



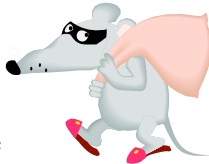
Grand Area Mentoring / 435-260-9646

Holiday Mentoring Tips



Tip #1: Watch out for hungry pockets.

Sometimes art and craft supplies go missing from the mentoring rooms. Sports equipment and game pieces also occasionally manage to sneak away. So that everyone gets a chance to use the supplies and equipment, keep an eye on little hands that might want to bring some of the great mentoring stuff home. It might be good to talk with your mentee about treating all the supplies with respect so that everyone – you and your mentee too – can enjoy them in the future!



Megan & Brooke on their off-campus outing to Morning Glory Arch



Joan & David

Tip #3: Learn more about bullying and how to stop it.

Call 260-9646 to sign up!

This month GrandAM will offer an advance mentor learning opportunity called the Anti-Bully Training. You will learn more about stopping bullying and empowering your mentee to shrug off victimization or redirect his or her bullying behavior. Based on a video made by the U.S. Department of Health and Human Services, this training will explain what bullying is, offer guidance on how to stop it, and provide you with several resources to take home and/or to your mentoring sessions.



Tip #2: Review the School District's Acceptable Use Policy.

In order to use any school district computer, all students and school officials (mentors included), must agree to the Acceptable Use Policy (AUP). You can access and view this AUP online at the following address:



www.grandschools.org/mentor

Scroll down to the AUP instruction box on the GrandAM website. Then click on the PDF link and review the document. If you agree to follow the guidelines, send an email to grandareamentoring@gmail.com with the message: "I agree to abide by the Grand County School District AUP."

This Month in Mentoring

- **December 20: Holiday Break begins**
- **Dec 20-Jan 4: No school. No mentoring!**
- **January: NATIONAL MENTORING MONTH**
- **January 5: Holiday Break ends. School back in session.**
- **January 15, 4:30pm, GrandAM Office: Anti-Bully Training (see box to the left and other side).**

Grand Area Mentoring

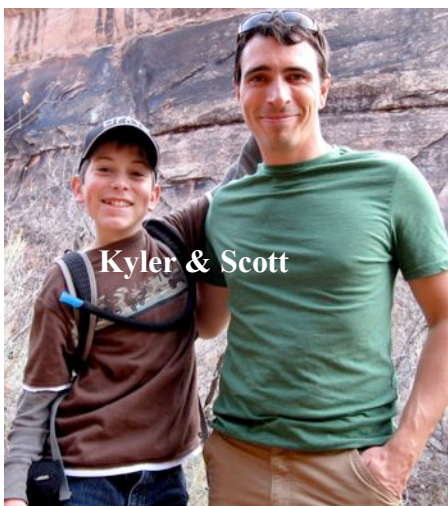
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Moving Forward Together

www.grandschools.org/mentor
260-9646



(Green) Idea of the Month:

Cereal Box Magazine Holder:

Bring two cereal boxes to your next mentoring session. Cut off the top and at a 45-degree angle half way down the side panels. Cut across the side of the box, and remove the top piece. Use the art supplies at the mentoring room to decorate and personalize the boxes. Keep more magazines out of our landfills!

www.grandschools.org/mentor/toolbox.html

What is bullying?

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Bullying can take many forms, such as hitting, kicking, threatening others, teasing, name-calling, excluding from a group, or sending mean notes or e-mails. A child who is being bullied has a hard time defending himself or herself. Often, children are bullied not just once or twice but over and over (Olweus, 1993; Roland, 1989; Smith & Sharp, 1994).



Unfortunately, bullying is very common during the elementary and middle school years. In one study of fourth through sixth graders, 25 percent of students admitted to bullying another student several times or more often during the school term (Melton et al., 1998). Another study found that 80 percent of middle school students reported engaging in some form of bullying during the past 30 days, with 15 percent doing so frequently (Bosworth et al., 1999). In a national study of more than 15,000 students in grades 6 through 10, 17 percent reported having been bullied “sometimes” or more often during the school term, and 19 percent reported bullying others “sometimes” or more often (Nansel et al., 2001).

How much of a problem is bullying?

Who is bullied? Any child can be bullied. It is important not to blame or look for faults in children who are bullied, because nobody deserves to be abused by their peers. However, understanding some common characteristics of children who are bullied may help adults identify children who are likely targets of bullying and help protect them from abuse. Research indicates that children who are bullied tend to be more socially isolated than other children (Espelage & Asidao, 2001, Nansel et al., 2001). These children may seem to be easy targets for bullying because they have few friends to help protect them. They also may be shy, sensitive, or insecure children (Olweus, 1993). Boys who are bullied are often (though not always) physically weaker than their peers. Educators, parents, and others should be especially watchful for bullying of children with disabilities, as these children are often bullied by their peers.

Who is bullied?

What can be done to reduce bullying in school? The good news is that much can be done to stop bullying in our schools. A single school assembly, PTA meeting, or social studies lesson on bullying won't solve the problem, however. What is needed is a team effort by students, teachers, administrators, parents, mentors, and other staff to change the culture or climate of schools. Many schools are meeting this challenge. To learn more about bullying and what your community can do to address bullying, visit www.stopbullyingnow.hrsa.gov or attend the training on January 15, 2009.

What can be done to reduce bullying in school?

From: http://www.stopbullyingnow.hrsa.gov/HHS_PSA/pdfs/SBN_Tip_14.pdf

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We hope you have a nice three weeks of mentoring before break. Happy Mentoring! Happy Holidays!

Dan & Megan

