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PSI PARADIGM®

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Students Matter

Editor's Note:

What have been your professional stressors today? Are you focused on test scores, budgets, paperwork, student discipline, school safety, work loads, scheduling, regulations, parents or **just the fact that there are never enough hours in the day?** Those of us who have chosen to dedicate our careers and lives to the field of education are intrinsically caring people. The irony of our day-to-day jobs is that we often lose sight of the reason we chose this field: **Students Matter** and we care about them! No matter what your particular job role may be, it can often feel overwhelming, discouraging, frustrating or even monotonous. The goal of this issue of **Paradigm** is to help you focus on your students as well as to hopefully provide you with information, resources, trends in education and new ideas for old problems. **We at PSI remain your educational partners** with the never-ending goal of assisting you in any way that we can. Please never hesitate to reach out to us...

PSI's January Webinar

Cyberbullying Prevention in the Screen Age: *It Takes a Village*

Technology is a big part of the lives of students today, both in and out of the classroom. While utilizing technology can enhance student learning in school, the effects of its use outside of the classroom can impact our students in negative ways.

[PSI Expert Partner Scott Poland, EdD](#), presented the webinar *Cyberbullying Prevention in the Screen Age: It Takes a Village* on January 24 to explain the realities of cyberbullying to school staff and explain how to address this issue.

Poland says bullying peaks in middle childhood and 15-25% of students are being bullied with some frequency and much of it occurs online. Studies have found that only one-third of the bullying victims told an adult.

It is important to recognize the signs of cyberbullying in students. According to Poland, signs include depression, withdrawal, anxiety, wanting to skip school or avoid activities, somatic complaints, avoiding discussing online behavior, and being secretive and nervous about phones and computers.

Besides teachers noticing signs, Poland said bystanders, or witnesses as he refers to them, are present 80% of the time during bullying incidents. As witnesses, they can intervene to stop bullying and can support the victim. However, research has found the more bystanders are online the less likely anyone will intervene. The reasons for not intervening, Poland said, are that bystanders are not sure what to do, they are afraid of retaliation, they are afraid that they will become ostracized by their existing friends or social group, they are



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Cyberbullying Prevention in the Screen Age

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Written by Jessica Nave

afraid that they will become ostracized by their existing friends or social group, they are concerned they might do the wrong thing and make the situation worse, and they think adults won't help and nothing can be done.

Schools also have a role in combating cyberbullying. Schools need to take immediate action to investigate cyberbullying, support the victim, let all students know that bullying behavior is not acceptable, provide immediate consequences for the bully and refer them to the appropriate personnel, conference with parents, and contact police if a bodily threat was made.

There are also key points for school staff when dealing with cyberbullying. These include: do not require students to meet and work things out, share information with other staff about the incident, let the bully know that you and other staff will be watching them closely, and let the victim know the next steps that will be taken and urge them to report any further incidents.

One way schools can be especially proactive about the issue of cyberbullying is through teaching all students digital citizenship, beginning in the early grades. Digital citizenship is curriculum for students in Kindergarten through 12th grade with lessons on privacy and security, self-image and identity, digital footprints and reputation, creative credit and copyright, relationships and communication, information gathering literacy, cyberbullying, and internet safety.

Looking for More Resources? Common Sense Media provides lesson plans and advice for students of all ages. Below are examples of lessons for Kindergarten through second grade training.

- Safely using a search engine/key words
- Screening and selecting age-appropriate websites
- Keeping private and personal information and passwords protected
- Limiting your online community
- Never engaging in online communication with someone you don't know in person
- Sending emails and messages online and showing respect online
- Taking responsibility
- Knowing your digital "trail"
- Taking a Digital Citizenship Pledge

There are 80 free lessons on digital citizenship that can be found at <http://bit.ly/2CkI4s2>.

While much can be done at home with parents talking to their children about their online presence and behavior, there are also best practices that schools need to follow. Some of these are listed below.

- Teaching students to be responsible online
- Recognizing offline and online bullying are intertwined and form an anti-bullying task force
- Accepting responsibility to intervene and recognize students are the most powerful element in any prevention plan
- Knowing all students well and recognizing warning signs of victimization
- Recognizing association between bullying and suicide

PSI can also provide face-to-face student programs for your school through its Training and Education department, coordinated by Brooke Wright: brookewright@psi-solutions.org.

Poland says that while the majority of students being bullied do not attempt or die from suicide, it's because there is a village in place - which includes schools, parents, and the community.

If you're looking for more resources on cyberbullying, please consult the following:

- www.common sense media.org
- www.cyberbullying.org
- www.stopbullying.gov

All PSI webinars are recorded for those who cannot watch live. To view the entire webinar, please visit:

<http://psi-solutions.org/webinar-library/>.

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Are You Signed Up?

Are you getting Paradigm in your inbox? Click here to make sure you are signed up: <http://bit.ly/2yOtA4J>

15 Ways to Teach Better Organization to Kids with *ADHD*

How teachers and parents can help children with ADHD master better organization and time-management skills at school and at home.

By *Additude* Editors
www.additudemag.com

Work with your student or child to build systems or routines that encourage better organizational skills. Here are some ideas for getting started...

Classroom Solutions

Color Code All Classroom Materials

Use green for all science notebooks, binders, and folders, plus keep related classroom materials in matching green bins.

Post Steps for Routines

Hang colorful signs to show where [homework](#), lunchboxes, and parent-teacher correspondence should be placed. A reminder about dismissal might read: Did you clear off your desk? Did you pack your book bag? Do you have your jacket, lunchbox, and homework assignment?

[Free Download: 10 Solutions for Disorganization at School](#)

Simplify the Flow of Papers

Provide each student with three clear, pocket-type folders - labeled "Mail," "Homework to Do," and "Completed Homework."

Schedule A Class Cleanup

Provide time for students to [de-clutter their binders](#), backpacks, and desks. Hold periodic inspections, and award prizes for tidiness.

Post A Master Calendar

Use an analog clock, which makes it easier for students to [track the passage of time](#). Make a game out of predicting how long various activities take.

[School Organization 101: Clutter-Free Backpacks and Bedrooms](#)

Want More? Please visit:

<http://bit.ly/2EqYkNf>

What Every Parent Needs to Know About *Teen Addiction*

By [Stephen Gray Wallace](#)

Be sure to register for PSI's March 2018 webinar... presented by Stephen Gray Wallace! Watch your email for more details!

Our children are at risk. And as rates of addiction soar for old and young, it's essential that parents educate themselves about [youth substance abuse](#). One 24-year-old college graduate told me, "I grew up in the suburban town of New Canaan, Conn., boasting some of the 'best' public schools in the country, high standardized-test scores and a near-perfect graduation rate.

"I personally know five people who have passed away from heroin addictions. To make it through high school with friends, we basically had to take on a [drug addiction](#) of some sort, whether it was eating pills, getting wasted drunk, smoking weed, eating acid, mushrooms, 'Molly' (MDMA) or whatever. It was easier to make friends when we were both getting inebriated. There were exceptions, but the vast majority played into it." My friend is not alone.

A January 2016 article posted by the website [New Canaanite](#) reported on Kera Townshend, a former captain of the New Canaan High School cheerleading squad, who spoke on a panel about heroin, opioid and drug abuse. First, she told of her many accomplishments, sure to impress admissions officers, job interviewers or any audience. "Then she gave ... the seamy underside: Anxiety and, in some areas, lack of self-confidence and wanting to get along led her into some sordid drug and alcohol abuse and addiction. Addictions which stuck even after she thought she'd conquered them," the story said.

The story went on to note that "several" New Canaan youth had died from heroin in recent years, prompting the formation of a cross-community coalition to address addiction. New Canaan's experience is a cautionary tale of the rampant drug use in urban, suburban and rural America. It's imperative that parents understand addiction's causes and treat it as a medical and psychological condition, not a moral lapse or voluntary action.

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High Nicotine E-Cigs Up the Chances Teen Will Become Smokers

It also increases the intensity of a teen's future vaping habit

Did You Know? Last year in the US, more than 1 high school student in every 10 used e-cigarettes. While e-cigs do not burn tobacco (as conventional cigarettes do) they usually do provide nicotine. A new study finds that teens who vaped are more likely to vape and smoke 6 months later. For more on the study from Jessica Barrington-Trimis at the University of Southern California in Los Angeles, please visit: goo.gl/zKZHQD.

- Teens who vape are 3 times more likely than non vapers to start smoking tobacco.
- Vape liquids can vary widely in how much liquid they can contain and can vary in nicotine concentration per puff.
- Nicotine has been linked to many health risks in teens, including problems with learning, attention, and impulse control.
- Vaping has become popular, leading to increased access and exposure to teens.

How Can We Stop Kids From Vaping?

Deglamorize Vaping

Have the Talk About Smoking

Set the Example

Contact PSI Health Services for School Resources and More Information!

Students Matter!

How to Help Your Special Needs Child Cope With The Loss of a Loved One

By Jenny Wise (jenny@specialhomeeducator.com)



If you're dealing with the loss of a loved one, helping your special needs child cope is probably weighing heavily on your mind. Death can bring about chaos, anxiety, and a whole host of emotions, and helping your child with quality emotional support can be vital to their recovery process. The good news is that by tackling this together, you can provide an opportunity for positive transformation and growth in your parent/child relationship. Here are some ways to help your child manage a loss:

Choose the right words and tone. It's important to use clear, age-appropriate language to minimize the risk of confusion. Don't say things like, "We've lost your grandfather" or "He's no longer with us", as these statements can easily lead to confusion. Be as honest as possible within your child's limit of understanding. Remember, children listen to your tone of voice more than your words, so watch how you're speaking. If you're whispering, for example, this can cause them to feel uneasy. They might even think you're telling them a secret.

Don't hide details. Don't leave your child's mind to fill in the blanks where you've left out information. Children, especially school-aged children, are smart and resourceful. Left to figure it out themselves, they will search the internet and discover details that you may not have shared. This can lead to mistrust in your relationship.

Listen and listen some more. One of the best ways to help your child is to listen. It's important to hear all of their questions, and to answer as succinctly as you can. Be prepared for questions like, "Could this happen to me?" or "Are you going to die?" These are normal questions.

For more, please visit: <http://bit.ly/2Cjq2FD>

What Attributes Should a High School Graduate Have? It's Not Just the "Three R's" Anymore

By Patrick O'Donnell, The Plain Dealer
paodonnell@plaind.com

What should a high school graduate look like in Ohio? The state school board has been weighing that broad and sweeping topic the last few months as members develop long range goals that can shape the future of Ohio's schools.

Should students know lots of facts they can recite on tests? Do they need to know a trade? Should STEM - Science, Technology, Engineering and Math - be a key aim? Should they be focused on citizenship? Critical thinking?

"We felt it was really important to develop the profile...the characteristics and attributes that a graduating senior should have in order to make a successful transition to a adulthood," said board member Linda Haycock of Lima.

The board's not finished with its work yet, but members and educators on five "work groups" offering advice are taking a direction that might surprise you. After several years of standardized test scores taking center stage, the developing plans take a more "holistic" and "well-rounded" approach toward helping the "whole child."

"The whole child...that has been a theme that has emerged through most of the work groups at this point," said Sean Yoder, an Ohio Department of Education official helping to organize the debate.

That's in keeping with steps the board has already taken to de-emphasize standardized tests in Ohio's schools. The board this year has asked the legislature to [cut some of Ohio's state tests](#) and to [reduce their use both in high school graduation requirements](#) and in [evaluating teachers](#).

"We really need to start looking at the student as a whole person and not just as an assessment-taker," Haycock said.

It's also in keeping with other efforts by the department and state to push a broader set of skills. The state [just announced a new jobs "readiness" seal](#) for diplomas for students that show they can meet business needs like reliability, work ethic, punctuality, discipline, teamwork and collaboration, professionalism, learning agility, critical thinking and problem-solving, leadership, creativity and innovation, communication skills, an understanding of digital technology, cultural fluency and career management.

As they set their strategic plan, educators, board members and ODE staff have distilled wide-ranging ideas into a list of 12 attributes the "Model Profile of a Future Graduate" should have:

- Foundational Knowledge and Skills
- Critical Thinking and Problem Solving
- Resiliency/Grit/Work Ethic/Growth Mindset
- Communication--oral and written
- Engaged citizen
- Teamwork/collaboration
- Adaptable/agile
- Social/emotional/interpersonal skills
- Technology skills
- Curiosity/discovery
- Gathering information/discerning
- Innovative/creative

For more information please read: <http://bit.ly/2o6inp8>

What!? What is this
Around the **Corner?**

Stay tuned for big announcements

COMING SOON!