



Workshop on the Fundamental Skills of Building Positive Relationships

Teaching Social and Emotional Skills as the Foundation for Learning: *Second Step* (for teachers of preschool – grade 2)

During children’s first years in school, they can learn behavioral skills that will serve them well their entire lives.

Offered in two formats—as a two-hour overview *or* a full-day class—this professional development workshop for teachers of young students (in pre-kindergarten through 2nd grade) covers the *Second Step* Violence Prevention Curriculum. Participants will learn:

- How to incorporate impulse control, emotion/anger management, empathy training, problem-solving, and behavioral skills into your curricula
- How student mastery of these skills leads to a reduced incidence of physical and verbal aggression among children
- How a system-wide incorporation of these skills enhances a school’s learning environment

Workshops on Bullying Prevention

What Schools Need to Know about Bullying and How to Prevent It

Bullying doesn’t affect only the children who are targets of this aggression. It impacts an entire school, affecting the way teachers teach, the way students learn, and the school community’s confidence, trust, and safety. This workshop will help school personnel recognize the signs of bullying; create a safe school environment; and help the child who is using bullying behaviors, being targeted, or witnessing bullying as a bystander.

In this two-hour professional development training, participants will learn:

- What constitutes bullying behavior
- How bullying differs from teasing and peer conflict
- The incidence and impact of homophobic bullying
- The rise and impact of cyber-bullying
- Gender differences in bullying
- What schools can do to intervene and empower students



Workshops on Bullying Prevention (continued)

Creating a Safe and Respectful Community Using the *Steps to Respect* Model

(for teachers of grades 3 – 6)

Steps to Respect, a comprehensive, school-wide program developed by the Committee for Children, has been deemed one of the most highly effective bullying prevention models by experts. This training in the *Steps to Respect* methodology and implementation will give administrators, staff, and students the resources necessary to create a safe environment, free from bullying.

This full-day professional training workshop* covers the following:

- Overview of the *Steps to Respect* program, including how to assess and monitor bullying at your school through the use of student reports
- Coaching techniques for helping all students impacted by bullying: those using bullying behaviors, being targeted, and witnessing bullying as bystanders
- Orientation to the *Steps to Respect* classroom curriculum component designed to help students respond to and report bullying and learn and practice the friendship, social, and communication skills necessary for preventing bullying
- Tools for educating parents about bullying and involving them in your school's bullying prevention program
- *Steps to Respect* program training materials

* Please note that this workshop can be divided into two half-days or three two-hour sessions.

Relational Aggression: The Hidden Culture of Aggression in Girls

They may not throw punches or shout out names in class, but girls can—and do—engage in bullying as much as boys ... just differently.

This two-hour professional training covers relational aggression, which involves social snubbing and exclusion, whispering, gossiping, and other more covert forms of bullying among girls.

Participants will learn:

- The culture of relational aggression among girls
- Girls' roles and relationships within peer groups
- Relational aggression in cyber-space
- Strategies to prevent relational aggression—in schools and in the community



Workshops on Bullying Prevention (continued)

Cyber-Bullying: Helping Schools, Parents, and Students Stop Online Social Cruelty

It's no longer just in the classroom and schoolyard, on the playground, or in the street: Bullying is occurring 24/7, most often under the radar, over children's computer and mobile phone screens across our country.

This two-hour professional training will feature:

- The many forms of cyber-bullying (including social networking sites, websites, texting, and emailing)
- The impact of electronic bullying on the target, the user, and the bystander
- What schools can do to address cyber-bullying—even when it occurs off-campus
- New legislation to protect those who have been cyber-bullied

Parents Place Staff

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About the Program

“In every school I’ve been in, bullying has been a problem—and, until recently, it has not been addressed. Parents Place’s bullying prevention program is in sync with my own. It gets away from blame and addresses how to turn bystanders into ‘upstanders.’”

—Becki Cohn-Vargas, EdD, Superintendent-Principal, Luther Burbank School District, San Jose, California

“This has been a particularly difficult year for the youth in our area. I appreciated the considerable discussion about homophobic bullying.”

—Kathleen Bransfield, San Jose teacher

About Our Approach

The workshops offered by Parents Place draw upon the latest research on bullying prevention and the development of social and emotional skills in school-age children, from preschool to high school. This includes training in the *Steps to Respect* and *Second Step* methodologies.

Steps to Respect is an evidence-based bullying prevention program for educators and parents of students grades 3 – 6. It includes tested methodologies for preventing bullying, including parent and teacher training, skill practice and coaching for students, school-wide policy development, and family awareness.

The *Second Step* program has been shown to reduce problem and aggressive behaviors as well as peer rejection and has been effective with students across socioeconomic and racial backgrounds.

Parents Place also works in collaboration with CommonSense Media to help parents and teachers understand the implications of digital media connectivity for children in their care.



About Parents Place

Since its founding over 25 years ago in the Bay Area, Parents Place has taken a leadership role nationally in developing policies and programs to support families. Parents Place offers comprehensive, evidence-based programs to help schools and families create communities of kindness and respect where children can learn, grow, and thrive.

Our presenters and consultants are professional parenting educators and child and adolescent development experts who have extensive experience working with parents, children, teachers, and school administrators. Parents Place family resource centers in five counties offer counseling and consultation to parents and social skills groups for children, among other services.

For more information about how we can be of assistance to you with our Bullying Prevention Program and our fee schedule, please contact: **Holly Pedersen at 415-359-2442 or HollyP@jfcs.org.**

To schedule a workshop in San Francisco, contact our San Francisco office manager, **Kenny Altman at 415-359-2455 or KennyA@jfcs.org.** To schedule a workshop in Marin County, contact our Marin County office manager, **Bonni Schiff at 415-419-3632 or BonniS@jfcs.org.**

Our workshops are offered throughout the year at times that are most convenient to you.

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*Parents Place is a program of Jewish Family and Children's Services of
San Francisco, the Peninsula, Marin and Sonoma Counties.*