

Hello, Husky Families!

Bullying Prevention Program

Horizon has been awarded a school bullying prevention and education grant through the Colorado Department of Education. This grant is shared with Fox Ridge Middle School. Accordingly, a Bullying Prevention Coordinator will be hired who will split his or her time between both schools to support bullying prevention and restorative justice efforts.

The Second Step Bullying Prevention curriculum is designed for 6th, 7th, and 8th grade students with lessons tailored to each grade level so that students can build on the previous year's skills. Teachers will teach the Second Step program through their SSR classes on Monday and Tuesday for the remainder of the year.

Each bullying prevention unit is integrated within a broader curriculum that incorporates and focuses on developing student social-emotional skills. For students who are bullied, engage in bullying behavior, and bystanders, development of social-emotional skills including empathy, emotion regulation, social problem-solving, friendship building, and assertiveness skills decreases the incidence of bullying and increases the likelihood of positive bystander response.

For more information on Second Step, please go to the following link:

<http://www.cfchildren.org/bullying-prevention#research>

<u>Normal Conflict</u>	Vs.	<u>Bullying</u>
- Equal power or friends		-Imbalance of power; not friends
- Happens occasionally		-Repeated negative actions
- Accidental		-Purposeful
- Not serious		-Serious with threat of physical or emotional harm
- Equal emotional reaction		-Strong emotional reaction from victim; little or no reaction from bully
- Not seeking power or attention		-Seeking power, control
- Not trying to get something		-Attempt to gain power/material things
- Remorse - takes responsibility		-No remorse - blames victim
- Effort to solve the problem		-No effort to solve problem