



Supported by funding through SAMHSA's Drug Free Communities Program

# Parent Talk

Winter 2008 – Volume 4



## What's Happening in PUSD?

### All Stars:

During October 2008, all 7<sup>th</sup> grade students participated in this interactive program that helps them reflect on their future and how their decisions will affect their dreams and goals. In December, all 8<sup>th</sup> grade students will participate in All Stars Booster lessons.

### Student Safety Committee:

Approximately twenty 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade Palermo Middle School students will join this team which creates projects to make school a safe environment. They meet weekly and will focus on peace, kindness, and getting along with others (anti-bullying) this year. They will participate in two main projects which have yet to be determined.

### Second Step:

Teachers in PUSD are continually being trained in this violence prevention curriculum. By February 2009, approximately 80% of the K-5 teachers will be trained and it is being implemented for all 1<sup>st</sup>, 3<sup>rd</sup>, and 6<sup>th</sup> grade students, as well as in several other K, 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade classrooms.

*Please contact your administrator or the SS/HS Coordinator for more information.*

## About the Safe Schools/Healthy Students Initiative

Safe Schools/Healthy Students is supported through Butte County Office of Education (BCOE). BCOE has partnered with Oroville education, law enforcement, juvenile justice, mental health and community organizations over the past three years to continue existing programs and bring new services to students in Oroville, Thermalito, and Palermo. Goals of this initiative include increasing numbers of students who feel safe at school, reducing alcohol/drug use, reducing violent incidents at school, improving attendance, and increasing mental health services for students and families.

### Helping Your Child Succeed:

#### **Less Exposure to Violent Media Makes Youth Less Aggressive**

Children and young teens with only minimal exposure to violent entertainment in the media are far less likely to engage in aggressive behavior, a new survey suggests. The survey asked children to rank the amount of violence they were exposed to via five media outlets: TV and movies; music; computer games; Web sites depicting cartoon imagery; and Web sites involving real people. Among those youth who had "none" (6%) or "some" (43%) exposure to media violence, they found that 85% and 50% of each group, respectively, said they were less likely to engage in seriously violent behavior, bullying or fighting---as compared to children who had "more" exposure to violent media. Other variables (history of substance abuse, witnessing violence in the neighborhood, having difficult family relations, being predisposed toward angry behavior, and having delinquent friends) might also influence youthful violent behavior. Nonetheless, they concluded that a reduction in exposure to violent media could help decrease bullying, fighting, and general violent behavior among children and adolescents.

—HealthDay News 10-29-08

### Parent Resources:

#### **Learning to Cope: Teens and Stress**

*Not sure how to keep your teen from folding under today's pressure's? Follow these tips for a practical approach:*

1. Focus on the positive. No one has all the answers to life's problems, and no one is perfect. Praise your teens on how well they handle tough situations in their lives.
2. Look for signs. Be involved in your teens' lives and watch to make sure they are not feeling overloaded.
3. Teach stress management. Offer different ways to reinforce simple strategies like exercising, following a healthy diet and keeping a journal.

**For more information go to:  
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