

SPECIAL POINTS OF INTEREST:

- Story Banking
- Spotlight Events
- RI Activities
- Topic of the Month: Bullying and What to Do About It



Staff Contact Info:
401-438-3900
Extensions:
Kate x108
Stacy x103
Danielle x119
Fae x120
Alison&Sagitta x107

October

October is...

- National Arts & Humanities Month
- Domestic Violence Awareness Month
- Lesbian, Gay, Transgender History Month
- Fair Trade Month
- National Fire Prevention Week (Oct 3-9)

Make a Difference Day– Oct 22

Do you have a positive story to share about mentoring?

We are interested in capturing significant experiences with mentees to highlight the importance of mentoring youth in foster care. These stories would be

very useful to use in the future to raise awareness of the work we all do, to include in grant proposals, and to earn more funding and resources. If you would like to be a part of this, please reach out to your relationship manager. Thanks for all of the work you do!!

Spotlight Events

Regional College Fair

Saturday, October 15
CCRI- Knight Campus, Warwick
1:00-3:00
Includes 2 Financial Aid Workshops @ 1:30 and 2:30 (30 minute sessions)
Over 200 colleges will be there!
Free admission and parking

“A Walk In My Shoes”

Saturday, October 15
12:00-2:00
A panel of former and current foster youth sharing their stories of

challenge and triumph. Includes lunch, refreshments, panel discussion, and question & answer session. Free. Casey Family Services 1268 Eddy St. Providence
RSVP to Tyisha Hedges
401-644-2867
tyishakay@gmail.com

Halloween Event

Friday, October 21
Join us at Confreida Farms in Cranston for our annual haunted hayride and corn maze!

Stay posted for finalized plans via email with your relationship manager.

Foster Care & Adoption Awareness Day

Saturday, October 22
12:30-4:30
25+ community service providers with info regarding foster care and adoption; live music; activities; raffle
Roger Williams Park, Providence. Free.

Activities

- October is apple picking month! Visit <http://www.pickyourown.org/RI.htm> to find a pick-your-own orchard nearest you. Visit this site for an easy apple pie recipe to make with your fresh apples! <http://allrecipes.com/Recipe/apple-pie-i/detail.aspx>
- Oct 1. Newport Antiques Festival Newport. 10am-5pm. Free Admission. 401-619-5801 www.fortadams.org
- Oct 2. Walk the Walk Adoption RI. Registration 11am, kick-off at noon. \$15. www.walkthewalkari.org
- Oct 8. WaterFire, Providence. Begins at dusk. Waterplace Park. Water, light, smoke, music, and street performers combine to form an elemental art experience. Free. 401-272-3111 <http://www.waterfire.org/>
- Oct 15. The 9th Annual Ballard Park Pumpkin Tour, Newport. 4:30-9:00pm. The evening tour features a display of over 1,000 jack-o-lanterns! Free; rain or shine. 401-619-3377 <http://www.ballardpark.org/>
- Oct 22-23. 21st Annual Indoor Powwow, Warwick. Enjoy pony rides, barbecue, authentic teepee, and vendors. 401-742-7102
- October 1-30. Warren Mills Project. Art & history aimed at raising knowledge of Warren's mill history. Tues-Fri: 9:30- 4pm, Saturday: 10:00am \$8.
- Visit the RI Planetarium in Providence! Shows are ongoing, every Saturday and Sunday at 2:00pm. Show time is about 35 minutes, and general admission is only \$3! You can view a variety of shows, including "Field Trip to the Moon," "Journey to the Stars," and "Cosmic Collisions." Visit <http://www.providenceri.com/museum/planetarium>

Topic of the Month: Bullying

1 in 7 Students in Grades K-12 is either a bully or a victim of bullying.

It is estimated that **160,000** children miss school every day due to fear of attack or intimidation by other students. Source: National Education Association.

71% of students report incidents of bullying as a problem at their school.

Types of Bullying

- Physical attacks
- Verbal insults
- Indirect bullying, including spreading rumors and exclusion from social groups
- Cyberbullying through internet, cell phones, and video games (43% of teens last year)

Youth Who Perpetrate Bullying

Risk factors: anger, aggression depression impulsivity, dominance in social circles.

When cyberbullying occurs, often the youth that is bullying another can believe that it is just a joke and do not understand the negative impact it can have on the victim.

Impact of Bullying: higher risk of substance abuse, dropping out, early sexual activity, criminal convictions, and abusive behaviors

What to Do

- 1) Talk to them openly. Ask for their perspective of the situation. Be objective and listen carefully.
- 2) Make it clear that bullying is taken seriously and there are consequences.
- 3) Remember, they may not be aware of the impact they are having on victims. Help them understand possible effects on victims.
- 4) Recognize and build upon the child's strengths to increase self-esteem. Encourage involvement in

social activities.

Youth who are Victims of Bullying

Risk factors for being a victim of bullying include: passive personality, easily intimidated, few friends, smaller stature, difficulty defending themselves, non conformity to gender norms, social challenges, low self-esteem, depression and anxiety

Impact of victimization: increased depression and anxiety, thoughts/ attempts of suicide, more health complaints, decreased academic performance, affected social interactions

What to Do

- 1) Provide opportunities to have an honest conversation.
- 2) Empathize with their experience and communicate that the bullying is not their fault.
- 3) Make them aware that they have a right to speak about it and there are serious consequences at school for bullying.
- 4) Work together to find solutions. Allow the youth to decide whether or not to contact school officials or law enforcement.
- 5) Document bullying with the youth.
- 6) Be persistent and talk regularly with the child to see whether or not bullying has stopped. If the bullying persists or escalates, be sure to contact your relationship manager who will coordinate conversations with DCYF workers and other professionals if needed.

What Not to Do

- Don't tell the youth to ignore all bullying. This may translate to them as you not caring about the issue. Instead,

take it serious, be supportive, gather information, and work towards a solution.

- Don't assume that the child did something to provoke bullying.
- Don't encourage the child to retaliate as this can get them in more trouble.
- Don't contact the parents of the child who is bullying. School officials are responsible to respond to reported bullying incidents.
- Don't expect an immediate solution.

Prevent Bullying

- ◇ Have conversations about what bullying is and be sure to communicate that it is not strictly physical.
- ◇ Be aware of youth's behavior that may show warning signs of being bullied (for example, acting differently than usual, avoiding certain places, fear of going to school, exacerbated mental health needs such as depression and anxiety).
- ◇ Engage in activities with your mentee to build self-esteem and be more confident with peers.
- ◇ Be involved with your mentee's academic life if he/she is open to it.
- ◇ Let youth know they can come to you with concerns and issues.

Info taken from:
Department of Health and Human Services. (2011). Stop Bullying. Retrieved September 29, 2011, from <http://www.stopbullying.gov>.

“The greatest good you can do for another is to not share your own riches but to reveal to him his own.”

-Benjamin Disraeli