

Coalition for Healthy and Safe Communities

61 Spring Street, 3rd Floor Newton, NJ 07860

Phone 973.383.4787 / Fax 973.383.6576

Contact Becky or Laura

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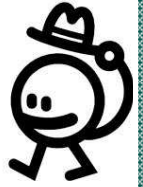
KIDS2KIDS

Students Connecting to Stop the Violence



IT'S ABOUT RESPECT

Think about the last time you witnessed a conflict, or were involved in one. Was respect shown? Was the conflict resolved without name-calling or put-downs? If put-downs were used, did they help the situation or make it worse? The likelihood is that disrespectful words and actions contributed to the conflict, and caused hard feelings to linger. Although we know that name-calling and other disrespectful behavior only make problems worse, many people resort to such behavior when angry, or accept them as a normal way to interact.



Many people do not think about respect until someone disrespects them or their belongings. Respect is a quality that we should be constantly aware of. Developing respect as a character trait can enable you to have regard for your health and well-being as well as compassion for others. When people respect themselves, they will not destroy their minds or bodies with drugs or engage in any other risk-taking behavior. When people respect each other, there are less conflicts, disagreements, and misunderstandings.

Did You Know? DISRESPECT IS NOT NORMAL

If respect leads to positive interactions, what do you think disrespect will lead to? Disrespect is the foundation of all negative and abusive interactions and relationships. In our society, disrespect is seen in many different forms, but one thing is certain, it can result in hurt feelings, resentment, verbal and physical aggression, violence, war, and even death.

Examples of disrespect are so common in our society that they are often considered to be a normal part of life. The fact is, it is not normal to interact with others in disrespectful ways. Disrespect should never be accepted as just a part of life.

The following is a list of some of the common forms of disrespect that are widespread within our society.

- Verbal disrespect includes not saying "please," "thank you," or "excuse me"; cursing; name-calling; teasing; bullying; threatening to hurt someone; and sarcasm.
- Physical disrespect includes assault with a weapon, hitting, pushing or kicking as well as touching someone's body inappropriately.
- Self disrespect includes not taking care of yourself by not keeping yourself clean, experimenting with alcohol and other drugs, engaging in premarital sex, and even dressing and acting inappropriately.
- Disrespect for the environment includes littering, polluting and harming animals and plants.
- Disrespect for property includes stealing, and defacing property as in the case of graffiti.
- Other forms of disrespect include rude or vulgar gestures and inappropriate public behavior such as playing songs with vulgar language in a public place.

FRANKFORD SCHOOL IN ACTION

Here are some great activities Frankford School have or will be implementing as a follow-up to the summit:

- The students participated in activities to promote tolerance during the month of October.
- Students will participate in several Mix it Up lunches.
- The students do some peer to peer work with teachers throughout the school day.
- They also help a counselor in the elementary school with some guidance lessons.
- The students are working on a play and are going to present it to the student body in an assembly.
- Students and staff will take part in a flash mob to bring attention to the importance of bullying in school.

What great ways to make a difference!
Way to go, Frankford!

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." ~Dale Carnegie

"Character is much easier kept than recovered."
~Thomas Paine

HOW TO BE A GOOD FRIEND

To have good friends you must be a good friend. Here are some of the ways good friends treat each other:



- Good friends listen to each other.
- Good friends don't put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends care about each other.
- Good friends give each other room to change.
- Good friends can disagree without hurting each other.



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Think of a time in your life when you felt worse than you ever thought possible. Really, really down. Rock bottom. The pits. Why did you feel that way?

Because it seemed that you were totally alone in the world? That no one cared about you? There are people everywhere who feel that way right now. People in your state. In your city or town or neighborhood. Maybe someone next door or in the next room or the chair right beside you.

Today, make a commitment to reach out to someone who seems lonely. Take a look on the back for advice on giving and getting help.

Courtesy of *Succeed Every Day: Daily Readings for Teens* by Pamela Espeland.
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About Getting and Giving Help

People Make a Difference

When you're dealing with a stressful situation or going through a rough time, the people in your life can help you cope. When someone who cares knows what you're going through, it helps you feel understood — and not so alone.

Knowing someone loves you means a lot on a typical day. And it really counts when you're under stress. Problems seem smaller and more manageable when we talk about them with the right person. We may actually cope better and see solutions more easily when we share our problems.

Many Ways to Help

There are lots of different ways to get and give help. Sometimes we just want to hear an encouraging word. Other times we need advice or a fresh perspective on things. Help can be very specific and immediate, like assistance with a homework project. Or it can go on for a while, like tutoring to bring up a failing grade or counseling to get through a difficult personal situation.

It's likely you remember the times someone has helped you. A parent may have taught you to drive or supported you when you quit a bad habit. Perhaps a friend helped you get through sadness or deal with disappointment. A favorite teacher might have guided you through the college application process. And you can probably remember times when you've helped others.

Friends, parents, teachers, and other adults can be great resources when we need help. There are also times when we need the extra help that a professional can provide best. Therapists, counselors, and doctors can offer specialized help for a health concern, mental health issue, or personal problem. Turning to the right people for help pays off. You just have to ask.

Helping a Friend? Help Yourself Too

We often worry about friends who are having troubles. **It's natural to want to help a friend in crisis — it can be just as rewarding to help another person as it is to have someone help you.** Being there for a friend who needs your advice, support, and ideas is a positive part of friendship.

But what if you find yourself worrying so much about a friend that it's taking an unfair toll on you? Maybe a friend seems stuck in a rut, constantly wanting to talk about the same problem but never really doing anything about it. Or perhaps your friend wants to focus on his or her problems and never has time for you. It's also possible that a friend's problems seem too large and unsolvable.

If you're feeling pulled down by a friend's troubles, it's time to step back and regroup. Decide what you can do and what you can't. These three little reminders can help keep things in perspective:

1. **There are limits to what we can do to help.** We can't make other people do things they're not ready for.
2. **We need to take care of ourselves first.** If a friend's problems are overwhelming you, step back. Don't let yourself be dragged down. We can't help friends when we're not feeling our best or are feeling resentful.
3. **We can't always fix the problem.** Some things are beyond our control. Sometimes the best you can do is listen and offer your support and understanding.

Sometimes a friend rejects or ignores your advice or help. You might feel frustrated if someone continues with self-destructive or unhealthy behavior when you have tried hard to steer your friend toward a healthier path. It's not up to you to fix the problem, though. You can still let a friend know that you care, want the best for him or her, and believe in him or her.

It can help to remember that making changes or letting go of old patterns is hard for some people, so it takes time. This is one reason why a friend might not immediately follow advice. If you don't feel dragged down or taken advantage of, be patient. Just offer support until things change.

Making Help a Habit

Here's something people don't often think about: *Helping helps even when there's not a problem.*

Getting in the habit of giving and receiving help builds positive relationships. It makes us feel more connected and cared about. It prevents stress from building because we know someone else is thinking about us and looking out for us. And if there is a problem, we're sharing it before it gets too big. It just feels great to help.

Try these small gestures at home and see how they make you feel:

- Help your little brother or sister with a homework problem.
- Help your dad prepare dinner.
- Help your mom carry groceries.
- Offer to do a chore that's not usually yours "just because."



There's more to it than just feeling good: **Kindness is contagious. It can create more kindness.** So you might start to notice your family (or friends) reaching out to help more.

Just don't fall into the trap of expectation. If we help out only because we expect the other person to do something in return, we will probably end up feeling disappointed and angry instead of happy and fulfilled. So decide to help simply because of the positive feelings it creates. Then, when someone else does something nice for you (and it will happen!), it's a wonderful surprise.

Giving and receiving is one of the most basic friendship skills. With a good network of supportive people, we are less stressed. We feel loved and understood, so we're better able to solve problems, bounce back from disappointments, and try again.

Reviewed by: D'Arcy Lyness, PhD in February 2011

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We're Hardwired to Help

It's natural for us to turn to others for help, just as it's natural for others to want to help. It's all part of the giving and receiving that makes up good relationships.