



PWPORG Presents:

School Violence Mini Resource Guide



What is School Violence

The Centers for Disease Control and Prevention (CDC) defines School Violence as “youth violence that occurs on school property, on the way to or from school or school-sponsored events, or during a school sponsored event. A young person can be a victim, a perpetrator, or a witness of school violence. School violence may also involve or impact adults.”

https://www.cdc.gov/violenceprevention/pdf/school_violence_fact_sheet-a.pdf

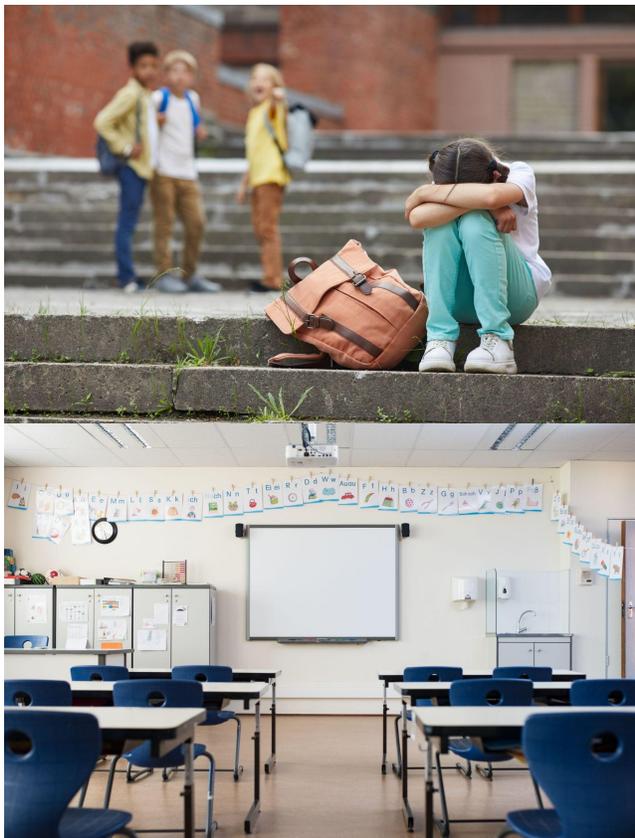
It is important to not only understand what school violence is, but how to recognize the signs.

- Missing school due to safety concerns
- Low academic grades
- Carrying a weapon
- Suicidal thoughts or behavior
- Risky sexual behavior
- Overweight or obesity
- Feelings of sadness or hopelessness
- Substance use

These are all indicators that a child may be a victim of violence.

<https://www.cdc.gov/injury/features/teen-violence-impact/index.html>

<https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7005a4-H.pdf>



Bullying and Cyberbullying

Bullying involves unwanted, aggressive behavior among children in school. Two things need to be present in order for it to be considered bullying: an imbalance in power and repetition. There are three types of bullying according to Stopbullying.com:

1. Verbal Bullying which involves teasing, name calling, threats, etc.
2. Social Bullying which involves leaving someone out of the group, spreading rumors, embarrassing someone, etc.
3. Physical Bullying which involves hitting, spitting, breaking someone's things, etc.

<https://www.stopbullying.gov/bullying/what-is-bullying>



Cyberbullying is a form of bullying that occurs online through a child's phone, computer, or other electronic devices. Cyberbullying can occur across many platforms that include:

- Social Media
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities



<https://www.stopbullying.gov/cyberbullying/what-is-it>

www.StopBullying.com is an amazing resource created by the U.S. Department of Health and Human Services that helps parents, kids, and educators learn how to recognize, prevent, and respond to bullying.

Peer Pressure

Growing up is hard for kids. They are finding out who they are, their interests, and who they look up to. Some kids are able to channel themselves into positive outlets, such as sports or education, but others fall into negative temptations.

U.S. Department of Education's Friendships -- Helping Your Child Through Early Adolescence

<https://www2.ed.gov/parents/academic/help/adolescence/parto.html>

The American Academy of Child and Adolescent Psychiatry's Peer Pressure

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Peer-Pressure-104.aspx

KidsHealth.org's Peer Pressure (For Parents)

<https://kidshealth.org/en/teens/peer-pressure.html>

KidsHealth.org's Dealing With Peer Pressure (For Kids)

<https://kidshealth.org/en/kids/peer-pressure.html>

APT Parenting's Peer Pressure Statistics That'll Rouse You to Deal With the Issue

<https://aptparenting.com/peer-pressure-statistics>



Childish Challenges

A new trend among children is engaging in competitive “Challenges” posted on social media platforms. Most of these challenges are fun dances or activities that kids can record and share on the platform. However, there are some that can be very harmful to kids, their classmates, their teachers, and their schools.



There has been a recent challenge posted in which kids are encouraged to steal items from their schools such as paper towel holders, hand sanitizer, soap dispensers, and more. On one social media platform (TikTok), this challenge is known as the “Devious Licks” Challenge and has resulted in schools having to close their bathrooms due to the destruction caused by the students. Kristen Mei Chase has written a great article for the Washington Post which advises parents on this trend and also provides advice on how to talk to kids about it.

<https://www.washingtonpost.com/lifestyle/2021/09/21/devious-licks-parenting-advice/>

There is, reportedly, another more violent challenge emerging among school aged kids, the “Slap Your Teacher” Challenge. This challenge shows kids physically assaulting teachers and has resulted in the arrest of teens across the country. Although there is some speculation on whether this is a real challenge or not, it is important to talk to kids about the consequences of this kind of unacceptable behavior.

The social media platform TikTok has also been used to post challenges outside of school which resulted in injuries to kids. These include the “Tide Pod” Challenge (ingesting), and the “Milk Crate” Challenge (a dangerous exercise). Awareness of these trends on social media platforms provide a great opportunity for open and candid family conversations.



Below is a great article from *Psychology Today*, “How to Talk to Your Kids About Challenges Appearing on Social Media Platforms: Rules and Boundaries for Social Media”.

<https://www.psychologytoday.com/us/blog/code-living/202110/how-talk-your-kids-about-tik-tok-challenge>

Mental Health and Wellness for Kids



Teaching kids when they are young to value wellness will help them develop better coping and communication skills and give them the courage to confide in trusted adults and school counselors when issues arise.

“Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.” - <https://www.cdc.gov/childrensmentalhealth/basics.html>

For Parents:

MHA Youth Mental Health

<https://www.mhanational.org/childrens-mental-health>

Mental Health America (MHA) Children’s Mental Health Matters Factsheet

https://www.mhanational.org/sites/default/files/BACK_TO_SCHOOL%202014_Childrens_Mental_Health_Matters_Smaller.pdf

NASP Care for Caregivers: Tips for Families and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

For Kids and Teens:

PBS Feeling’s Games for Kids

<https://pbskids.org/games/feelings/>

PBS Emotional Growth Games for Kids

<https://pbskids.org/games/emotional-growth>

Mindfulness Websites/Apps

<https://my.life/>

<https://www.calm.com/>

Coping Skills for Kids

<https://copingskillsforkids.com>



Benefits of School Psychologists and Counselors

School Psychologists and Counselors are essential in the schools. They help **improve academic achievement, promote positive behavior and mental health, create a positive and safe school environment**, and more. Learn more about the positive benefits of School Psychologists and Counselors.



NASP's The Value of School Psychologists

<https://nasponline.org/research-and-policy/advocacy/the-value-of-school-psychologists#:~:text=They%20help%20schools%20successfully%20improve,school-wide%20assessment%20and%20accountability.>

NASP's Who Are School Psychologists

<https://www.nasponline.org/about-school-psychology/who-are-school-psychologists>

American School Counselor Association (ASCA) The School Counselor and Student Mental Health

<https://schoolcounselor.org/Standards-Positions/Position-Statements/ASCA-Position-Statements/The-School-Counselor-and-Student-Mental-Health>

GoodTherapy.org's School Counseling

<https://www.goodtherapy.org/learn-about-therapy/modes/school-counseling>

KidsHealth.org's School Counselors (For Kids)

<https://kidshealth.org/en/kids/school-counselors.html#catpeople>

Violence Prevention Resources

Here is a list of resources for parents and educators to help them better understand how to prevent all kinds of violence in schools, from bullying to active threat incidents.

StopBullying.gov Prevention at School

<https://www.stopbullying.gov/prevention/at-school>

StopBullying.gov Set Policies and Rules

<https://www.stopbullying.gov/prevention/rules>

Stopbullying.gov Assess Bullying

<https://www.stopbullying.gov/prevention/assess-bullying>

Stopbullying.gov Bullying Prevention in Extracurricular Activities

<https://www.stopbullying.gov/prevention/bullying-prevention-in-extra-curricular-activities>

Stopbullying.gov Help Children Build Resilience

<https://www.stopbullying.gov/prevention/help-children-build-resilience>

National Association for School Psychologists' (NASP) Talking to Children About Violence: Tips for Parents and Teachers

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-parents-and-teachers>

NASP School Violence Prevention

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/school-violence-prevention>

CDC's A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors

<https://www.cdc.gov/violenceprevention/pdf/yv-technicalpackage.pdf>

CDC's Creating Protective Community Environments to Support Healthy Youth Development and Prevent Youth Violence

<https://www.cdc.gov/violenceprevention/pdf/factSheet-YVPC.pdf>

Center on PBIS Bullying Prevention

<https://www.pbis.org/topics/bullying-prevention>



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