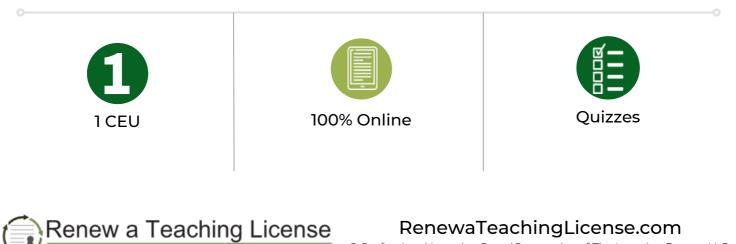# Bullying and Suicide Prevention in Schools

Standards:

This course aligns to the INTASC Standards including Learner Development, Learning Differences and Learning Environments.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership and Diverse Learners.

Healthy classroom and school communities are the foundation of an effective learning environment where students feel safe and can focus on education and growth.

This course is full of intervention ideas, policies, and protocols to prevent bullying and suicidal behavior. With the right strategies, classrooms can be safe and welcoming for all students.

This course integrates the Suicide Prevention Resource Center's research and materials in collaboration with the American Foundation for Suicide Prevention.

1
1 CEU

100% Online

Quizzes

Bullying and Suicide Prevention in Schools

Course Outline

SECTION A: Bullying: Prevention and Policies for Schools

LESSON 1: What is Bullying?

- Defining and understanding bullying behavior
- Differentiating between bullying myths and facts
- Learning about the different types of bullying
- The characteristics and effects of bullying
- Recognizing warning signs of victimization and identifying bullying incidents

LESSON 2: Cyberbullying

- The difference between cyberbullying and traditional bullying
- The different types of cyberbullying and learning how to recognize the signs
- How to prevent and respond to cases of cyberbullying
- School level measures to prevent cyberbullying

LESSON 3: Reporting and Response

- Four phases/levels of reporting a bullying incident
- Anonymous and online reporting of bullying incidents
- Documentation of bullying incidents
- The different bullying intervention methods
- Challenges faced by school administrators while dealing with bullying incidents

LESSON 4: Bullying awareness and prevention

- The key elements, aspects, and challenges of school-wide bullying prevention
- Bullying prevention at the classroom and individual level
- Exploring different bullying awareness activities for elementary, middle, and high school students
- Involving parents in the anti-bullying initiatives of the school

Bullying and Suicide Prevention in Schools

Course Outline

SECTION B: Suicide Prevention

LESSON 1: Introduction

- Suicide: myths and truths
- Role of mental health
- Suicide warning signs
- Interventions & treatments

LESSON 2: Resilience

- Adolescent stressors
- Responsibility and self-esteem
- Social and emotional learning
- Connections and relationships

LESSON 3: Helping Students at Risk

- Response protocol
- Dealing with suicide
- Healthy response to grief
- Non-fatal suicide attempts

LESSON 4: Schools & Communities

- Need for school involvement
- Suicide prevention programs
- Crisis response teams
- Family partnerships

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