

Alamo Heights ISD

Ongoing Measures to Prevent Bullying

All levels

1. Each campus uses The Eight Keys of Excellence, character education traits (integrity; failure leads to success; speak with good purpose; this is it; commitment; ownership; flexibility; and balance). The Keys are taught through stories and gestures and integrated continually into all facets of campus life. Classroom teachers as well as counselors provide the lessons to students daily.
2. Rachel's Challenge Assembly at JS and HS: Rachel Scott was the first student killed in the Columbine High School shooting in 1999. Darrell Scott, Rachel's father, established Rachel's Challenge to perpetuate his daughter's example and the two-page "Code of Ethics" she wrote a month before her death at the hands of Eric Harris and Dylan Klebold. (May 2012)
3. Chain Reaction Week is an effort to build on Rachel's Challenge to "be the change you want to see in the world." All campus counselors led efforts to spread the Eight Keys through student-made videos and other activities. The district Character Education Committee organized the effort.
4. 5 forms of mistreatment: In Alamo Heights ISD we are committed to providing the students with a safe environment in which they are able excel in all areas of development. It is for this reason all students are taught the five forms of mistreatment by teachers, counselors, and administrators:
 - Exclusion: The target feels left out
 - Put-downs: The target feels bad or hurt
 - Bullying: The target feels afraid
 - Unwanted physical contact: The target's personal boundaries are violated
 - Acts against everyone: The entire campus or large portions of it are affected

By identifying the specific ways in which students can be emotionally and or physically hurt, students can then be empowered with strategies for stopping and minimizing the mistreatment of others. Working with students to identify the five types of mistreatment and teaching them ways to peacefully resolve conflict takes them from being a bystander to being a problem solver

Elementary

1. Elementary counselors provide support for elementary age students including anger management, violence prevention skills, divorce and separation issues, and self esteem through individual or group sessions through classroom guidance lessons as well as individual counseling.
2. Elementary: Starting in 2014-15, each campus implemented Positive Behavior Interventions and Supports (PBIS) that include clear expectations for positive behavior (specific approaches vary by campus).

Junior School

1. Administrators and counselors to address each grade level regarding specific safety guidelines for the campus deliver annual safety assemblies by grade level. Students are reminded that they all share in the responsibility of maintaining a safe school environment. Proactive interventions are used to reduce potentially critical safety and climate issues.
2. 6th grade Health class is a required 9 week course for every student in which general wellness, health, and well being is addressed.
3. Junior Ambassador Program was implemented to match student mentors with new students to the district. Safe Schools Ambassadors, the formal program with training, etc. SY 2010-2012. In SY 2013, it was merged into the existing Ambassador Program in which students apply to be Ambassadors and mentor new students as well as serve as possible role models to promote kindness to others and a sense of shared community.
4. The professional school counselors and a full-time wellness counselor provide support for Junior School students including, alcohol and other drug use issues and social issues through individual, group sessions, and classroom guidance.

High School

1. Student Support Center, with two part-time social workers, assists students with a variety of emotional issues which may interfere with their academic success. Conflict resolution, stress management, alcohol and other drug use prevention, and healthy decision-making are addressed in individual, small group, and classroom guidance sessions.
2. Student Intervention Team, comprised of administrators, counselors, the campus school nurse, and campus social worker identify and generate interventions for students in crisis (meets weekly for 2 hours).
3. Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience. Link Crew trains members of the junior and senior classes to be Link Leaders. As positive role models, Link Leaders are motivators, leaders and teachers who guide the freshmen to discover what it takes to be successful during the transition to high school and help facilitate freshman success.
4. "Erase the R word": a student-led campaign to create a culture of inclusion of all students.
5. Project UNIFY is a campus club whose mission is to foster a school environment where all students feel welcome and safe to be themselves. A unified cast and crew of students with and without disabilities perform and direct plays that further their message.

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