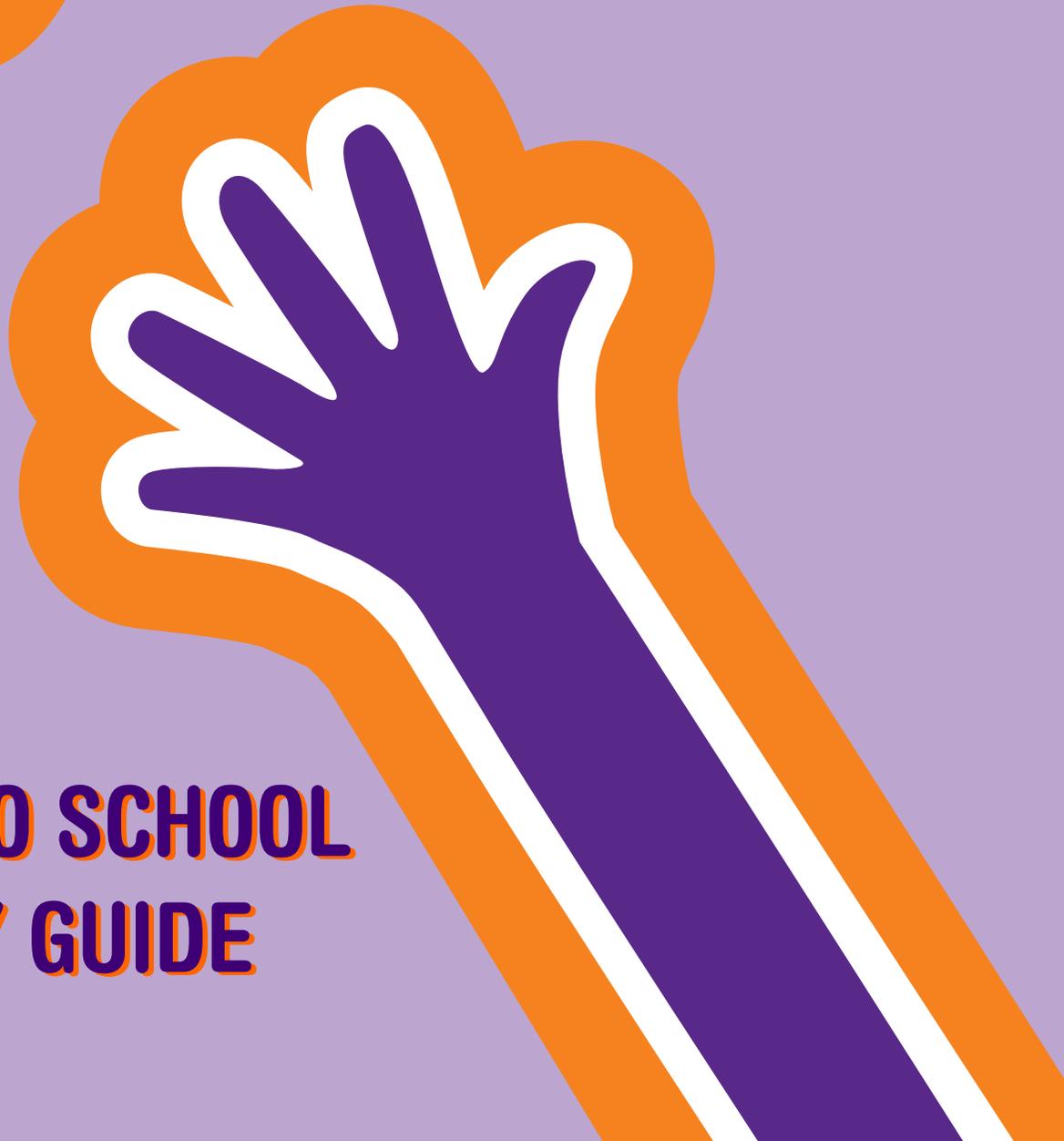




Students Against
Violence Everywhere



**BACK TO SCHOOL
SAFETY GUIDE**



Back To School Safety Guide

It is “that” time of year again. Students are heading back to school and it’s hard to determine who is more excited, the students or the parents! Students have thought about their computers and their outfits for the first day of school, but have you thought about safety and what you need to do to prepare for a safe school year? A small amount of planning now can help everyone have a more pleasant and safer experience for the entire school year and beyond. Let the beginning of the school year be a time to concentrate on new violence prevention activities that will produce fewer cases of violence in and around the school and community, and enhance the safety of those around you.

Violence continues to plaque our nations schools and communities. Whether you are at the elementary, middle, high school or college, there are positive, proactive measures that can be taken to increase the safety and security of your students. The National Association of Students Against Violence Everywhere (SAVE) encourages you to join the thousands of students across the country as they participate in activities designed to emphasize the importance of creating and maintaining safer learning environments. Activities conducted as students return to school can draw attention to the continuing problem of school violence and educate everyone about how schools can be safer and more secure.

As you are well aware, safety as a given characteristic of school climates, can no longer be assumed. Yet, many people in our communities are not aware of the challenge this brings to you and your school every day. As students head back to school, take this opportunity to address this very important issue and take steps to ensure that your school offers students and teachers an environment in which they can perform to the best of their abilities. This packet contains strategies, lesson plans, reproducible brochures, and educational items that can help your students to be safe as they head back to school.

Please take time to review the enclosed materials and contact National SAVE if you need further information. Working together, we can ensure that schools are safe and secure places where teachers can teach and students can learn.

Sincerely,

Pamela L. Riley, Ed.D.
Executive Director

*National Association of
Students Against Violence Everywhere*

TABLE OF CONTENTS

Back to School Safety

Administrators	1
Priority Problem Check List	3
School Safety Survey	4
Administrator School Safety Tips	5
Teachers	
Teacher School Safety Tips	5
Teacher Lesson Plan - Rules & Laws	6
Parents	
Safety Brochure	8
Parent School Safety Tips	10
SAVE Chapter	11
Students	
Top Five Tips Brochure	12
Understanding Peer Pressure	14
Students School Safety Tips	16

ADMINISTRATORS

Events on school campuses in recent years have placed a spotlight on the safety and security of schools. Being aware that potential acts of violence might occur on any school campus is the first step that school administrators must take in their efforts to make their schools safer. Failing to acknowledge that such acts might occur at any time and in spite of concerted efforts to prevent them is not acceptable. School administrators must maintain high levels of awareness that the potential of an incident occurring exists every day. Such awareness grounded in information is of most value to administrators, and by knowing and involving students, administrators can create useful information-based awareness.

SAVE believes that school administrators must be proactive in their efforts to prevent incidents of school violence from occurring. SAVE strives to decrease the potential for crime and violence occurring in schools and communities by involving students in meaningful school safety efforts. SAVE can serve as a part of the overall safety efforts at your school or agency. Effective administrators know the importance of having the SAVE chapter fulfill the student involvement component of an effective comprehensive school safety plan. In a recent evaluation conducted by the Evaluation and Training Institute in Los Angeles, CA, principals who were questioned about SAVE's effectiveness believed that students who participate in the SAVE program play an important role in creating a safe campus and community by practicing violence prevention skills, possessing positive attitudes, and being good role-models.

Administrators and entire school staffs need to watch and listen to their students. They need to know who their students are and what their typical patterns of behavior are so that deviations from the typical are noticed and can be addressed. The students themselves are resources which schools can incorporate into safety and security efforts. SAVE chapters empower students to promote effective violence prevention strategies for the problems they might face.

SAVE acknowledges that there is no one-hundred percent guarantee that being aware of problems might occur is enough to prevent tragedies from happening. But awareness based in information and information used in safe school planning enable administrators to feel more confident that they are doing all they can to prevent problems and enhance the safety and security of their students. As a school administrator, what steps have you taken to ensure the safety and security of your students?

Safe Schools Committee

This committee should be actively involved in the school safety assessment, the safe schools plan, and the ongoing security and safety strategies for the school. An effective team consists of:

- ◆ administrator
- ◆ safe and drug free schools coordinator
- ◆ teacher
- ◆ custodian
- ◆ school resource officer/law enforcement
- ◆ counselor/social worker
- ◆ school nurse
- ◆ parent
- ◆ student
- ◆ community leader
- ◆ other: _____

School Safety Assessment

Prior to the start of school each year a comprehensive school safety assessment should be conducted. There are many tools and guides available to effectively conduct an assessment. Items to be assessed should include:

- ◆ safety and security of physical structures and campus grounds
- ◆ school crime reports for the previous year
- ◆ concerns of parents, students and staff
- ◆ police logs of calls for service
- ◆ safe schools plan

Safe Schools Plan

Creating and maintaining a safe school is a continual process. Creating a safe school plan is an important component of preventing school violence. However, the safe school plan should be ever evolving and continually revised as new threats and issues arise in the school and surrounding community. Specific issues that a comprehensive safe school plan will address:

Crime prevention through environmental design:

- ◆ cameras
- ◆ lighting
- ◆ fencing
- ◆ shrubbery

Campus Supervision

- ◆ School Resource Officers
- ◆ School Security Officers
- ◆ Parent Patrols
- ◆ Student Patrols
- ◆ Staff assignments

Programing/Student Activities

- ◆ SAVE Chapter
- ◆ Peer Mediation
- ◆ Teen Court
- ◆ Substance Abuse Prevention
- ◆ Character Education

Pre-service and in-service violence prevention training

- ◆ staff
- ◆ students

Comprehensive Crisis Management Plan - Step by step procedures in the event of a crisis including intra and inter agency procedures, including:

- ◆ natural disasters
- ◆ intruders
- ◆ hostage/terrorists
- ◆ abuse
- ◆ criminal activity
- ◆ weapons
- ◆ threats

Rules and Regulations - What are the rules and regulations that staff and students are expected to follow? Are they spelled out in your Student Code of Conduct Handbook and Teacher/staff handbook? Are the following items addressed?

- ◆ Visitor policies and procedures
- ◆ Student drop off and pickup policies
- ◆ Off campus lunch/work policies
- ◆ Dress Code
- ◆ Electronics policies including cell phones, pagers, computers, mp3 players
- ◆ Mandatory crime reporting and tracking procedures
- ◆ Behavioral expectations
- ◆ School discipline procedures
- ◆ State/federal legislation including: weapons on campus, simple assault/affray, assault on government official, petty larceny/theft, illegal substances, graffiti, truancy



PRIORITY PROBLEM CHECKLIST

A “priority problem” is defined as a cluster of similar or reoccurring incidents that affect or are a concern to the school and community. The purpose of the “Priority Problem Checklist” is to identify problems that exist within your schools and possible ways to solve them.

From the list below, put the following incidents in order from 1 through 9, with 1 being a “priority problem” and 9 being a “minor problem”.

- ASSAULTS (attacks on students or faculty) _____
- BULLYING/INTIMIDATION _____
- DATING/RELATIONSHIP VIOLENCE _____
- DISPUTES/FIGHTS _____
- GANGS _____
- THEFTS _____
- VANDALISM _____
- WEAPONS _____
- DRUGS/ALCOHOL/TOBACCO _____

Comments:



Please answer each of the following questions. Thank you very much for taking time to fill out this survey!

		Yes	No
1.	Do you feel safe at your school?	Y	N
2.	Do/would you feel safer with a School Resource Officer at your school?	Y	N
3.	Do/would you feel safer with video cameras installed to record what goes on in the halls at your school?	Y	N
4.	Have you ever been involved in a fight?	Y	N
5.	If rewards were given for not fighting, would you feel safer?	Y	N
6.	Would you feel safer if stricter punishments were enforced for fighting?	Y	N
7.	How many fights have you witnessed at your school?	Below 5	Above 5
8.	Do you feel that violence on television affects youth?	Y	N
9.	Do you feel that music with violent words or lyrics affects youth?	Y	N
10.	Do/would you feel safer if metal detectors were used at your school?	Y	N
11.	Would you feel safer if students carried clear backpacks?	Y	N
12.	Would you feel safer if student bathrooms were monitored more often?	Y	N
13.	Do/would you feel safer with teachers being assigned as hall monitors?	Y	N
14.	Does your school's SAVE chapter do a good job advocating for violence prevention? If not, tell why?	Y	N

COMMENTS:

ADMINISTRATORS

Get to know your students. Get in the hallways, be approachable, show them you care, be encouraging, be a role model, talk to them, give them praise, and most of all “be there”.

Support student safety initiatives. Be supportive of your school’s SAVE chapter and efforts to prevent violence in the school. Establish an anonymous reporting method for students to report inappropriate behavior and threats.

Provide training. Train staff on how to deal with bullies, gangs, and other violent behavior. Provide them the necessary tools to manage their classroom and surrounding areas safely. Encourage staff to teach conflict management and other skills in their classes.

Give your attention each day. Stay away from the thinking that it can’t/won’t happen here. Don’t wait for another Columbine to demand your attention—give your attention each day.

Control your emotions. Whenever you become angry with a student, staff member or parent, get in the habit of saying aloud (even if you are alone in the room) at least one good thing about that other person. Absolutism and stereotyping are harder to embrace if you force yourself to see even a tiny speck of goodness in other people.

Lead by example. Be sure that you and your staff follow the rules just like the students.

Be consistent. Be consistent with discipline across the board. Make sure that no form of violence is tolerated at school.

Set your expectations high. At the beginning of the school year, inform the entire student body, teachers, staff, and parents what the behavior expectations are for students. Ensure that students understand that there are severe consequences for violent acts- verbal, physical or otherwise.

Brainstorm. Invite a small group of teachers, students and parents to breakfast to discuss their thoughts on how your school can be safer.

Be prepared. Take time over the summer to review your safe schools plan and meet with your safe schools planning committee. Conduct a safe school site assessment with local law enforcement.



SCHOOL SAFETY TIPS

TEACHERS

Make a connection. Take time to get to know all of your students: quiet, withdrawn, rowdy, creative, gifted, unruly, shy, outgoing, and even the challenging. You might be the only one who makes a connection that day. Let them know you care.

Be prepared. Know your schools emergency procedures. Have classroom rosters and emergency kit ready at all times. Know where your students are going if they leave the classroom.

Lead by example. Be sure that you follow the rules just like the students. Exhibit positive character traits and nonviolence behavior at all times.

Be visible. Be in the hallways before school and during class changes. Know the culture and current happenings at your school. Be aware of student conflicts, gangs, and troublesome areas and be proactive to stop violence.

Encourage reporting. Encourage students to tell an adult about a conflict or potential threats. Inform them if there is an anonymous reporting procedure at your school. If there isn’t be instrumental in establishing one.

Be actively involved. Be an advisor to the SAVE chapter, teach a peer mediation course, volunteer to be a part of the safe schools planning committee.

Reward. Positively recognize students who are demonstrating strong character qualities and are helping to dispel potential violence at the school. Reward them with lots of positive attention when they behave with kindness, empathy, and love toward others.

Discuss it. Ask your students why they think a particular violent movie, song, or celebrity is “cool.” They may never have stopped to ask themselves “why?” Talk about what you see on television and in movies, about how the narrative choices and editing techniques send messages about hatred and violence.

Set ground rules. Do not tolerate any form of violence in the classroom. Lay down rules in the classroom which promote an inclusive environment and a diverse environment- and actually follow-through with them. Stop bad behavior before it escalates. Do not turn the other way when you see inappropriate behavior in the hallways or in the classroom.

Educate. Do what you do best – educate. Educate students on violence prevention and bullying strategies.



SCHOOL SAFETY TIPS

TEACHERS

Lesson Plan: Rules & Laws

Do your students know your expectations for their behavior in the classroom? Do you have clearly established rules for the classroom? As students return to the classroom, what better time to clarify and involve them in establishing the rules for your classroom. The following lesson plan is just one of many ways to involve students in establishing classroom rules.

Objectives

- ★ Students will identify classroom/school rules and public laws and policies that promote safety and security
- ★ Students will make and evaluate rules to promote safety in the classroom and school
- ★ Students will abide by all rules they have created to ensure their own safety and discuss consequences of breaking rules

Materials Needed

- ★ Copies of class and/or school rules or sample classroom rules for student group work
- ★ Copies of Rule Evaluation questions for student group work
- ★ Chalkboard or overhead projector

Special note: Before beginning this activity, have students for homework notice rules around the school and examples of rules in the community (e.g., traffic signs).

1. Introduce the activity by asking students what rules and laws are: what they do, where they are used, who makes them, and who obeys them.
2. Ask students to tell you about rules/laws they have seen in the school and in the community. List their responses on the chalkboard. Have students identify the rules/laws they think were made to promote safety and nonviolence.
3. Assign students to small groups (3 students per group – 1 reader, recorder, monitor/helper) and give each group a copy of Sample Classroom Rules and Rule Evaluation. Check to make sure that students understand and can use the Rule Evaluation handout. Share evaluation results in a general class discussion.
4. Assign students to different groups or keep the same groups. Have students evaluate their current school or classroom rules using the Rule Evaluation handout. Share findings in a general class discussion. Ask students what, if any, additional rules are needed to ensure safety. If students believe additional rules are needed, have them write rules that are clear and easily understood and enforced. Make the point that rules that cannot be understood and enforced are of little value.
5. If desired, have students work in groups to restate or rewrite class rules in order to promote safety and nonviolence.

Sample Classroom Rules

1. Raise hand and take turns before speaking.
2. Sharpen pencils before or after school.
3. No running in the classroom.
4. Do not damage school property.
5. Stay in your assigned seat.
6. Keep your desk area clean.
7. No hats and no untied shoes.
8. Come to school prepared for the day's work.
9. No weapons allowed.
10. Keep your feet on the floor and your hands to yourself.

Rule Evaluation

Rule: _____

1. Is the rule

- | | |
|--|--|
| <input type="checkbox"/> promoting safety and nonviolence? | <input type="checkbox"/> easy to understand? |
| <input type="checkbox"/> fair to everybody? | <input type="checkbox"/> easy to enforce? |
| <input type="checkbox"/> clear as to what is expected? | <input type="checkbox"/> in conflict with other rules? |

2. Should the rule

- be kept as it is?
- be eliminated?
- be changed?

How? _____

Why? _____

Rule: _____

1. Is the rule

- | | |
|--|--|
| <input type="checkbox"/> promoting safety and nonviolence? | <input type="checkbox"/> easy to understand? |
| <input type="checkbox"/> fair to everybody? | <input type="checkbox"/> easy to enforce? |
| <input type="checkbox"/> clear as to what is expected? | <input type="checkbox"/> in conflict with other rules? |

2. Should the rule

- be kept as it is?
- be eliminated?
- be changed?

How? _____

Why? _____

Violence Prevention... Parents Get Involved!

- ★ Know where your kids are, what they are doing, and who they are with at all times.
- ★ Build a good relationship with your child through good communication. Encourage talk and be attentive. Talk about school daily.
- ★ Be familiar with school rules and regulations and support them. Discuss with your children what the school considers a weapon and what the rules are. In many states, parents can be held liable for their children's actions, including inappropriate use of firearms.
- ★ Communicate clearly on the violence issue. Explain that you don't accept and won't tolerate violent behavior. Teach children how to reduce their risk of being victims of crime.

Act as role models!

- ★ Settle your own conflicts peaceably and manage anger without violence. Help your children learn nonviolent ways to handle frustration, anger, and conflict.
- ★ Take an active role in your children's schools. Talk regularly with teachers and staff. Become involved in school activities. Set clear limits on behaviors in advance. Discuss punishments and rewards in advance. Disciplining with framework and consistency helps teach self-discipline, a skill they can use for the rest of their lives.
- ★ Discourage name-calling, teasing and bullying. These behaviors often escalate into fist fights. The victim may see violence as the only way to stop it.

More Info



The National Association of Students
Against Violence Everywhere
Post Office Box 580
Willow Spring, NC 27592
Toll Free: 866-343-SAVE (7283)
www.nationalsave.org

*Youth Voices...
Grown-Up Choices!*

Students Against
Violence Everywhere



School Safety Tips

*A Resource
for Parents*

Before school begins...

Check student records at school.

- ★ Is your contact information correct?
 - ★ Do they have your work and cell phone number?
 - ★ Do you have alternate contacts in case you cannot be reached?
 - ★ Are your student's medical records up-to-date, including allergies and current medications?
- Discuss with your student the school's weapons policies.
- ★ Stress that no weapons can be brought onto school campus, including pocket-knives, sling shots, and BB guns.
 - ★ Talk to them about what to do if they find a weapon. Under no circumstances should they touch the weapon. Find a responsible adult and tell them.

Before leaving home...

Identification

- ★ Ensure that your student has identification with them that includes emergency contact information such as work numbers and cell phone numbers.

Secret Password

- ★ Create a password that only your family members know. Anyone who picks up the child has to know the password. Remind them to never get in a stranger's car.

Information sharing

- ★ Discuss with students the importance of sharing information. Stress to them that if they hear students talking about being destructive or hurting someone, that it is OK to tell a trusted adult - parent, teacher, counselor, law enforcement officer, principal.

Violence Prevention... Involve YOUR Student!

- ★ Talk it Out! Settle arguments with words, not fists or weapons. Learn how to manage your anger effectively.
- ★ Report rumors, threats, crimes or suspicious activities to teachers, principals, School Resource Officers or other adults.
- ★ Don't use illegal substances, and stay away from places and people associated with them.
- ★ Refuse to bring a weapon to school, refuse to carry a weapon for someone else, and refuse to keep silent about those who carry weapons.
- ★ Work with administrators to set up a way to anonymously report suspicious activities or rumors.

SAVE... encouraging and empowering students with positive life skills while engaging them in educational activities and opportunities to promote good citizenship.

Contact the school for a copy of their emergency policies. Review with your student what will happen in an emergency.

- ★ Where will students be located?
- ★ When and where will parents reunite with children?

Contact the school for a copy of their safe school plan.

- ★ Do they have a plan that has been practiced?
- ★ Does your school have a SAVE chapter? If not, contact National SAVE for a free start-up kit.
- ★ What measures are being taken to ensure that your child's safety is a school priority?
- ★ Do they have a visitor's policy? Is it enforced?

- ★ **Safest Route** - Plan with your student the safest route to walk or bike. Practice the route several times reminding them how to safely cross streets and what to do when they come to an intersection.

- ★ **Clothing** - If your student must walk or bike to or from school or stand at the bus stop be sure that they wear light clothing or clothing with reflective stripes.

Bus Stop

- ★ Discuss with your student the importance of walking directly to and from the bus stop. No horseplay.
- ★ Do not allow your student to be at bus stop alone. They should go with a parent or buddy.
- ★ Remind them not to talk to strangers.

- ★ Ask for a role in decision making about school rules, the discipline code and policies that affect you. Be actively involved in any school or community task forces dealing with the issue of school violence. Speak up and let others know how you feel about the issue.

- ★ Get involved in violence prevention activities - have poster contests against violence, hold violence and drug prevention rallies.

- ★ Help others settle disputes peacefully. Start or join a peer mediation program in your school.

- ★ Get involved and get your friends involved in community service projects and mentoring projects with younger kids.



PARENTS

Recognize & Reward. Recognize and reward your students for displaying anti-violent behaviors and working to prevent violence. , ex: telling a teacher when a fight breaks out, walking away from a fight, being a friend to someone who is being bullied.

Encourage tolerance. Talk to your kids about diversity and how to accept and appreciate other people of different cultures, races, ethnicities, backgrounds, etc. Encourage values which are respectful of others.

Set behavior expectations. Clearly express what behaviors are appropriate or inappropriate with your student at home and at school. Provide them with tips for dealing with bullies and staying safe.

Make a lasting difference. Donate a copy of a book about bullying, violence prevention or preventing hatred to your school's library.

Notice Change. Watch for change in your student's behaviors. Are they exhibiting aggressive behaviors? Are they isolating themselves? Are they hanging out with a different group of friends? Are they participating in risky behaviors?

Know your student. Be in touch with your student and their friends and stay informed about their current activities. Monitor the types of TV programs, video games, and music that your student likes.

Stay interested. As your student becomes older and more independent, remain interested in their lives and activities. Volunteer to chaperone field trips and events. Attend sporting or other extracurricular activities with your student. Invite their friends over for meals and activities.

Encourage students. Encourage your student to be involved in safe extracurricular activities. Whether they play sports, are involved in a youth club, or participate in other youth involvement activities they will have less idle time to become involved in inappropriate behavior.

Get involved! If you see bullying behavior or fights involving students – intervene. Contact the school and report the behavior.

Listen to your students and their friends! They want to talk to you; they're just not sure how to start. Many students will talk to a friend's parents if they have concerns. Listen to the student and if he or she is being bullied or abused, follow through with the appropriate adults.

SCHOOL SAFETY TIPS

SAVE CHAPTERS

SAVE Chapters nationwide are encouraged to lead their school sites in safety activities. Listed are some suggestions to begin the school year on a positive note while working towards a safer school and community. Let the beginning of the school year be a time to concentrate on new SAVE activities, fewer cases of violence in and around the school and community, and the safety of those around you.

Crime Prevention Ideas

- ★ Create a Back to School brochure or tip sheet for students.
- ★ Assist your School Resource Officer (SRO) or safe schools team in conducting a safe school site assessment.
- ★ Use the “Personal Safety: Moving Safely in the Community” Activity with chapter members (SAVE Essentials, Crime Prevention-31).
- ★ Create a fact sheet with tips on how to prevent theft.
- ★ Aid school administration by developing a presentation for the student body on school rules (SAVE Essentials, Crime Prevention-1).

Conflict Management Ideas

- ★ Encourage and aid your school in developing and/or implementing a process in which students and parents are fully informed on the rules and discipline policy.
- ★ Establish a “Fight Free Days” Program at your school (SAVE Essentials, Conflict Management-53).
- ★ Create a bookmark or tip sheet for students on what to do if they are bullied.
- ★ Conduct the “How To Be A Good Listener” Activity with chapter members (SAVE Essentials, Conflict Management-9).

Service Project Ideas

- ★ Hold a kickoff get together for chapter officers prior to the start of school. Ideas include: SAVE picnic on school grounds, or a tailgate party in school parking lot.
- ★ Create and hang posters sharing your chapters meeting time and place, inviting all age students to attend the first meeting.
- ★ Have a SAVE flyer placed in the school registration packet.
- ★ Announce meetings over the PA system inviting everyone to attend and discuss planned activities.
- ★ Have an informational table at the first PTA meeting sharing information on SAVE and tip sheets for parents and students.

Avoiding Negative Peer Pressure

In order to avoid having to face negative peer pressure, you should:

- ★ make friends with those who share the same values as you, and who don't do things that you might question.
- ★ avoid uncertain places or situations.
- ★ make sure events are chaperoned and go with a friend or group.
- ★ think about what pressure you might encounter and how to respond to it.
- ★ introduce your peers to your parents.

If you are pressured to do something, give an excuse to get out of the situation or make a joke about it. Don't do things just because your friends are doing it, and stay true to your beliefs. Ask yourself, what will you be risking and what are the consequences?

Think twice, act once.

- Dawne Orange (Alex Orange's mom)

If negative peer pressure is still a problem seek help from a trusted adult and get advice from peers you trust. They may be better equipped with experiences to assist you in making wise decisions.

*Special thanks to the 2006-2007
National SAVE Youth Advisory Board
for creating this brochure!*



*Heather Hernandez, Chair (CA)
Michael Register, Vice Chair (NC)*

Darius Bush (NC)

Christian Gonzalez (CO)

Rafael Grillo (NC)

Marissa Shapiro (NY)

Students Against
Violence Everywhere



National Association of
Students Against Violence Everywhere

Post Office Box 580

Willow Spring, NC 27592

Toll Free: 866-343-SAVE (7283)

FAX: 919-661-7777

www.nationalsave.org

**Youth Voices....
Grown-Up Choices!**

Students Against
Violence Everywhere



**Understanding
Peer
Pressure**

***SAVE... encouraging and
empowering students with
positive life skills while
engaging them in educational
activities and opportunities to
promote good citizenship.***

Types of Peer Pressure

Someone who is defined as a peer ranges from a school classmate to a business associate. Anyone in your age group is a peer. You know you are experiencing peer pressure when someone tries to influence what you do and the way you act.

There are two types of peer pressure: **negative** and **positive** peer pressure. Here are some examples of how your peers may influence you positively or negatively:

Positive Peer Pressure	Negative Peer Pressure
Participating in Sports	Writing graffiti
Joining clubs	Doing drugs
Trying new foods	Committing suicide
Doing volunteer work	Being racist/ bullying
Getting good grades	Having sex when you are not ready
Showing respect	Shoplifting
Meeting new people	Vandalizing property
Doing the right thing	Drinking Underage
Being honest	Cheating
Being Responsible	Ditching school

Positive Peer Pressure

Everyday kids face some type of peer pressure. As early as elementary school, kids begin to experience peer pressure, whether it is who they should sit beside in class or whether they should join in making fun of a fellow student. **SAVE** believes in the power of positive peer pressure. **SAVE** believes that positive peer influences can help students choose healthy, appropriate behaviors over unhealthy and inappropriate behaviors. As a student you have the choice of whether to surround yourself with friends who will positively or negatively influence you. You also have the responsibility of deciding whether you will be a positive or negative peer influence on others.

Negative Peer Pressure

People fall to this type of peer pressure because they want to fit in, they want to be popular, or they don't want to be labeled as an "outcast" or "loser." Peer pressure takes on many faces in life.

GANGS

A gang is defined as a group of three or more individuals that come together for a common purpose of illegal and criminal activities. Gangs can be identified by signs, clothing they wear, or the neighborhood where they live.

Many kids are intrigued by the life-styles of gangsters. People join gangs for many

reasons. Some want to feel as if they are part of a family and want to have a sense of belonging. Others join gangs for protection and because they think they can earn respect through instilling fear in people. Still others want money and power. If you are approached by a gang member and are asked to join a gang, you should say "no" and immediately talk to an adult.

DRUGS

Drugs are a major problem in our schools and communities. Drugs negatively affect your body and mind. Drugs lead people to become violent and emotionally unstable, and can even lead to suicide.

According to Kids Health, 5000 kids and teens under the age of 18 try smoking for the first time every day. Smoking results in bad breath, coughing, cancer, and is more addictive than some other drugs.

Alcohol can also greatly change your behavior. Drinking can have many serious consequences, including accidents related to drunk driving, fighting, and unsafe sex.

Drugs not only affect you, but the people around you. Many teens give into this form of peer pressure because they feel it's the only way to fit in, or because they face serious emotional problems. They do not realize how much it hurts their friends and family.

Online Safety

Information posted on any kind of public forum can be read by anyone.

ONLINE SAFETY TIPS FOR USING THE INTERNET WITHOUT PUTTING YOUR PERSONAL SAFETY AT RISK

1. **Never enter personal information.** Personal information such as name, address (home and email), telephone number, or school should never be shared with anyone you meet in cyberspace.
2. **Never agree to meet someone** who has contacted you through the internet. It is important to remember that people you meet online, whether in a chatroom or message forum, may not be who they say they are.
3. **Never send or post your picture.** Posting a picture of yourself allows a predator to easily identify you.
4. **Never post your current whereabouts on the internet.** Including in away messages, message boards, and online forums.
5. **Do not share information about others on the internet.** Information on friends and family should not be shared with people you meet online. Never reveal anything about other people that could possibly get them into trouble. Gossiping online can lead to potential conflicts in the future.

Thank You!

Special thanks to the 2006-2007 National SAVE Youth Advisory Board for creating this brochure!



Heather Hernandez, Chair (CA)
Michael Register, Vice Chair (NC)
Darius Bush (NC)
Christian Gonzalez (CO)
Rafael Grillo (NC)
Marissa Shapiro (NY)

Students Against
Violence Everywhere



National Association of Students
Against Violence Everywhere
Post Office Box 580
Willow Spring, NC 27592
Toll Free: 866-343-SAVE (7283)
FAX: 919-661-7777
www.nationalsave.org

YOUTH VOICES... GROWN-UP CHOICES!

Students Against
Violence Everywhere



The "TOP FIVE" Tips
That Every Student
Should Know About:

Bullying
Conflict Management
Multicultural Awareness
Internet Safety

Bullying

Using verbal, physical or graphic violence toward someone because of their differences.

TOP FIVE TIPS TO STOP/PREVENT BULLYING

1. **Try to make friends with other students.** A bully is less likely to mess with you and your friends, especially if you stick up for each other.
2. **Talk to an adult or someone you trust.** Together, you and an adult can come up with a plan to stop the bully. If the situation gets worse, this adult can intervene.
3. **Avoid situations where bullying can happen.** Stay away from areas where you may be alone with a bully. Try to stay in areas that are supervised or an area where you are with your friends.
4. **Don't blame yourself for the bully's actions.** Most of the time, a bully is a bully because of something that they are uncomfortable about within themselves. If you let a bully get to you, the situation can get worse.
5. **Visit SAVE's website, www.nationalsave.org,** for more useful tips and strategies.

Conflict Management

Even though we can't resolve all conflicts, we can learn how to manage them peacefully.

TOP FIVE TIPS TO MANAGING CONFLICTS PEACEFULLY

1. **Set ground rules.** Agreeing to listen to each other without interruptions will lead to better understanding.
2. **Have each person tell their side of the story.** You can better understand what the other person may be upset about and clear up any misunderstandings.
3. **Find common ground.** It is okay to agree that you disagree, everyone is entitled to their own opinions. Try to find at least one thing you like about each other.
4. **Brainstorm possible solutions.** Even if you agree to stay away from each other, at least there will be less confrontation.
5. **Reach an agreement and abide by the terms agreed upon.** Write up an agreement in which you both agree to follow.



Students Against
Violence Everywhere

SAVE

Multicultural Awareness

The United States is a melting pot of various cultures. It is important to appreciate others.

TOP FIVE TIPS TO CREATE MULTICULTURAL UNDERSTANDING

1. **Educate Yourself!** Educating yourself on others' differences will lead to more friends and appreciation of your own background.
2. **Experience other cultures!** Experiencing other cultures will educate you more on the world. Visit ethnic restaurants, cultural festivals, or attend a religious service with a friend from another background.
3. **Take a Stand!** Don't discriminate. Picking on others for their actions or beliefs affects everyone negatively.
4. **Speak Out!** When you witness discrimination or injustice lead by example. Don't be afraid to befriend someone who is different. Inform a trusted adult.
5. **Team Up and Educate others.** Work with other students and plan a cultural awareness event like a Mix It Up day event during lunch time or a cultural festival.

SAVE... encouraging and empowering students with positive life skills while engaging them in educational activities and opportunities to promote good citizenship.



STUDENTS

Get involved! Get involved in making your school safer – Join or start a SAVE Chapter! Attend peer mediation training, participate in a school safety patrol, lead by example.

Pass it On! Help younger students learn how to avoid bullies and violence. Educate your peers about different ways to stop violence.

Respect others. Be accepting and appreciating of other people of different cultures, races, ethnicities, and backgrounds.

Steer clear. Avoid trouble areas in and around the school. Be aware of your rights – you have the right to be safe at school.

Say No! Don't use alcohol or drugs and stay away from students associated with them.

Educate Yourself! Know the school rules and follow them! Be educated on the topic of violence prevention. Take a peer mediation class or personal safety class.

Report It! Tell an adult about bullying behavior, fights, conflicts, and threats of violence. Always report threats of violence to the appropriate authorities. In this climate of recent school shootings and violence, never dismiss even a rumor.

Settle arguments with words, not fists or weapons. Talk about issues instead of expressing anger through fights.

Be a friend. Step outside of your current circle of friends and be a good friend to everyone. Befriend someone who is being bullied.

Stand Up! Do the right thing - even when it is the most difficult thing to do! Don't participate in violence, even if it is just calling another student a name.

SCHOOL SAFETY TIPS

Youth Voices... Grown-Up Choices!

THE NATIONAL ASSOCIATION OF STUDENTS AGAINST VIOLENCE EVERYWHERE (SAVE),

a nonprofit organization, is dedicated to providing students with the information and resources necessary to make a positive difference in safety efforts in schools and communities. The National Association of SAVE serves as the national clearing house for SAVE materials; provides training and technical assistance; coordinates the chapters across the country; sponsors a national youth summit; and works with students, counselors, teachers, administrators, law-enforcement and community agencies to establish and maintain SAVE chapters. Together we will make a positive difference and ensure that all students will attend a school that is safe and secure, free of fear and conducive to learning.



VISION

Schools and communities will be safer and more secure, free of fear, and conducive to learning as a result of students being actively involved in meaningful violence prevention efforts.

MISSION

The National Association of Students Against Violence Everywhere (SAVE), Inc. is a nonprofit organization striving to decrease the potential for violence in schools and communities by promoting meaningful student involvement, education and service opportunities in efforts to establish, support and grow SAVE chapters.

National Association of Students Against Violence Everywhere

Post Office Box 580 ~ Willow Spring, NC 27592

Phone: 919-661-7800 Toll Free: 866-343-SAVE (7283) Fax: 919-661-7777

www.nationalsave.org



Special thanks to the
American Legion Child Welfare Foundation and the
Sons of the American Legion
for providing funding for this publication.
“Dedicated to the Betterment of Children”
www.cwf-inc.org

