

***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/ltgov/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.scooe.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://nssc1.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>