



Mental Health Matters Newsletter



October is National Bullying Prevention Month

- More than 1 in every 5 students report being bullied
- Students who experience bullying may be:
 - scared to go to school, have lower self-esteem or less self-confidence, and have trouble concentrating

Did you know?

Adults don't see most bullying. It happens on the playground, online, or other places adults aren't present. Empower youth to advocate for themselves and others to prevent bullying!

PARENTS AND EDUCATORS:

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

WHAT TO DO:

- intervene immediately. Get another adult to help, if needed.
- separate the kids involved, make sure everyone is safe.
- meet any immediate medical or mental health needs.
- stay calm. Reassure the kids involved, including bystanders.
- model respectful behavior when you intervene.

Being Honest About Feelings is a Tool for Future Success

by Mrs. Morales. PSW

Many of us instruct our children to share and be nice to others, but we can also encourage our kids to show kindness and care towards themselves. Being kind to oneself involves making healthy choices, taking care of our body, and being honest about how we are feeling, rather than keeping our emotions painfully locked inside.

In October we celebrate Unity Day. The days serve to remind us to stand up for what is right, to make good choices, and to be kind to others and ourselves. To celebrate Unity Day, October 16th, students and staff wear orange to remind us to stand against bullying at our school. PRCS will host a Bullying Prevention Campaign on Wednesday, October 23rd.

If you're not sure about how to talk with your children about how they are feeling, start with a simple check in. Ask them how they are doing. If the child is unsure, you can offer some options: are you happy, sad, tired, confused, angry, or something else? If this is too challenging for your child, ask them what they are feeling in their body. Do they feel energy in their body or do they feel slow and lazy? Once your child identifies how they feel (emotions or body), you can thank them for sharing, then tell them how *you're* feeling. The important thing is to not put any judgement on how your child or you are feeling. This is a great way of building your child's emotional coping tool box for later in life!

Resources and Supports

Resilient Families Videos

Learn to take care of your family's mental health by checking out these videos in English and Spanish.



National Suicide Prevention Hotline

Available 24 hours a day, in English and Spanish

988

California Youth Crisis Line

Available 24 hours a day, in English and Spanish

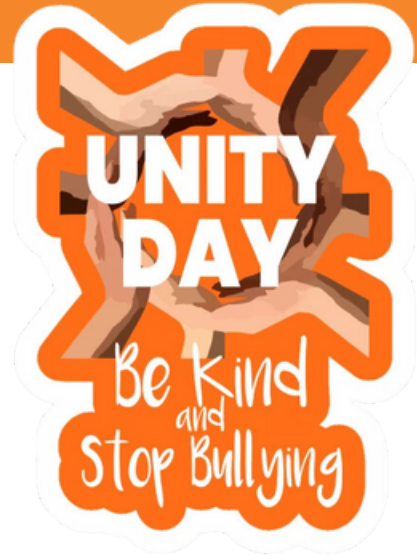
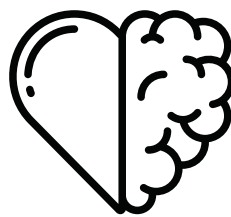
(800) 843-5200

LAUSD Wellness Hotline

Available Monday through Friday from 8am-4:30pm, in English and Spanish. Provides support and resources to students and families.

(213) 241-3840

Mental Health Matters



SCHOOL-BASED MENTAL HEALTH SUPPORT

Tracy Lara
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To contact us, please call the school office at:
(818) 709-7100