



“THE END OF BULLYING BEGINS WITH ME”



In October KY-SPIN, Inc. is once again partnering with PACER'S National Bullying Prevention Center for National Bullying Prevention Month.

Join us for KY-SPIN, Inc.'s RUN, WALK, ROLL Against Bullying

October 22, 2011

Louisville's Waterfront Park, Festival Plaza

Registration will begin at 9:00AM

The run, walk, roll will begin at 10:00AM.

You may choose between a 5K, 1 Mile, or short stroll or roll on the waterfront at the Great Lawn.

You may also participate via a Virtual Walk! The entry fee is \$20 and includes a T-Shirt.

Pre-Registration is also available at <https://kyspin.ejoinme.org/runwalkroll> until October 19th.

On this website you will find Individual and Team registration. You may also download Individual and Team pledge forms or simply make a donation. School participation information is available.

Participants are encouraged to seek pledges from family, friends, co-workers and local businesses.

To become a Volunteer or for Sponsor Opportunities, contact Rhonda Logsdon at (800) 525-7746 or at rhonda@kyspin.com

THERE ARE OTHER WAYS TO HELP PREVENT BULLYING TOO!!

October 12 - **UNITY DAY: “Make it Orange and Make it End”** - Join the movement and unite against bullying! Wear **ORANGE** on October 12th and send a message of support to students who have experienced bullying. You can also hand out orange unity ribbons and write UNITY on binders and folders.

October 26 - **Unity Dance Day** - Come together in song and dance to raise awareness for bullying prevention. Schools and community organizations can find everything they need to organize a Unity Dance Day on PACER's online toolkit. Check out the toolkit to learn about the designated song and dance moves.

<http://www.pacer.org/bullying/nbpm/>

The **Kentucky State Advisory Panel for Exceptional Children (SAPEC)** provides policy guidance with respect to special education and related services for children with disabilities in Kentucky as defined by special education regulations and applicable state and federal law. The Panel advises and assists the Department of Education regarding the provision of appropriate services for children with disabilities. The authority for the Panel is mandated under the Individuals with Disabilities Act (20 U.S.C. 1400 et seq.as amended). The Panel conducts public forums as a part of their meetings. The public is encouraged to comment via e-mail or by coming to a meeting. For information, contact Johnny Collett at johnny.collett@education.ky.gov or by calling Kentucky Department of Education (KDE) at (502) 564-4970. The next public hearing is to be held during the KY CEC Conference (November 20-22) in Louisville, KY (contact KDE for exact date and time). This is a time for families and professionals to voice your concerns to the panel and they will pass them along to KDE.

SPIN (Special Parent Involvement Network) is a statewide project of KY-SPIN, Inc. that “HELPS YOU HELP YOUR CHILD.” SPIN PTI (Parent Training & Information Project) is funded by the U.S. Dept. of Education. **SPIN** provides training, information and support to people with disabilities, their parents and families, and information on all types of disabilities and topics for all age groups. There are no fees for **SPIN** services. Consultation, resource materials, and referral services are also available. You can call us toll-free at 800-525-7746 or at 502-937-6894, our e-mail address is spininc@kyspin.com and our website is www.kyspin.com; our main office is located at 10301-B Deering Road Louisville, KY 40272.

Did you Know

You can follow us on [Facebook](#) & [Twitter](#) go to www.kyspin.com for link



3 STEPS TO TAKE IF YOUR CHILD IS BEING TARGETED BY BULLYING AT SCHOOL

1. Work with your child.

Thank your child for telling you and inform them that the bullying is NOT their fault. Talk with your child to find out the specifics of the situation. Make sure to ask: Who the bully is, what kind of bullying is taking place (verbal, physical, cyber), where and when the bullying is occurring. Also find out how your child responded and if there were any witnesses. Keep a written record of all the information. Notify school staff.

2. Work with the school.

Meet with your child's teacher. Discuss what has happened to your child and ask what can be done to help your child feel safe at school. Add all information to your written record. Next, schedule an appointment with the principal. Share your information from step one and share information from meeting with teacher. Explain how the situation is impacting your child. If the school has a written policy on bullying/harassment, ask for a copy. Ask the principal what the school can do to help your child feel safe. If needed, continue to step 3.

3. Meet with the District Administration.

Send a letter/email to the district superintendent requesting a meeting. Keep your letter brief and factual but include your child's information, what you have done to resolve situation, and times you are available for a meeting. Prepare for the meeting by organizing information you have obtained from your child, the teacher, and the principal. Also make a list of questions to ask and be sure to ask what can be done to keep your child safe. Add all of this information to your written record. *If after these 3 steps, the bullying issue has not been resolved, you may wish to contact a parent center or advocacy organization for assistance. (Information obtained from PACER's National Bullying Prevention Center)

WHAT IF YOUR CHILD IS THE BULLY?

1. Talk with your child - Find out why the behavior is happening
2. Confirm the behavior is bullying and not the result of a disability
3. Teach empathy, respect, and compassion - Help your child appreciate how others feel when bullied
4. Make your expectations clear - Tell your child this behavior will not be tolerated
5. Provide clear, consistent consequences for bullying - Be specific about what will happen if bullying continues
6. Teach by example - Model nonviolent behavior
7. Provide positive feedback - Positive reinforcement goes a long way toward improving behavior. It is much more effective than punishment
8. Role play - Help your child practice different ways of handling situations
9. Be realistic - It takes time to change behavior so be patient
10. Seek help - Your child's doctor, teacher, principal, school social worker or a psychologist can help you and your child

For more information please visit www.pacer.org

The Kentucky Family to Family Health Information Centers (F2F HIC) are located in each of the Commission for Children with Special Health Care Needs (CCSHCN) Offices. The F2F's can help you find information and services. A network of Support Parents is being developed to provide support to other parents. If you have questions or would like to help another family you can reach Sondra Gilbert in Owensboro at 877-687-7038 Ext. 2123 or in Louisville, Debbie Gilbert 800-232-1160 Ext. 279.

Upcoming Events

September 7, 2011

"Basic Law/Individualized Education Program (IEP)" Workshop
6:00 to 9:00 p.m.
Presented by KY-SPIN, Inc.
Louisville, KY
Provided by: Jefferson County Foster Parent Association
Contact: Andrea Barnes
(502) 595-4575

September 22, 2011

"Health Fair"
3:30 to 6:30 p.m.
Presented by:
Breckinridge-
Grayson Early
Head Start
Contact: Tara
Greenwell
(270) 756-3140



October 6, 2011

"Community Resource & Technology Fair"
2:00 to 6:00 p.m.
Presented by: Western Kentucky Assistive
Technology Center
Contact: Kris Sandefur
ksandefur@wfcampus.org

(All events are subject to change)

KY-SPIN Consultants are present at the Commission for Children with Special Health Care Needs (CCSHCN) Clinics throughout the state at various times each month. For information on clinic visits & SPIN workshops contact us toll-free at 1-800-525-7746 or by e-mail at spininc@kyspin.com.

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