



Calling all teachers! You have an essential role to play in keeping your students and school community safe from all forms of violence. And guess what? There are lots of easy ways to get started right away now that school is back in session...and we're here to help.

Here's a list of activities and helpful resources that can really make a difference. So, pick one or two and get started today:

✓ **Activate Your Voice**

Teachers have a unique and important role to play at the ground-level in helping to prevent school violence. Let your voice be heard!

- Read and share the NCSS School Safety Summit Executive Summary that talks about the importance of teachers activating their voices and sharing the ideas for preventing school violence.
notinmyschool.com
- Sign up through NCSS to create your own TED-style talk on addressing school violence. There is no cost to participate.
notinmyschool.com/ted-masterclass
- Speak up and share your perspective on school safety. No one has a better understanding of what's happening in the classrooms and hallways every day than teachers. Want to know how your perspective on school safety issues compares with other K-12 teachers across the U.S.? Then check out the results of this recent survey. [HINT: One thing they want is more SEL in the classroom!]
lifechangeroftheyear.com/2019survey

✓ **Incorporate Social Emotional Learning (SEL) activities into your daily activities.**

SEL is “the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” (CASEL)

For more info and ideas on bringing SEL activities into your classroom, check out these great resources:

- *5 Effective Ways to Help Students Reduce Stress and Anxiety* — **Academy for Social Emotional Learning in Schools** provides several great resources you can start using in the classroom today.
community.sel.cse.edu/Article/2811583/5-Effective-Ways-to-Help-Students-Reduce-Stress-and-Anxiety
- *13 Powerful SEL Activities* — This **Edutopia** article highlights a wide range of activities that are being used successfully at a high school in Redwood City, CA including “interest and identity-related bingo” and “name that emotion you bring to class.”
edutopia.org/article/13-powerful-sel-activities-emelina-minero
- *Bringing Social Emotional Learning into the Classroom* — This **Room 241** blog article, by Jennifer Dunn, a public high school educator from New York City, includes many great tips and ideas including circle talk.
education.cu-portland.edu/blog/classroom-resources/sel-content-classroom/

- ✓ Use **TeachRock**'s lesson plans which incorporate the music of popular artists to teach students skills that can help strengthen personal development and reinforce positive behaviors.

Several lessons in TeachRock's collection encourage the development of social and emotional skills, including self-awareness and self-reflection, healthy decision making, self-care, navigating intense emotions, and cultivating good citizenship. By listening to the work of artists such as Beyoncé, Alessia Cara, Charlie Puth and Whiz Khalifa, Tori Kelly, Chance the Rapper, Alan Jackson, and the Black Eyed Peas, students are inspired to discuss the role of community in personal development, the value of community service, the pitfalls of fame, how to navigate issues of identity, new experiences, peer pressure, leadership, grief, and coping with loss.

teachrock.org/collection/social-emotional-learning-sel/

- ✓ Talk about school safety with your students

The **National Association of School Psychologists (NASP)** offers some great tips for teachers and parents about ways to talk to students on their website: School Violence Prevention: Tips for Parents & Educators.

nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/school-violence-resources/school-violence-prevention/school-violence-prevention-tips-for-parents-and-educators

- ✓ Start a **B.I.O.N.I.C.** team at your school

Founded by high school counselor and NCSS member, Sandy Austin, the **B.I.O.N.I.C. team**—which stands for “Believe It Or Not I Care”—is impacting individuals, schools, and communities by changing the atmosphere in schools to a more caring climate where peers are looking out for each other.

bionicteam.org

- ✓ Create your own pilot project on school safety

NCSS member, **Keishia Thorpe**, a high school teacher and track coach in Prince George's County Maryland, is starting a writing competition and symposium to give students a voice in school safety planning and in establishing safety protocols.

notinmyschool.com/pilot-project-pgcps

- ✓ Recognize the efforts of colleagues

Do you know a teacher or school employee who is playing a key role in keeping your school safe? Maybe they started an organization that encourages students to be kind. Maybe they've created protocols to prevent violent incidents from occurring on campus. Maybe they teach respect and kindness every day by the positive ways they interact with and treat colleagues, students and parents. Nominate them for the **2019–2020 LifeChanger of the Year Spotlight Award**. The winner of this award will receive \$5,000 to be shared between a \$2,500 individual award and a \$2,500 donation to their school or district.

lifechangeroftheyear.com/spotlight-award



About The National Coalition for Safe Schools

The National Coalition for Safe Schools (NCSS) is a teacher-led initiative that believes the best way to create safer and healthier schools and communities is to proactively address the root causes of violence and other negative behaviors. NCSS empowers America's teachers to play a leadership role in bringing simple, effective approaches directly into classrooms and school communities that focus on the needs of the whole child and support existing curricula and policy. NCSS recognizes that school violence is not just a school problem but a societal one and invites all members of the community to join our cause. Let's work together to soften hearts and minds so we don't have to harden our schools and communities. National Life Group and LifeChanger of the Year are proud founding sponsors and active supporters of the National Coalition for Safe Schools.

www.NotInMySchool.com