



Ellsworth School Department

Safety Action Steps for Students

There is much students can do to help create safe schools. Talk to your teachers, parents, and principal to find out how you can get involved and do your part to make your school safe. Here are some ideas to try:

- Listen to your friends if they share troubling feelings or thoughts. Encourage them to get help from a trusted adult-such as a school psychologist, counselor, social worker, leader from the faith community, or other professional. If you are very concerned, seek help for them. Share your concerns with your parents.
- Know your school's code of conduct and model responsible behavior. Avoid being part of a crowd when fights break out. Refrain from teasing, bullying, and intimidating peers.
- Your school has a plan – make sure that you actively participate in any and all drills that are run and that you know what you are supposed to do in the event of an emergency.
- Create, join, or support student organizations that combat violence. If one doesn't exist, speak to your principal about starting one!
- Work with local businesses and community groups to organize youth-oriented activities that help young people think of ways to prevent school and community violence. Share your ideas for how these community groups and businesses can support your efforts.
- Participate in violence prevention programs such as peer mediation and conflict resolution. Employ your new skills in other settings, such as the home, neighborhood, and community.
- Work with your teachers and administrators to create a safe process for reporting threats, intimidation, weapon possession, and drug selling, hang activity, graffiti, and vandalism. Use the process.
- Help to develop and participate in activities that promote student understanding of differences and that respect the rights of all.

- Volunteer to be a mentor for younger students and/or provide tutoring to your peers.
- Be a role model—take personal responsibility by reacting to anger without physically or verbally harming others.
- Seek help from your parents or a trusted adult - such as a school psychologist, social worker, counselor, teacher – if you are experiencing intense feelings of anger, fear, anxiety, or depression.

(Source: *Early Warning, Timely Response: A Guide for Safe Schools.*)