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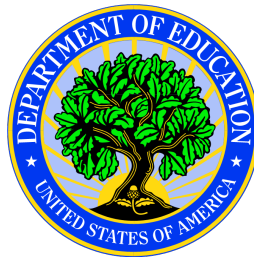
## News & Updates

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August 2020

### Student Wellness Department Project Prevent Grant

Funded by the Ohio Department of Education



**THANK YOU to all those who continue to serve our students and support their families in a variety of ways during this time. We appreciate all your hard work and dedication. We will get through this together!**

Hello,

This is certainly a time of unpredictability, flexibility, and change that is difficult to comprehend. Planning has been difficult for all administration, staff, students, families, and communities. Below is our first quarterly newsletter and the Student Wellness Department hopes you find some useful tools, resources, and information for prevention awareness dates, to aid in this time of transition.

The ESC of Northeast Ohio's Student Wellness Department and Communication Consultant have been busy this summer developing the "Start Smart. Stay Smart." Campaign. You may have seen or heard this promotion on Channel 3 or one of the many iHeart radio stations. The campaign helps connect you to schools and community resources as students start the new school year as well as offering an opportunity for students to win a Chromebook and video call with Josh Cribbs.

The Student Wellness Department would also like to welcome our two new School Climate Consultants, Linda Blanch, M.Ed and Meghan KanagaRaj, M.A, M.Ed. They both come with years of experience working and supporting diverse educational populations and providing a variety of trainings around tiered frameworks and other topics. Meghan and Linda will be supporting districts and PBIS teams as they audit their strengths and challenges of their current tiered framework, especially in a time of remote leaning! They will be exploring providing networks for parents on reinforcing the district's/staff's tiered framework, whether in-person or at home.

We wish you all the very best year ahead and look forward to working together this coming school

year!

The Student Wellness Department

## Save the Date - Upcoming Virtual Events

### PAX Training is available for districts in Cuyahoga County:

- **PAX Network Meeting: August 31, 2020 from 9:00-11:00 AM**
  - The ESCNEO is forming a Community of Practice (CoP) for PAXGBG teachers and other teams members currently trained and implementing PAX in the classroom. The focus will be to share successes, challenges, and lessons learned from current educators/teams with new PAX users. We also intend to have PAXIS Institute International trainer, Mike Muempfer, to speak about some strategies for those of you starting remote/virtual, hybrid, or in person. The group will set the dates for future times to meet and share experiences.
- **More Information to Follow:**
  - **PAX Partners - September 3-4, 2020 from 9:00-2:30 PM**
  - **PAXGBG and Sustainability - September 14-15, 2020 from 8:00-3:30 PM**
  - **PAX Heroes - September 18, 2020 from 8:00-3:30 PM**
- **Tentative Suicide Prevention Training - September 2020**

## Transitioning Back to School: Hybrid, Virtual, Home-school

### [See What Cuyahoga County School Districts are Doing for Classes Following Health Board's Remote Learning Recommendations](#)

### Start Smart. Stay Smart.

As part of the U.S. Dept. of Education grant, Project Prevent, the ESC of Northeast Ohio is working in partnership with WKYC TV3 and iHeart Radio have created a public service campaign to engage students, families, and staff and connect them to resources as they transition back to school.

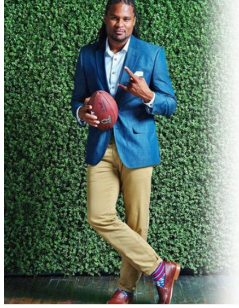
Follow along for the latest news, tips, and resources for families and students as we navigate this new normal and what returning to school looks like this fall, or [contact us](#) with any questions you may have.

216-910-HELP (4357)



[StartSmartNEO.org](http://StartSmartNEO.org)

**Win a Chromebook  
& Video Call with  
Josh Cribbs,  
Courtesy of the ESC of**



# Northeast Ohio

Five lucky winners in grades K-12 will be selected in this contest, each getting a Chromebook and some virtual time with Josh. All you have to do is register yourself or your child!

[Register Here](#)

The coronavirus outbreak has caused major disruptions to daily life and children are feeling these changes deeply. While the start of school will not only be welcome but exciting for many students, others will be feeling anxious or frightened. Here are resources to help children navigate some of the complicated emotions they may be facing with going back to school - whether it be hybrid, virtual, or home-school.

[Connecting for Kids is offering 3 FREE online seminars for any parent, guardian, or caretaker. Serving all families with children younger than 13 in Cuyahoga and Lorain counties.](#)

- CFK Virtual Zoom Speaker Series: Ask Us! Planning for School in Fall
  - **04 Aug 2020 7:00 PM**
- CFK Virtual Zoom Speaker Series: Helping Your Anxious Child Prepare for the School Year
  - **12 Aug 2020 7:00 PM**
- CFK Virtual Zoom Speaker Series: Ask Us! Finding Resources this Fall
  - **19 Aug 2020 7:00 PM**



[CDC Considerations for Schools Operating Schools During COVID-19](#)



[Supporting your child's mental health as they return to school during COVID-19](#)



[Trauma-Informed School Strategies during COVID-19](#)



[COVID-19: Helping Your Child Go Back To 'Normal'](#)



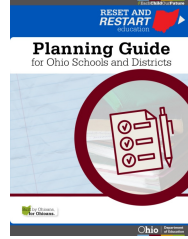
[Supporting your child to go back to 'normal' after COVID-19.](#)



[CDC Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](#)



[Return to School During COVID-19](#)



[Reset and Restart: Education Planning for Ohio Schools and Districts](#)



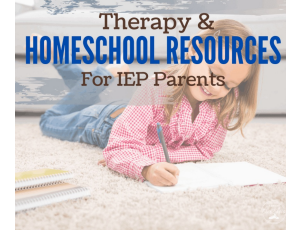
[COVID-19 & Remote Learning: How to Make It Work](#)



[Distance Learning: 8 Tips to Help Your Child Learn at Home](#)



[Learning at Home for Educators and Families](#)



[150 Distance Learning Resources for Parents | OT | PT | Special Education | All Subjects](#)



[101 Free Resources for Home-Schooling or Going Remote this Fall](#)



[A Parent's Guide to Virtual Learning: 4 Actions to Improve Your Child's Experience With Online Learning](#)



[350+ Amazing Online Learning Resources](#)

**September 2020: National Suicide Prevention Month**  
 September 6-10, 2020: National Suicide Prevention Week  
 September 10, 2020: World Suicide Prevention Day

## [Community Resources](#)

- Suicide is the second leading cause of death for young people between 10 to 24.



### [#BeThe1To](#)

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

1. ASK
2. KEEP THEM SAFE
3. BE THERE
4. HELP THEM STAY CONNECTED
5. FOLLOW UP

[READ MORE](#)

## **Never, Never Give Up. You Matter.**

You Matter is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the **National Suicide Prevention Lifeline**. You Matter blog posts are written by a rotating Blogger Council of individuals between the ages of 13-24 that are passionate about suicide prevention and mental health.

You Matter is a movement to spread the word that your problems, your worries, your fears, and above all you—unique and real you—matter. And because just about everyone—at some point—hits the wall, we're here to help.



[READ MORE](#)

## **Lifeguard Workshop**

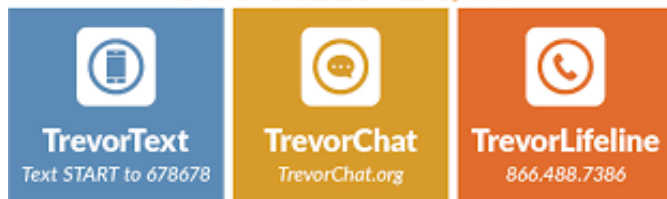
Are you an educator, school counselor, social worker, school nurse, or youth group leader?

The Lifeguard Workshop video is a learning tool specifically designed for you to help young people:

- Identify the challenges faces by LGBTQ people
- Recognize the warning signs of suicide.
- Respond to someone whom may be in crisis.

This video training and curriculum is based on Trevor's in-person workshop that is listed in the SPRC/AFSP Best Practice Registry for Suicide Prevention and is free of charge to educators and youth service providers.

### **GET HELP 24/7:**



**THE TREVOR PROJECT**  
Saving Young LGBTQ Lives

[READ MORE](#)

## **October 2020: National Bullying Prevention Month**

### **Ohio Anti-Bullying Resource List**

#### **2 Strong 4 Bullies**

- **One out of every five (20.2%) students report being bullied**
- **41% of students who reported being bullied at school indicated that they think the bullying would happen again**
- **School-based bullying prevention programs decrease bullying by up to 25%**

### **Pacer's National Bullying Prevention Center**

More than one of every five students reports being bullied. They are scared to go to school. That means those students lose the opportunity to learn. It is every student's right to be safe in school.

Students who are bullied may also have lower self-esteem and less self-confidence. They might also struggle to concentrate in school because they're afraid of being bullied.

It's not just the targets of bullying who are hurt by it. Students who bully sometimes have problems with the law when they're older. Students who see bullying happen often feel afraid or angry and even though they want to help, they don't know how.

**Pacer's National Bullying Prevention Center**  
**Pacer Center's Teens Against Bullying**  
**Pacer Center's Kids Against Bullying**

**What you should know about COVID-19 and CYBERBULLYING**  
 Parents

Cyberbullying is using a form of technology—such as the internet, cell phones, or virtual classrooms—to intentionally hurt or harm someone else.

**CYBERBULLYING & COVID-19**

- Youth are spending more time online for school, connecting with peers, and socially interacting with friends.
- Kids are still adjusting to learning and interacting with their peers virtually.
- Many young people may be feeling new and uncertain emotions due to the pandemic, such as anxiety, anger, fear, isolation, or stress.
- This unprecedented period, as well as more time spent online, have the potential to cause an increase in cyberbullying behavior.

**REMEMBER: CONVERSATIONS WITH YOUTH ARE IMPORTANT**

- Start talking about online behavior as soon as they start using technology and return to the conversation as their technology use evolves.
- Your child may not recognize that hurtful online behavior can be cyberbullying, especially in new settings like virtual classrooms.
- Discuss what cyberbullying is and steps to take if they experience or witness it.

**IF YOUR CHILD IS BULLIED ONLINE, WHAT SHOULD YOU DO?**

- Be supportive of your child; you might be the first person they've told.
- Let them know you are there to help.
- Document the situation and keep a detailed record with screenshots and saved texts.
- If the cyberbullying is happening:
  - In your child's distance learning classroom or with peers, inform your child's school. Most schools include cyberbullying in their bullying prevention policy.
  - On a social networking site: Check the safety page for ways to report and block.
- The most important message to give your child is that they aren't alone and that, together, you can find a solution.



**Parents/Guardians**

**WHAT YOU SHOULD KNOW COVID-19 and CYBERBULLYING**  
 Elementary school students

Cyberbullying is using a form of technology—such as the internet, cell phones, or virtual classrooms—to hurt or harm someone else on purpose.

**DISTANCE LEARNING – A HISTORIC TIME**

- People stay apart to stay healthy.
- Kids no longer go inside their school.
- Technology is used a lot more for learning and connecting with others.

**WHEN USING TECHNOLOGY, IT'S IMPORTANT TO:**

- Feel safe
- Be respectful
- Remember that bullying can happen even when kids are apart
- Know what to do if you see or are cyberbullied

**IF YOU ARE BULLIED ONLINE, WHAT SHOULD YOU DO?**

- Tell your mom, dad, or an adult you trust, even if you're not sure it's cyberbullying.
- Reach out to your teachers or another adult who is in charge—they are there to help you.
- Talk to an older sibling or friend who you trust.
- Take a screenshot or picture of the bullying and show an adult.
- Report the bullying: if you do not know how, ask an adult!

**WHAT SHOULD YOU DO IF YOU SEE CYBERBULLYING HAPPEN?**

- Tell your mom, dad, or an adult you trust and ask what you can do.
- Report cyberbullying on the app or website.
- If your classmates are being bullied, let your teacher know.



**Elementary Students**

**What you should know about COVID-19 and CYBERBULLYING**  
 Middle and high school students

Cyberbullying is using a form of technology—such as the internet, cell phones, or virtual classrooms—to intentionally hurt or harm someone else.

**DISTANCE LEARNING – A HISTORIC TIME**

- The time we are living in right now is like no other in our history.
- People stay apart to stay safe.
- Teachers are educating students online.
- Even though youth aren't physically at school or in the community, bullying can still happen.

**REMEMBER, IT'S IMPORTANT TO:**

- Be online for school and learning.
- Connect with friends and family through text, apps, or gaming.
- Feel safe and respected online!
- Know what to do if you experience or witness cyberbullying.

**WHAT SHOULD YOU DO IF YOU SEE CYBERBULLYING HAPPEN?**

- Tell your parents or an adult you trust, and ask for their advice.
- Report the situation to the technology, app, or social media provider.
- If the situation involves classmates, let your teacher know.
- Show support to the person being bullied by reaching out to them with a kind message.

**IF YOU ARE BULLIED ONLINE, WHAT SHOULD YOU DO?**

- If you are being bullied online, know that you have the right to be safe. Take the first step—don't go through it all alone! Tell someone and ask for help.
- Tell your parents or an adult you trust when someone is being hurtful to you online, even if you aren't sure it's cyberbullying.
- Reach out to your teachers or another adult who is in charge—they are there to help you!
- Talk to a sibling or peer who you trust and ask them to help you tell an adult about the situation.
- Document the bullying: take screenshots and save texts.
- Report the bullying: almost all technology sites have an option to report someone for cyberbullying.



**MS/HS Students**

**October 2020: Domestic Violence Awareness Month**

**Ohio Domestic Violence Network - Hotel Assistance Program**

- One in three adolescents in the U.S. is a victim of emotional, physical or sexual abuse from a dating partner, a figure that far exceeds other types of youth violence
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.
- Dating abuse affects around 1.5 million teens annually.

**Healthy Relationship Middle/High School Educators Toolkit**

As an educator, you are in a position to influence, motivate and lead children and youth. As a mentor and role model to your students, you play a critical role in shaping their attitudes and behaviors. You have the ability to help them get an understanding of healthy relationships and learn to recognize the signs of an unhealthy or abusive relationship.

[loveisrespect.org](http://loveisrespect.org)



MS Educator Toolkit



HS Educators Toolkit

## Crisis Text Line

Throughout Ohio, you can text the keyword “4hope” to 741 741 to be connected to a trained Crisis Counselor. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.

[www.crisistextline.org](http://www.crisistextline.org)

## Additional Resources

1. [Project AWARE \(ESCNEO\) - Mental Health Awareness Resources](#)
2. [Project PREVENT \(ESCNEO\) - Violence Prevention Resources](#)
3. [Domestic Violence & Child Advocacy Center](#) - 216.391.4357
4. [National Domestic Violence Hotline](#) - 800.799.7233
5. [National Suicide Prevention Hotline](#) - 800.273.8255
6. [Ohio Suicide Prevention Foundation \(OSPF\)](#) - 800.273.8255
7. [National Alliance on Mental Illness \(NAMI\)](#) - 800.950.6264
8. [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) - 877.726.4727
9. [Alcohol, Drug Addiction & Mental Health Services \(ADAMHS Board\)](#) - 216.241.3400



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