

# BULLYING PREVENTION NEWSLETTER

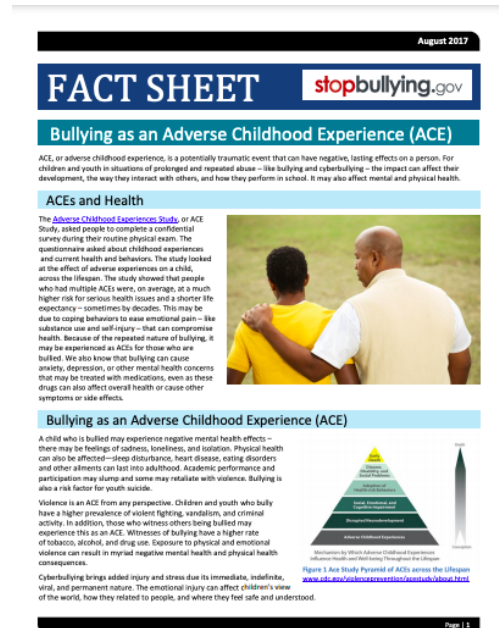
*A Bi-Monthly Email Newsletter focused on Bullying Prevention & Resources*  
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This newsletter focuses on bullying as a potential adverse childhood experience and the mental, physical and academic effects of bullying on young people. The article also includes strategies to help overcome and prevent ACEs.

## BULLYING AS AN ADVERSE CHILDHOOD EXPERIENCE (ACE)

Bullying can be a potentially traumatic experience for students. Students who have an adverse childhood experience or ACE may have negative, lasting effects mentally, physically and academically. The Bullying as an Adverse Childhood Experience (ACE) article describes the impact that prolonged and repeated abuse, like bullying and cyberbullying can have on young people. Click on the image to find out how bullying and cyberbullying can affect the way students interact with others, how they perform in school, as well as their development.



## WHAT IS AN ADVERSE CHILDHOOD EXPERIENCE (ACE)?



The Center for Disease Control (CDC) defines Adverse Childhood Experiences or (ACEs) "as potentially traumatic events that occur in childhood (0-17 years)."

Examples of ACEs include:

- Experiencing violence, abuse or neglect
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide

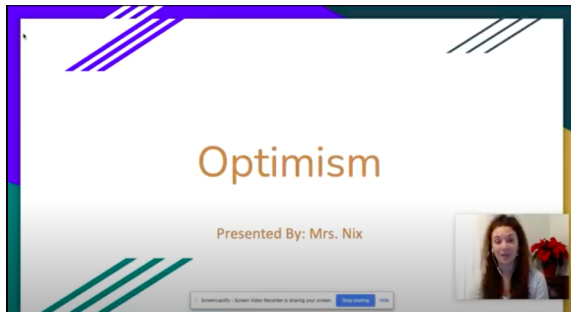
**ACES CAN BE PREVENTED**



Other environmental factors include growing up in a household with:

- Substance misuse
- Mental health problems
- Instability due to parental separation or household members being in jail or prison

# OPTIMISM



## CHARACTER MOMENT

In this issue, we will focus on optimism as a character trait to prevent bullying. Optimism is looking on the bright side of things, thinking positively about life and believing most situations will turn out for the best. Being optimistic won't change the past, but it will help you look positively towards the future and help you think about how to do things differently moving forward. Click on the video created before winter break by Mrs. Nix, Psychologist, to learn more about optimism.



## HOW CAN WE PREVENT ADVERSE CHILDHOOD EXPERIENCES?

ACEs can be prevented by creating and sustaining safe, stable, nurturing relationships and environments for all children and families.

To help all children reach their full potential, the CDC features six strategies for preventing ACEs.

### SIX STRATEGIES FOR PREVENTING ACES

1. Strengthen economic supports to families
2. Promote social norms that protect against violence and adversity
3. Ensure a strong start for children
4. Teach skills such as social-emotional learning
5. Connect youth to caring adults and activities
6. Intervene to lessen immediate and long-term harms



To access the Center for Disease Control website on ACEs, click the image above.

## IMPACT OF ADVERSE CHILDHOOD EXPERIENCES

Dr. Nadine Harris, California's First Surgeon General, discusses the CDC study and the impact of ACEs. Click on the link below to watch the video.

