

Middle and High School

Kentucky Safe Schools Week Daily Announcements 2018:

(School announcements to encourage involvement in Kentucky Safe Schools Week)



Day 1

The Kentucky Center for School Safety announces Kentucky Safe Schools Week (October 21-27, 2018). This week we will promote the 2018 theme: “BE INCREDIBLE. Reveal Your SUPERhero!” Being incredible is being the best you can possibly be. Every student has incredible super skills and talents that make them unique and strong. While working to create a “family-like” culture our incredible super powers can be used against bullying, cyberbullying, harassment, conflict, hate and violence and create a compassionate, caring culture at school. As quoted from the Disney “Incredibles 2” movie “It’s time to make some wrong things right, help us bring Supers back into the sunlight!”

This year’s campaign highlights the word SUPER and the qualities necessary to bring "Supers" into the sunlight!

S-Strong, U-Understanding, P-Powerful, E-Encouraging and R-Respectful!

Join our Kentucky Safe Schools Week Campaign and “Be Incredible”!

Please show your support and take the online "BE INCREDIBLE, Reveal Your SUPERhero! Pledge against Bullying." at www.kysafeschool.org and promise to help us make all environments in our school safe.

Today we will talk about the following line of the pledge:

I will strive to be - **Strong and make good choices to improve myself and my school.**

Sometimes it is really hard to share your feelings with others; so many times you may pretend everything is fine even though you have inner pain. But, being strong doesn't mean you don't have those feelings. Remember you don't have to handle the situation by yourself. Many times others may mistreat you or someone you know because they think you are not going to try to stand up for yourself or get an adult you trust at school to help you with a situation. Whether it be bullying, cyberbullying, or anything else that makes you uneasy, please realize that you are strong and can help solve that problem by approaching it with your thinking skills, self-confidence, and a positive attitude so that others see you as a strong person. You can develop this inner strength by knowing that whatever is going on can be fixed. If it is beyond your control do not hesitate to get help from the proper sources. To share your problem with someone who cares can take that burden off your shoulders as you work together with your super powers for a solution. It takes an incredibly strong person to share their problem with someone. If someone is bullying you or you have other things that are causing you stress, share this so a solution can be reached. If you are afraid to share it in person with someone you can be anonymous and use your school's tipline. Remember you are strong and have the incredible super power within you to overcome the problem.



Day 2

Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online "BE INCREDIBLE, Reveal Your SUPERhero! Pledge Against Bullying." at www.kysafeschool.org .

Today we will talk about the following line of the pledge:

I will strive to be - **Understanding of others and realize everyone is unique with varied talents.**

You all have the power within you to develop a caring attitude and be aware of the feelings of your classmates and friends. Every person is unique and that is so wonderful, but you should never tease or make fun of anyone because of the way they dress, fix their hair, or anything else. Many times others make fun of someone because they are jealous and really want to be like that person. If someone is being mistreated in any way, you should put yourself in their shoes, and you will realize that you would not want to be treated negatively and it will give you a totally different attitude. It is easy many times to either join in or sometimes ignore an unpleasant situation, but with your initiative you can use the power within you to help that person. The bonus is that in turn you become a better person. Remember, we are all superheroes, and we can use our inner power to help others at any given time. You can make the difference. Wow, how wonderful is that!



Day 3

Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online "BE INCREDIBLE, Reveal Your SUPERhero! Pledge Against Bullying." at www.kysafeschool.org .

Today we will talk about the following line of the pledge:

I will strive to be - **Powerful by reporting to an adult, or sending an online tip.**

Wouldn't it be wonderful if you had an incredible secret power you could call on when you or someone else needed help handling bullying or any other kind of mistreatment? When that power kicks in and you are there to save the day, wow, how great that would be? Actually you do have the power to help when someone is being mistreated and you can become their hero. I know, many time times we say we are just teasing, but no one wants to be teased – when you say that, you are not taking responsibility for your actions and not thinking about the other person's feelings. If you see someone else that is bullying or mistreating someone in any way, please do

not join in, draw from your inner power and be bigger and better than that person causing the problem. Learn to step up and support others who are in need. If you have trouble with anger and you are sometimes too quick to join in or start the mistreatment, stop and count to ten and realize you would not want to be treated the way you are thinking about treating someone else... If you want to share the problem or situation with a trusted adult, it can be as easy as leaving an online tip. You can be a "Silent Hero" and help without getting involved if you fear someone will be mad at you or want to get back at you for talking to a trusted adult at your school. Remember you can be someone's "Superhero", by using your inner power for good for anyone in need.

Day 4



Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Please show your support and take the online "BE INCREDIBLE, Reveal Your SUPERhero! Pledge Against Bullying." at www.kysafeschool.org .

Today we will talk about the following line of the pledge:

I will strive to be - **Encouraging when a fellow student needs reassurance.**

Do you like people that are kind to you and worry about your feelings? I think everyone does and if you try to remember that, then you will have the power within you to return that kindness and compassion to others that need it too. When someone makes a mistake don't laugh, but tell that person you understand and that things like that happen to everyone. Make others feel better instead of worse. Also, there are so many times when you see classmates being bullied or mistreated and you don't stop and think about how you can encourage and reassure them that everything will be okay. As we said earlier, there are many options to helping yourself or someone else in a bad situation. If you want to be anonymous so others will not know you have shared your concerns, you can always use your school tip line to tell a trusted adult the problem. Just remember you can help your friends and others when they feel they do not have anywhere to turn by showing your support. A simple gesture of kindness and caring can go a long way for someone who feels no one cares.

Day 5



Remember this is Kentucky Safe Schools Week and we want you to join in and be part of the solution in our school to make it safe and enjoyable for everyone.

Today we will talk about the following line of the pledge:

I will strive to be - **Respectful of others and treat everyone as I want to be treated.**

You have the incredible power to treat others the way you want to be treated. Isn't it great that the power of respect that you want can be shared with others? Do you like it when someone says something mean to you or has an "I don't care" attitude? Of course you don't like it, but through self-control anyone can draw from their inner power and develop a more respectful attitude. When you respect others and show them that you are there for them, they in turn will respect you. There is nothing like the feeling of knowing others respect you. If someone is not being respectful and you think the situation needs attention, you should share this with a trusted adult. If you do not want anyone to know that you have reported or shared a problem, you can always send a tip on the school's bully/tip line. By thinking about other's feelings and showing them they are important, you can be an incredible force for good. When you have reached the point of mutual respect of yourself and others you are a "SUPERhero" to all.

Thanks for joining us by celebrating Kentucky Safe Schools Week and also for everything you do to help others make your school safe.

Please remember to take the online "**BE INCREDIBLE, Reveal Your SUPERhero! Pledge against Bullying.**"

I pledge to be:

- **Strong** and make good choices to improve myself and my school.
- **Understanding** of others and realize everyone is unique with varied talents.
- **Powerful** by reporting to an adult, ore sending an online tip.
- **Encouraging** when a fellow student needs reassurance.
- **Respectful** of others and treat everyone as I want to be treated.