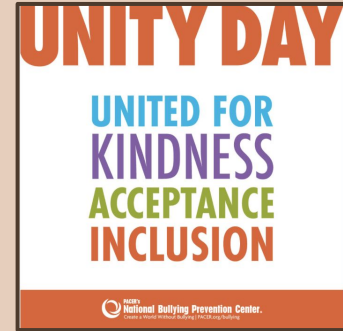
Rise with the LA Rams

School Resource Officer (SRO) Talks

Unified Sports

Celebration Months
(Disability History, Women's,
Hispanic Heritage, Black History, etc.)

Buddy Benches





No Place for Hate® (NPFH)

- **No Place for Hate® (NPFH)** is a school-wide, *student-led* initiative aimed at fostering a climate of inclusion and belonging for all students.
- Through three school-wide activities, students and staff demonstrate their commitment to creating an environment of respect for everyone.
- Activities are determined by the *student-led* committee and may focus on concepts such as:
 - Examining identity
 - Allyship
 - Anti-bullying
 - Challenging biased behavior
- While the Anti-Defamation League (ADL) provides resources and support, NPFH is not a curriculum and does not require the use of ADL materials.
- NPFH enhances existing efforts in schools to create a community of belonging and offers a common message and language for understanding the process.
- It integrates well with current Social-Emotional Learning (SEL) or Positive Behavioral Interventions and Supports (PBIS) plans.

NPFH Pledges

THE NO PLACE FOR HATE® PLEDGE

ELEMENTARY SCHOOL



01

I PROMISE to do my best to treat everyone fairly.

02

I PROMISE to do my best to be kind to everyone — even if they are not like me.

03

IF I SEE someone being hurt or bullied, I will tell a teacher.

04

EVERYONE should be able to feel safe and happy in school.

05

I WANT OUR SCHOOL to be No Place For Hate®.



Have You Signed the No Place For Hate® Promise Yet?
Find out how from your school's No Place For Hate® committee

THE NO PLACE FOR HATE® PLEDGE

MIDDLE / HIGH SCHOOL



01

I WILL SEEK TO GAIN understanding of those who are different from myself.

02

I WILL SPEAK OUT AGAINST prejudice and discrimination.

03

I WILL REACH OUT to support those who are targets of hate.

04

I WILL PROMOTE respect for people and help foster a prejudice-free school.

05

I BELIEVE that one person can make a difference - no person can be an "innocent" bystander when it comes to opposing hate.

06

I RECOGNIZE that respecting individual dignity and promoting inter-group harmony are the responsibilities of all students.



Have You Signed the No Place For Hate® Promise Yet?
Find out how from your school's No Place For Hate® committee



PACER's

National Bullying Prevention Center®

Together We Can Create a World Without Bullying

Special Guest Star:

Judy French