

ALL STAFF



Empowering Youth  
Transforming Communities

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## Empowering Staff and Students to Reduce Bullying and Violence and Improve School Climate

*Blend youth development and violence-prevention principles with hands-on knowledge of best practices and research-based strategies to increase the role of young people as partners in promoting safer schools.*

### The Problem:

Schools and youth-serving organizations everywhere are being negatively impacted by youth-on-youth mistreatment. Incidents of bullying, intolerance, put-downs, and exclusion are far too common and far too costly. This mistreatment is getting younger, meaner, harder to identify, and more acceptable. Moreover, many of these incidents happen when and where adults are not present.

Mistreatment undermines student achievement, is harmful to young people's social and emotional development, and can erode staff morale. Even though there are policies and consequences designed to deter these behaviors, research has shown that these are not enough. Positive youth-adult relationships and student-centered strategies are vital to reducing bullying and violence and improving school climate.

### The Workshop:

This engaging and informative workshop will help staff/faculty members understand the nature and extent of emotional and physical violence –relational aggression and cyber-bullying – and their impact on learning/academic achievement, attendance and participation in school, child/youth development, and school climate and security. The session will also significantly increase the ease and effectiveness of adult interactions with students. Participants will leave equipped with better observation, relationship and intervention skills that they can immediately use to:

- identify, prevent and de-escalate student mistreatment;
- equip and empower students to prevent and reduce bullying and violence;
- be more proactive in building trust with students, inspiring them to break the "code of silence" and report potentially unsafe situations to adults.

Through a series of hands-on activities, participants will learn and practice communication skills and proactive intervention strategies they can use to increase their students' trust and willingness to talk with them. Participants will also learn about other best practices in bullying prevention and school climate improvement, including a research-based, field-tested, youth-centered program called Safe School Ambassadors®, and what they can do to support it on their campus.

**Time:** ½-day (3–4 hours) to full-day (6–7 hours)

**Cost:** The cost for hosting a ½-day workshop is \$800; a full day workshop is \$1500 (plus expenses). The cost includes training materials and skills practice scripts. Longer workshops offer more time for practice and discussion and more in-depth understanding. Expenses are estimated at \$200/day or less when hosted in tandem with a Safe School Ambassadors program training.

For more information or to schedule a workshop, please contact: Dr. Sally Ember, Outreach Director, 707-823-6159 x 102, or [sallyember@community-matters.org](mailto:sallyember@community-matters.org)