

***THE PSYCHOLOGICAL ASSOCIATIONS
OF
SUFFOLK (SCPA) AND NASSAU (NCPA) COUNTIES***

INFORMATION

TO HELP YOU SET UP

**AN ANTI-VIOLENCE INITIATIVE DAY PROGRAM
(A.V.I.D.)**

(IN HONOR OF THE SPIRIT OF DR. MARTIN LUTHER KING)

For information and registration, contact anyone of the following:

In Suffolk County:

Dr. John Kelly – (631) 912-2122

Dr. Peter Kanaris – (631) 979-2640

Dr. William M. Bennison – (631) 928-9112

In Nassau County:

Anne Adragna, Administrative Director – (516) 377-1010

Dr. Richard LaMonica – (516) 621-8211

Dr. Gloria Rothenberg - (516) 223-9318

Online A.V.I.D. information packets: <http://www.suffolkpsych.org/>

COPING WITH VIOLENCE AMONG OUR YOUTH

PHASE ONE: 1999-2000 SCHOOL YEAR

PART ONE:

THE APA/MTV'S NATIONAL YOUTH ANTI-VIOLENCE CAMPAIGN

(Much of the material of phase one, part one is from the following web site of the American Psychological Association: <http://www.apa.org/practice/mtvpreview.html>)

In the spring of 1999, the American Psychological Association (APA) teamed up with Music Television (MTV) to help prevent violence among our youth. APA has forged a partnership with MTV to get important information to the nation's youth about the warning signs of violent behavior.

The APA-MTV collaboration has reached out to youth audiences nationwide in several ways:

- a 30-minute MTV special on youth and violence that aired several times starting in the month of April 1999, just after the tragedy at Columbine High School (this special is now available on video including a closed captioned version);
- nation-wide presentations by psychologists to youth on the topic of violence;
- and a Warning Signs guide on violence prevention, which is available on-line at <http://helping.apa.org/> and by calling a toll-free number at 1-800-268-0078.

MTV officials expressed eagerness to work with the APA because of the expertise psychologists have on violent behavior and ways to stem the tide of youth violence. "If we can help one young person in trouble, this campaign will be a success," said MTV President Judy McGrath.

APA began talking with MTV about an anti-violence campaign in 1998 in the wake of the school shootings in Jonesboro, Ark., Springfield, Ore., and West Paducah, KY. MTV's initiative also includes the U.S. Department of Justice, the U.S. Department of Education and the National Endowment for the Arts as governmental partners.

APA and MTV have collaborated on the Warning Signs guide, which is aimed at teenagers and young adults and includes information about what normal anger is, the warning signs of potentially violent behavior and what to do when individuals recognize these signs in themselves or their peers.

The Warning Signs special explores the thoughts, opinions and fears of teenagers and young adults about the issue of violence.

To foster ongoing discussion about violence among youth, APA continues to work during the 2000 – 2001 school year with its national public education campaign network of psychologists. These psychologists strive to promote and conduct Warning Signs forums with youth in both schools and the local communities. Special outreach kits are available to psychologists to help them accomplish this. The kits contain information and sample materials for carrying out presentations to youth, alerting media and conducting other grassroots activities. Psychologists are being encouraged to work with local schools, community youth groups and MTV's cable affiliates when organizing the youth forums.

For more information or to receive an outreach kit, contact APA's Campaign Service Bureau at 1-877-274-8787 x135. The following will be sent to you:

- * Warning Signs kits
- * Warning Signs guides
- * Warning Signs video (now also available in Closed Caption)
- * Information about cable affiliates
- * Links to other practitioners

The APA-MTV collaboration is part of MTV's Fight for Your Rights: Take a Stand Against Violence Campaign. More information about "Fight For Your Rights" can be found at <http://www.FightForYourRights.mtv.com>

APA has additional information on psychological health issues at its on-line Consumer Help Center, <http://www.helping.apa.org/>. Additional information about children and violence can be found at APA's web site, www.apa.org/concept/children.html#violence.

PHASE ONE: 1999-2000 SCHOOL YEAR CONTINUED

PART TWO:

TAKING THE NATIONAL CAMPAIGN TO THE GRASSROOTS LEVEL: CAMPAIGNING IN YOUR LOCAL SCHOOL DISTRICTS AND COMMUNITY

APA continued working with its national public education campaign network of psychologists in State and County Psychological Associations to conduct community outreach events at grassroots levels. The following material describes an effort mounted by the Psychological Associations in Suffolk and Nassau Counties on Long Island.

ISLAND-WIDE EFFORT TO WAGE PEACE IN OUR SCHOOLS AND COMMUNITY

County Executives of Suffolk and Nassau team up with Long Island Schools and Psychologists in Island-Wide Youth Anti-Violence Pro-Peace Campaign

November 5, 1999 was proclaimed as **Anti-Violence Initiative Day (or A.V.I.D.)** by Robert J. Gaffney, Suffolk County Executive, and Thomas S. Gulotta, Nassau County Executive. With their proclamations, **the largest Island-Wide Anti-Violence Pro-Peace Campaign** began in our school districts and communities. The County Executives have teamed up with the Psychological Associations in Suffolk and Nassau Counties, Long Island school districts, the School Superintendents Associations, and SCOPE, the Voice of Long Island Education, to tackle the problem of violence in youth. This effort will empower youth, schools, parents, and the community to wage peace in our schools, in our homes, and on our streets.

THE MISSION IS:

- **To help our youth, schools, parents, and communities activate their power and unite to bring on the peace and erase hatred and violence.**

In reality, this is a type of “do or die” issue that is staring us in the face. **Peace, love, and life are worth it.** Initially, there were two steps implemented to accomplish this goal. The **first** focused on awareness of the warning signs of violence and a firm commitment to stem the tide of youth violence. The **second** has to do with plans and programs (proven ones) to intervene and prevent violence and erase the hate.

Step #1 – Awareness of the warning signs of violence and a commitment to do something about it:

Starting **November 5, 1999**, according to the County Executives’ Proclamation, the Suffolk County Psychological Association School-based Anti-Violence Task Force will sponsor an **Anti-Violence Initiative Day or AVID**. Island-Wide participating schools from elementary through high school will hold anti-violence programs with input and assistance from the task force. This will be conducted during school hours with student forums and activities hosted by local school psychologists. Featured for older children and teenagers will be a viewing of a 30 minute special on violence and the warning signs of potential violent behavior called “Fight for Your Rights: Warning Signs”. The American Psychological Association (APA) and Music Television (MTV) produced this special show. After viewing the special, psychologists will lead students in a discussion about their reactions to the show, how to spot the warnings signs of violent behavior, and ways to get help. A special “Warning Signs” guide on violence prevention will be distributed. A.V.I.D. activities will also include: Signing of anti-violence pacts by students, staff, and parents, pledges to perform random acts of kindness, as well as creative expression on the part of the students and their schools to make this day one of empowerment in the campaign to wage peace in our schools, in our homes, and on our streets.

Step#2 – Professional conference for school based staff to view national anti-violence programs:

On **December 10, 1999** a major conference was held for teams from every school district on Long Island. A variety of nationally known, research based curriculum programs on violence prevention and intervention were presented in an all day format to allow school districts to see, question, and understand what may work for them.

PHASE THREE: 2000-2001 SCHOOL YEAR

ONCE AGAIN SCPA AND NCPA ARE TAKING THE NATIONAL CAMPAIGN TO THE GRASSROOTS LEVEL: *CAMPAIGNING IN YOUR LOCAL SCHOOL DISTRICTS AND COMMUNITY*

The SCPA & NCPA **Anti-Violence Initiative Day**, better known as **A.V.I.D.**, has **two components** this year.

The first component:

Starting **January 12, 2001** the SCPA & NCPA School-based Anti-Violence Task Force is again sponsoring an **Anti-Violence Initiative Day (better known as A.V.I.D.) in honor of the spirit of the late Dr. Martin Luther King**. Island-Wide participating schools from elementary through high school will again hold anti-violence programs with input and assistance from the task force. Student forums and activities hosted by local school psychologists will be conducted during regular school hours. The 30 minute video special on violence and the warning signs of potential violent behavior, called "Fight for Your Rights: Warning Signs", will be shown to older children and teenagers. The American Psychological Association (APA) and MusicTelevision (MTV) produced this show. After viewing the video, psychologists will lead students in a discussion about their reactions to the show, how to spot the warnings signs of violent behavior, and ways to get help. A special "Warning Signs" guide on violence prevention co-produced by APA and MTV will be distributed.

A.V.I.D. activities will also include: Signing of anti-violence pledges by students, staff, and parents, and pledging to perform random acts of kindness. Creative expression on the part of the students and their schools is enthusiastically encouraged to make this memorable day a resounding rallying point in an ongoing, year-after-year campaign to wage peace in our schools, in our homes, and on our streets. Activity sheets are included with this material; one from Commack High School, and the other a listing of suggested activities according to grade level.

The second component:

A special program, in which the "Warning Signs" video on violence and the warning signs of potential violence will be shown to parents. A forum will follow this for the parents on the warning signs of violence among youth, along with information and guidelines on how to better communicate with their children. Parents signing their own voluntary anti-violence pledges will conclude the program. PTAs and PTOs are encouraged to download the parent guide, entitled: "Violence Prevention and Crisis Response Guide for Parents". This can be found on Suffolk County Psychological Association's website at: <http://www.suffolkpsych.org>. Click on the Anti-Violence Initiative Day Project bar on the left hand side of the home page, and follow the link to the A.V.I.D. documents page. With input from their Superintendents of Schools, the **PTAs and PTOs** can have the guide printed and distributed to parents attending the A.V.I.D. forums. The guide can also be distributed in a mailing to all parents within the school district. **For psychologists hosting** the forums for parents, a "Warning Signs for Parents" kit and the video "Fight for Your Rights" can be obtained by calling 877.274.8787 ext. 135.

Some other publications and on-line resources for anti-violence information, activities, and programs:

- 1) "Violence Prevention and Crisis Response Guide for Parents"
<http://www.suffolkpsych.org/>
- 2) "Bullying in the Schools: A National Problem"
<http://www.suffolkpsych.org/>
- 3) Anti-Violence Pledges and Pacts:
 - a) AOL'S PACT (Parents And Children Together).
<http://pact.aol.com/mynews/pact.adp>
 - b) "I Will" Pledge Campaign
Students initiate pledge campaign. Green Mountain High School sociology students began promoting a new program called the "I Will" campaign which was originally created by students at Nashville High School
http://www.spiritofcolumbine.org/chspirit/i_will.html
 - c) The "I Will" Pledge from a Nashville High School Class
This pledge was developed by a high school class in Nashville, as their effort to try to do something constructive after the senseless shootings at Columbine High School. Please print this out and sign this petition, and discuss it with other students
<http://www.paulyn.com/pledge/petition.htm>
- 4) For information about violence and youth, and coping strategies:
American Psychological Association's Help Center:
<http://www.helping.apa.org/>
 - b) ERIC/CASS Virtual Library: School Violence
(Educational Resources Information Center)
Clearinghouse on Counseling and Student Services at the University of North Carolina at Greensboro – School of Education
<http://www.uncg.edu/edu/ericcass/violence/index.htm>
 - c) "School Violence" - a Position Statement from the National Association of School Psychologists.
http://www.naspweb.org/information/pospaper_violence.html
- 5) "Violence In Our Lives: Impact on Workplace, Home and Community," a book written by Elizabeth K. Carll, Ph.D. for both the professional community and the general public. The book is available through the publisher, Allyn & Bacon/Simon & Schuster (1-800-278-3525) and at community bookstores.
- 6) One of the best school-based anti-violence, pro peace programs is from the Educators for Social Responsibility entitled "Resolving Conflict Creatively Program (RCCP)" This is described in a book entitled "Waging Peace in Our Schools" by Linda Lantieri and Janet Patti.
For information go to:
<http://www.esrnational.org>
- 7) Suggested School Safety "Teachable Moment" Lesson
<http://www.mavia.org/teachable.htm>

- 8) "Early Warning, Timely Response: A Guide to Safe Schools". A resource from the Clinton Administration for schools and communities across the country.
<http://www.naspweb.org/center/pdf/guide.pdf>
- 9) "Safeguarding Our Children: An Action Guide". The recently released companion piece to Early Warning, Timely Response: A Guide to Safe Schools.
<http://cecp.air.org/guide/actionguide.htm>
- 10) Safer Schools for the 21st Century - Task Force of School Violence - NYS Lt. Gov. Mary O. Donohue, Chair
<http://www.state.ny.us/governor/lrgov/report/>
- 11) For an excellent School Safety Program and Anti-Violence Workshops for Students on key topics visit SCOPE, Inc., the Voice of Long Island Education's website:
<http://www.li-scope.org/contents.htm>
- 12) Safe Schools Bibliography
http://www.sccoe.org/safe_schools_bibliography.htm
- 13) The National Educational Service website has many excellent resources for educators, including the "Bullying Prevention Handbook: A Guide for Teachers, Principals and Counselors" by John Hoover and Ronald Oliver.
<http://www.nes.org>
- 14) The National School Safety Center (NSSC) has many good materials and resources available through their website, including the video "Set Straight on Bullies."
<http://nsscl.org>
- 15) Useful curriculum materials can be found on the Peace Education Foundation's website.
<http://peace-ed.org>
- 16) The Center for Research on Women - Elementary Education webpage of Wellesley lists several publications of interest, including "QUIT IT! A Teacher's Guide on Teasing and Bullying for Use with Students in Grades K-3," "Bully Proof: A Teacher's Guide on Teasing and Bullying For Use with Fourth and Fifth Grade Students," and, "Selected Bibliography of Children's Books About Teasing and Bullying for Grades K-5."
<http://www.wellesley.edu/WCW/crw/crwelem.html>
- 17) Free educational materials are offered by the Southern Poverty Law Center through Teaching Tolerance, its national education project dedicated to helping teachers foster equity, respect and understanding in the classroom and beyond.
<http://www.splcenter.org/cgi-bin/goframe.pl?refname=undefined>
- 18) The Educators for Social Responsibility's website (www.esrnational.org) has useful resources for schools, families and children. Free sample conflict resolution lesson plans for students from Kindergarten through twelfth grade are available from ESR through TeacherVision.
<http://teachervision.com/lesson-plans/lesson-3038.html>
- 19) Project SAVE, the Safe Schools Against Violence in Education Act (NYS)
Senate bill : S8236 Assembly bill : A06899
<http://www.senate.state.ny.us>
<http://www.assembly.state.ny.us>

COUNTY OF SUFFOLK



OFFICE OF THE COUNTY EXECUTIVE

Robert J. Gaffney
COUNTY EXECUTIVE

October 25, 2000

Dear Colleague/President:

Last year on November 5, 1999 I joined forces with the Psychological Associations of Suffolk (SCPA) and Nassau (NCPA) Counties, the Suffolk County School Superintendents' Association, and SCOPE, Inc., the Voice of Long Island Education, and officially proclaimed November 5th as Anti-Violence Initiative Day (A.V.I.D.). This was the kickoff day for a critically important project initiated throughout the entire school system in the bi-county area to have all become aware of the warning signs of violence and to make a personal commitment to deter violence. This year I am very pleased to join them again, giving my full support to this now yearly initiative aimed at making our schools and communities safer places.

The programs within the school system will continue to be offered. During this current school year, as part of the national campaign of the American Psychological Association and Music Television, SCPA & NCPA have expanded their effort to include a "Warning Signs for Parents" component. This program will include a presentation and forum on the warning signs of violent behavior in youth as well as guidelines for parents to help them improve communications with their children.

As your County Executive, I urge you to have both your entire school district with all your students and staff, and your Parent Association/Parent Teacher Organization fully participate in this much needed program. **For that purpose, in honor of the spirit of Dr. Martin Luther King, I am officially declaring January 12, 2001, the Friday before our National Martin Luther King Day, as Anti-Violence Initiative Day (A.V.I.D. Day) throughout all of Suffolk County.** This day will be the kick-off day for the A.V.I.D. initiative with programs held on that day, or whenever possible after that date, at the discretion of each school district and PTA/PTO in the County.

I personally thank you in advance for your interest, support and participation in making this day, and every day, a resounding success as we empower each other to deter violence and make our schools, communities, and County a safer place for our children and families in which to live and learn.

For information on this initiative, contact any one of the following members of the Suffolk County Psychological Association's School-Based Anti-Violence Task Force:

Dr. John Kelly : (631) 912-2122
Dr. Peter Kanaris : (631) 979-2640
Dr. William M. Bennison : (631) 928-9112

Sincerely,

Robert J. Gaffney
Suffolk County Executive

RJG/dpn



CAESAR TRUNZO
3RD DISTRICT
CHAIRMAN
TRANSPORTATION COMMITTEE

THE SENATE
STATE OF NEW YORK
ALBANY
12247

ALBANY OFFICE
LEGISLATIVE OFFICE BUILDING
ALBANY NY 12247
(518) 455-2111
 HAUPPAUGE OFFICE
STATE OFFICE BUILDING
VETERANS HIGHWAY
HAUPPAUGE NY 11788-5526
(631) 360-3236
 BROOKHAVEN TIE-LINE
(631) 289-6696

November 6, 2000

Dear Sir/Madam:

I am writing to you on behalf of the Psychological Associations of Suffolk and Nassau Counties (SCPA and NCPA) regarding an important initiative undertaken by these organizations. This initiative takes on the issues of violence and hatred among us. I believe that it is imperative that we create a united front to continue combating the issues of violence and hatred, in our youth, families and communities.

As the State Senator from this area for over twenty-eight years, I personally urge you to provide your complete support and creativity to the Anti-Violence Initiative being promoted by the SCPA and NCPA with the help of SCOPE Inc., the Voice of Long Island Education. This is in part reflective of their collaboration with the American Psychological Association and Music Televisions's two tier national program about the "warning signs of violence among youth"; one for students and another for parents.

The SCPA and NCPA will be holding an **Anti-Violence Initiative Day, known as AVID, in honor of the spirit of Dr. Martin Luther King on January 12, 2001, the Friday before Dr. Martin Luther King Day. This day will be the Kick off for the AVID initiative.** The initiative plans to have Schools hold programs at all levels on the day or as close as possible to that date in the discretion of each school district. The AVID program has **two components this year.** The **first** focuses on a program with forums for students and school personnel to increase their awareness of the critically important warning signs of violence, as well as to have them voluntarily sign pledges to take appropriate action to deter violence. The **second** is a program to teach parents about the warning signs of violence, along with information on how to better communicate with their children, plus their own signing of the voluntary anti-violence pledges.

I am encouraged by this SCPA and NCPA endeavor and believe that it dovetails well with the Project SAVE (Safe Schools Against Violence in Education Act), which my colleagues and I co-sponsored and was signed into law by Governor Pataki this past July. I believe we need a program such as AVID, as part of our overall plan for making and keeping our schools and communities safe and peaceful places in which to live and learn. **I am convinced that every student, teacher, staff member, and parent, every year, needs to be keenly aware of the warning signs of violence in our midst and make a sincere commitment to deter violence. Therefore I strongly support the AVID program and urge your support of this program.**

For further information on this initiative, contact anyone of the following members of the Suffolk County Psychological Associations School-Based Anti-Violence Task Force:

Dr. John Kelly: (631) 912-2122

Dr. Peter Kanaris (631) 979-2640

Dr. William M. Benninson (631) 928-9112

Sincerely,

A handwritten signature in black ink, appearing to read "Caesar Trunzo". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

Caesar Trunzo
Senator

CT:dmm



JAMES J. LACK

2nd District

Chair
Committee on the Judiciary

Deputy Majority Whip

**THE SENATE
STATE OF NEW YORK
ALBANY 12247**

CAPITOL
Room 413
(518) 455-2071

DISTRICT
Room 3B-42
New York State Office Bldg.
Veterans Memorial Highway
Hauppauge, NY 11788-5525
(631) 360-0490
Local Tie-Lines
Brookhaven: 467-2523
Huntington: 421-3737

INTERNET
lack@senate.state.ny.us

November 13, 2000

Dear Educator:

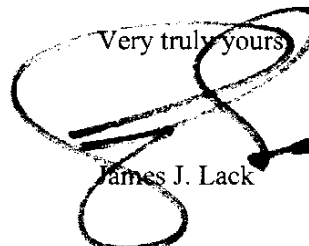
It is absolutely imperative that together we address issues of violence in our communities, especially among young people. As your representative in the State Senate, I implore you to give your full support and recognition to the Anti-Violence Initiative of the Psychological Associations of Suffolk and Nassau, with the help of SCOPE, Inc.

Anti-Violence Initiative Day, also known as A.V.I.D will kick off on January 12, 2001, in conjunction with the remembrance of Dr. Martin Luther King. Schools will hold programs at all levels on that day, or as soon thereafter as possible. The program has two components: the first is a program with forums for students and school personnel in which the hope is to increase awareness of the critically important warning signs of violent behavior, as well as to have attendees execute voluntary pledges to take appropriate action to deter violence. The second component consists of forums for parents on the warning signs, together with useful information on how to better communicate with children.

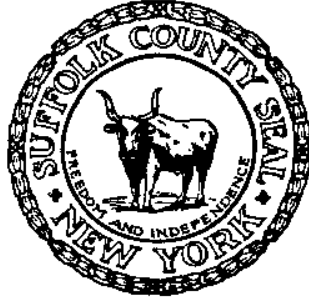
I believe this endeavor compliments Project SAVE (Safe Schools Against Violence in Education Act), which my colleagues and I co-sponsored in the Senate last session. It passed in June and was signed by Governor Pataki in July, 2000. It is imperative that citizens of all ages in our state be keenly aware of the signs of violence, as well as how best to prevent it. As such, I urge you to participate in the A.V.I.D program.

For further information on this initiative, contact any of the following members of the SCPA's School-based Anti-Violence Task Force:

Dr. John Kelly - (631) 912-2122
Dr. Peter Kanaris - (631) 979-2640
Dr. William Bennison - (631) 928-9112

Very truly yours,

James J. Lack

JJL/mti



Proclamation



Whereas: *our schools, in addition to being institutions of learning, should also be safe havens for our children, places where students are free to study and learn; and*

WHEREAS: *in these times we see all too often incidents of senseless violence against our young people, violence that must be eliminated from our society; and*

WHEREAS: *the Psychological Associations of Suffolk and Nassau have joined together with the Superintendents of Schools Association in Suffolk and SCOPE, the Voice of Long Island Education, to educate students, teachers, school administrators, parents and the community at large, and to watch for the warning signs of violence, thereby helping to eradicate it, especially from our schools.*

NOW, THEREFORE, I, Robert J. Gaffney, as County Executive of the County of Suffolk do hereby proclaim November fifth, nineteen hundred, ninety-nine as

ANTI-VIOLENCE INITIATIVE (AVID) DAY

in Suffolk County, and I do urge that all 1.4 million residents of our County to do all that they can to help rid our society of violence and violent acts.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the County of Suffolk to be affixed this fifth day of November, in the year nineteen hundred ninety-nine.



Robert J. Gaffney
Robert J. Gaffney, County Executive
 County of Suffolk, New York



OFFICE of the EXECUTIVE

Proclamation

WHEREAS, the County of Nassau is proud to recognize those outstanding individuals and organizations which render significant contributions for the enhancement of our region and the betterment of our residents; and

WHEREAS, the Nassau and Suffolk County Psychological Associations have made significant contributions to the community as they work toward enhancing the public's awareness of programs and violence prevention projects designed to promote community unity and combat preventable tragedies; and

WHEREAS, the County of Nassau does desire to commend the Nassau and Suffolk County Psychological Associations in support of its efforts to maintain a high standard of living throughout Long Island;

NOW, THEREFORE, I, Thomas S. Gulotta, Nassau County Executive, do hereby proclaim Friday, November 5, 1999 as

ANTI-VIOLENCE INITIATIVE DAY

in Nassau County, and do urge all students and residents to support and participate in local anti-violence prevention programs.



Thomas S. Gulotta

Thomas S. Gulotta
County Executive

Avid About Anti-Violence At CHS

By Gowri Rao

The recent outbreak of school violence across the United States has implanted many questions in the minds of Americans. While some simply wonder, "Can it happen here?", others trace the problem to its roots and ask themselves, "What can I do to stop it?" Since the shootings at Columbine High School in Littleton, Colorado, schools across the country have been taking steps to prevent such an incident from occurring in the future, and Commack is certainly not being left behind.

Two committees, the CHS Human Development Team and the District Drug Advisory Committee, have been formed to deal with the problem of student violence. Consisting of concerned parents, teachers and citizens, these committees ultimately strive to stop violence before it occurs. They are attempting to achieve this goal by way of meaningful assemblies and discussions that educate students about the possible causes of school violence and methods of preventing it.

In keeping with these goals, this year Commack High School held its first annual Anti-Violence Initiative Day (AVID) on November 5th. The idea was formulated by the Suffolk County Psychological Association, and schools throughout Long Island participated. While most participating schools held assemblies for their students, CHS took a more active role. Organized by school psychologist Dr. John Kelly, Commack's Anti-Violence Initiative Day taught students important lessons throughout the school day by immersing them in activities that highlighted positive interpersonal relationships.

During their English and Social Studies classes, students were taken to the Student Film Festival assembly.

This assembly consisted of short videos produced by students in Video Production classes. The videos expressed messages, warning signs, ideas, influences and opinions, all relating to the theme of stopping violence. Acoustic musical performances by student groups were interspersed among the videos.

Physical Education and Health classes watched a special documentary developed by Warning Signs, a collaborative project involving MTV and the American Psychological Association Practice Directorate. Warning Signs was established on the idea that "Violence is a learned behavior, and like any learned behavior, it can be changed," according to Dr. Russ Newman, Executive Director for the American Psychological Association. The documentary was the first major program of MTV's 1999 pro-social campaign, entitled "Fight for Your Rights: Take a Stand Against Violence." The video itself consisted of discussions with a real student who opened fire on his school and was designed to help adolescents recognize the warning signs of violent behavior. It provided students with shocking statistics, including the fact that victims of violence in America today are most likely to be between the ages of twelve and twenty-four and the fact that 50 percent of American youths have been concerned about a potentially violent classmate. On the upside, it was stated that 71 percent of American adolescents say they want to learn about the warning signs of

violent behavior and what they can do to prevent it. After viewing the presentation students discussed their feelings about violence.

Numerous student organizations were encouraged to incorporate the day's theme into their activities as well. Upon entering the building that morning, students were greeted by the music of the Tri-M Music Honor Society and a tolerance-themed art display created by the National Art Honor Society. During all lunch periods, as well as before and after school, the Commack High School Radio Club broadcasted musical selections and sound bites produced by MTV and Warning Signs. These featured positive messages about violence from film, television and music stars. The Girls and Boys Leaders Corps performed "Random acts of kindness." Peer Mediation held a workshop on conflict resolution and PLAN advisors led a discussion about peer relations.

The day went so well that AVID will be held annually at Commack High School. "The enthusiasm and energy were infectious throughout the high school," said Kelly. "Students responded extremely well to all of the events. It is my hope that this day motivated students and staff to realize that we must address the emotional growth of young people as closely as we do academic progress." Assistant Principal Russell Stewart expressed his admiration of Kelly and shared Kelly's sentiments: "For a first-time event, the day went superbly."

opinions about the subject with Physical Education and Health teachers. Such discussions also took place during study halls.

Subject teachers were also asked to participate by incorporating anti-violence into their lesson plans. Language Other than English (L.O.T.E.) teachers were encouraged to have students discuss youth violence in their cultures and how it compares to that of American culture. Science teachers were offered the suggestion of having students study the biological

Guidance Counselor James DeGiudice performs for an enthusiastic crowd during CHS's first Anti-Violence Initiative Day.

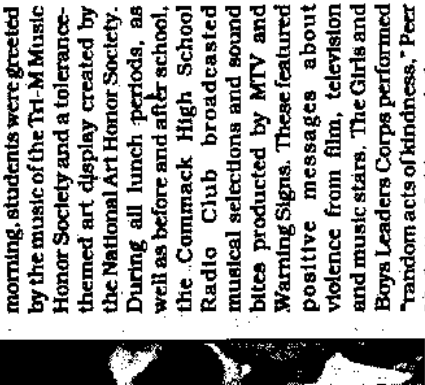


Photo courtesy of Crossroads
Guidance Counselor James DeGiudice performs for an enthusiastic crowd during CHS's first Anti-Violence Initiative Day.

Photo courtesy of Crossroads

Photo courtesy of Crossroads

Student Newspaper CHS

**Activities for
Anti-Violence Initiative Day (A.V.I.D.)
November 5, 1999
Commack High School**

1. Student Organizations and Clubs -

Student led organizations and clubs have developed activities that will occur throughout the day (i.e. Student Council organized Random Acts of Kindness, Art Honor Society has displayed posters or works of Art expressing messages of anti-violence or tolerance, Peer Mediators giving a workshop on conflict resolution. PLAN advisors discussing peer relations, Future Educators of America have established an "I Will Pledge . . ." Banner for students to sign).

2. Student Film Festival Assembly -

Short videos produced by students in the Video Production classes, expressing messages, warning signs, ideas, influences, and opinions on how to stop the spread of violence. Acoustic musical performances will be interspersed between video productions.

3. Musical Messages During Lunch Periods -

The Radio Club will play CD music produced by MTV during the morning and lunch periods in the cafeteria. Musical selections contain messages of anti-violence and tolerance. Interspersed between musical selections are positive messages from film, t.v., and music stars.

4. Teacher Lesson Plans -

Teachers have worked into their lesson plans an activity related to the theme of the day. Teachers do not have to deviate from their planned material. However, they have developed an activity to highlight the themes of conflict resolution, tolerance, or anti-violence. (See attached)

5. MTV/APA Anti-Violence Workshop -

Workshops using the "Warning Signs" video to heighten the awareness of conflict resolution strategies.

SUGGESTIONS FOR A HIGH SCHOOL A.V.I.D. DAY SCHEDULE

What would it look like? This might be a typical schedule:

Students are greeted in the main lobby with an art exhibit produced by the National A Honor Society. Exhibit displays themes of anti-violence and tolerance. Musical accompaniment is provided by TRI-M.

Period 1 - Sequential II Math - The teacher has decided to discuss the probability of "Random Acts of Kindness." She is able to elicit a commitment for each of the students to perform at least one "Random Act of Kindness" during the day.

Period 2 & 3 - English 10 - All English and Social Studies classes will attend the first annual "Student Film Festival." These are videos produced by students expressing images, thoughts, and opinions on how to stop the spread of violence. Musical acts will be interspersed between videos.

Period 4 - Physical Education - The PE teacher will guide the class through a "Trust Walk" and discuss the issue of trust building in relationships.

Period 5 - Biology - Students will study the biological reaction to anger in the body and methods to counteract this reaction.

Period 6 - Lunch - The Commack High School Radio Club will be broadcasting music during all of the lunch periods. Musical selections and sound bites will present positive and thought provoking messages.

Period 7 - Art - Students in Art classes will be creating paintings, drawings, collages, etc., to express their feelings about youth violence.

Period 8 - Study Hall - Students in Study Hall will discuss the Anti-Violence Contract and what they can do to implement the provision of the contract.

Period 9 - French - Students will discuss youth violence in other cultures and how this compares to youth violence in America.

Extra Curricular Sports - Coach has decided to replace conditioning part of practice with an activity from Project Adventure to highlight cooperation and working together toward a goal.

This can work! Be creative, have fun! Be AVID for your students!

**ANTI-VIOLENCE INITIATIVE DAY ACTIVITIES
AT
MILL NECK MANOR SCHOOL FOR DEAF CHILDREN
Box 12
Frost Mill Road
Mill Neck, NY 11765
Phone: (516) 922-4100**

Contact Person: Richard Reid Stelle

Our Anti-Violence Initiative Day (or AVID) was celebrated on Thursday, November 4th at Mill Neck Manor School for Deaf Children. To say it was a success is an understatement. The elementary school children organized a poster parade at lunch time, and every class participated, in addition to in-class discussions about the need to increase the peace. The Academic High School spent all of Tuesday filming a videotape, with various stories about keeping themselves safe, and knowing what to do when violence raises its ugly head. They then spent Thursday morning dealing with the MTV video, and the afternoon in poster making and essay writing sessions about violence and how to keep themselves safe. The Alt HS spent the day with discussions and making an Anti-Violence quilt. On Thursday night, there was parent meeting and presentations were given about the need to grow safety from the inside of children, in order to prepare them for a world that has violence in it. All this followed on the heels of a Wednesday Workshop for teachers interested in establishing a Peer Mediation Program (two more days to follow).

**Suggested Activities for
Anti-Violence Initiative Day
(A.V.I.D. For Children)
November 5, 1999**

Primary and Elementary School Aged Children

1. Positive Pictures - “Mural of Friendship”

Children can take pictures of other children being nice to each other. A “Mural of Friendship” can be composed of these pictures and displayed in the main lobby of the school.

2. Using Words Instead of Actions

Brainstorming sessions can be conducted to generate key phrases that can be used to express negative feelings about things, rather than act out in a physical manner. These phrases can be written on colorful pieces of paper and displayed throughout the classroom. Children can be rewarded for using these phrases with their peers.

3. Poster Contest

Each student will be asked to make a poster encouraging friendship and/or discouraging violence. Posters can be displayed throughout the school. A contest can be held for each grade level.

4. Random Acts of Kindness

Each student will receive a RAK medallion to be worn around their neck or pinned to their shirt. The concept of RAK will be explained to the children and how they can be done. Stars can be applied to the medallions for each RAK. Children can form groups to perform larger RAKs. Prizes in each class can be awarded for the child with the most stars or the group who performs a special RAK.

5. Purple Ribbons

As a symbol of support for anti-violence, children will be asked to wear a purple ribbon.

6. Anti-Violence Contracts

America On-Line has published a series of anti-violence contracts (see enclosed). Children and adults will be asked to discuss the contents of the contract and agree to follow the commitment outlined in the contract.

Middle and High School Aged Children

1. Student Clubs and Organizations

All clubs and organizations will be asked to develop an activity around the theme of “increasing positive relationships with your peers” or “developing tolerance.”

2. Student Film Festival

Students will be encouraged to develop a video including messages, warning signs, ideas, influences, and opinions on how to stop the spread of violence. Videos can be shown throughout the day in a central location. An alternative setting may be a Film Festival evening can be held that may be combined with musical acts and refreshments.

3. Random Acts of Kindness

Every student will receive a RAK medallion in homeroom. Each person is encouraged to do at least five RAKs for their peers.

4. Purple Ribbons

As a symbol of support for anti-violence, students will be asked to wear a purple ribbon. Ribbons can be distributed in homeroom.

5. Anti-Violence Contracts

Students will be asked to discuss the contents of the contracts and commit to the provisions outlined in the contract.

Involvement of Community

1. A.V.I.D. Signs, Stickers, and Pins

Local print shops can be asked to donate signs, stickers, or pins with supportive slogans on them. Slogans can include:

“I’m an A.V.I.D. Supporter of Kids”

“A.V.I.D. About Children”

Pins and stickers can be worn by school staff members and parents.

2. Parties Celebrating A.V.I.D.

Local merchants can be asked to donate goods related to parties and prizes held in school for A.V.I.D. “A.V.I.D. Supporter” signs or pins can be given to the merchants to signify their involvement.



Name:

has signed the PACT, promising to take action to stop violence.

- I understand that not all kids are the same, and that everyone wants to be liked and accepted.
- I will tell my parents or another adult I trust when I'm upset or angry about school, friends or anything else that makes me feel bad.
- I will look for ways to settle disagreements without violence.
- If I see or hear other kids talking about hurting people, or doing things that could harm others, I will tell an adult as soon as I can.



Signature

Date



Name:

has signed the PACT, promising to take action to stop violence.

- I will not put other kids down by labeling them with names or doing anything else that creates hurt feelings.
- I will talk to my parents, teachers or an adult I trust about problems at school, with friends, or anything else that makes me feel bad.
- I will do everything I can to resolve trouble without violence --- and when I can't, I will walk (or run) away.
- If I see or hear other kids talking about hurting people, or doing things that could harm others, I will tell an adult as soon as I can.
- I understand that violence is real and has permanent consequences. I will do everything I can to stay safe.



Signature

Date

Staff Contract

I will strive to. . .

- model constructive conflict resolution behavior
- not judge a student solely by their appearance
- make time to listen to students with an open mind
- use non-violent terms when speaking to my students, even in jest

**I understand that violence is real
and has permanent consequences.
I will do everything I can to keep our
students safe.**

Signature

Date



Name:

has signed the PACT, promising to take action to stop violence.

- I will talk with my children and the children I know, and listen to the issues they think are important.
- I will take a greater interest in my children's free time and their friends.
- I will, in my words and actions, condemn violence as a way to resolve conflict, anger or frustration.
- I will get more involved in my community and our schools.
- If I own a gun, I will make sure that children can't get their hands on it.



An AOL Initiative

Signature

Date

The “I Will . . .” pledge is a reflection of teenagers taking responsibility - a simple pledge - a plan of action that indicates students will make a difference in their own lives and community.

Adults can make rules and the government can impose metal detectors and cameras on the schools but nothing will substitute for the conscious choices of students, teachers, and parents committed to monitoring their own behavior.

Talk to your friends and your parents and your teachers and encourage them to be part of the solution.

**Make the “I WILL. . .” pledge.
Make the pledge today!**

Please print this out and sign this petition.

As part of the _____ Community, I WILL...

- I will pledge to be a part of the solution.
- I will eliminate taunting from by own behavior.
- I will encourage others to do the same.
- I will do my part to make _____ a safe place by being more sensitive to others.
- I will set the example of a caring individual.
- I will eliminate profanity towards others from my language.
- I will not let my word or actions hurt others.

...and if others won't become a part of the solution,
I WILL.

Signing here reflects your commitment to your pledge through graduation:

ACTIVITIES

“ERASE THE HATE”

A documentary by Aaron Lohman
This 15-minute commemorative video
will be shown during lunch periods in the
rotunda. Erase the Hate stickers will also
be handed out.

PURPLE RIBBONS

In homeroom, purple ribbons will be
handed out. These ribbons are the
symbol of anti-violence awareness.
Please wear yours to show your support.

ANTI-VIOLENCE BILL

A petition will be in the rotunda during
lunch periods for students and staff to
sign in support of a school anti-violence
bill. Statistics on school violence will
also be handed out.

RANDOM ACTS OF KINDNESS

Every student will receive a RAK
medallion in homeroom. Each person is
encouraged to do at least five RAKs for
their peers. Please wear your medallion!

SEED PROJECT

A table will be set up in the rotunda to
distribute flower seeds and bookmarks.
The Environmental Club will nurture and
plant these seeds in our garden.

ANTI-VIOLENCE CONTRACTS

The contracts handed out earlier in the
week can be returned in the rotunda
during lunch periods. A joined hand
symbol will be placed on the rotunda
window to show those in our High
School that support Anti-Violence.

RANDOM ACTS OF KINDNESS

A Random Act of Kindness is anything you do for another that makes them smile. Everyone in Lindenhurst High School has been given a medallion. Each person is encouraged to wear the medallion and do at least five Random Acts of Kindness for five different people. After you demonstrate a R.A.K., initial the recipient's medallion.

POSSIBLE RANDOM ACTS OF KINDNESS

Give a compliment, smile and say hello, buy someone breakfast or lunch, help someone with a problem, listen to someone, give a flower and any small gift, tell a joke to make someone laugh, hold the door open, be polite to people, be sincere, send someone a card, hold someone's hand, encourage people, tell people you love that you love them, call someone on the phone to just say "hi," write a letter, give someone a hug, find the good in every situation and share it, help someone do a job or chore, do a favor for someone, hold someone's books, lend someone a pen or pencil, say "God Bless you" when they sneeze, say "Excuse me" when you bump into someone in the hallway, or help someone with their homework. **BE POSITIVE ALL DAY LONG!!!**

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“Erase The Hate”

May 20, 1999

To Whom This Video Was Delivered:

School is a place where parents send their children to get an education, and to be in a safe environment. The truth is that when the school admits that it has a problem is the only time that it can be changed. If someone wants to change they have to change themselves first. You know to look in the mirror and tell yourself that there needs to be a change, you can't change anyone else before you change yourself. Hate is learned and it can be unlearned as well. I'm no philosopher, but there is a simple three-word message that could end the violence in schools and that is “Erase the Hate.” It seems like a simple message, but it is not a message at all . . . it is a journey, which must be traveled for the issue at hand to finally be seen. Hate is something that we carry through our lives for what? Just because someone says that we belong to one group we can't associate or that if we belong to one race we can't associate with another, does not mean that we have to. Making fun of someone or harassing someone leads not to change but to hate. Just because someone is different than you does not make him or her bad. If everyone in this world were the same it would leave our society dull, boring and changeless. The best thing that we could possibly do for one another in this day and age is to embrace each other with open arms. Instead of doing what is based on someone else's decisions use your own mind. Use the mind God gave you and help this society once again become a liveable one.

This video includes messages, warning signs, ideas, influences, and opinions on how to stop the spread of violence, and to “Erase the Hate.” I would greatly appreciate you taking the time to watch this video, and I guarantee that you will understand the message behind it.

Sincerely,

Aaron Lohman

P.S. “The differences of man is what makes society great, not what causes its downfall” - Alfred Hitchcock

Dear Faculty and Staff,

In order for all of us at Lindy to be involved in the Anti-violence Contracts, some of your peers and I came up with a Staff Contract. I hope that you will sign it, bring it to the rotunda on Thursday during any lunch period and have your name included on the rotunda window as one of the people in the High School that are committed to an atmosphere of non-violence.

Thank you for your involvement in this program.

VARSITY CLUB

Advisors: Ms. E.A. Moxon & Miss Stevenson

Executive Board

-President-
Emily Mangano & Sara Gorman
-Vice President-
Lannon Speed & John Tiburzi
-Treasurer-
Rebecca Iraci & Keith McDonald
-Recording Secretary-
Lisa Arpino
-Corresponding Secretary-
Alice Theodorou & John Ryan
-Special Events-
Matt Turtell & Chris Sigfried



TEACH
TOLERANCE

Dear Athletes/Students

Since the tragic shootings of Littleton, Colorado, we've seen an outpouring of emotion. We all want to make a difference. So, after hearing from teams, teachers and children who want to stop violence, we worked and created a PACT (Parents and Children Together). We're asking you to join other students in taking this pledge. This contract promises to take action to stop violence and create awareness towards other students feelings.

Upon returning your SIGNED contract on Thursday, we will place your name on a set of joined hands that will be placed in the rotunda. While this is just one small step, we hope you will use it in a way that is meaningful to you. We hope that your participation will help to build safer and stronger families, schools and communities. Thank you for your participation.

Please return your signed contract on Thursday, May 20, 1999.



Sincerely,

The Varsity Club Board

*P.S.
A contract for your parent
is also enclosed!!!*