



[Video/Webinar Library](#)

[KY-SPIN Publications](#)
(Infographics, short videos & more)

Get **SET**...**S**upport, **E**ducate, **T**rain for **S**uccess!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

[Subscribe to KY-SPIN eNews](#)

[Visit our Website](#)

October is National Bullying Prevention Month

October is National Bullying Prevention Month

1 out of **5**
students is bullied

5 out of **5**
can help prevent that

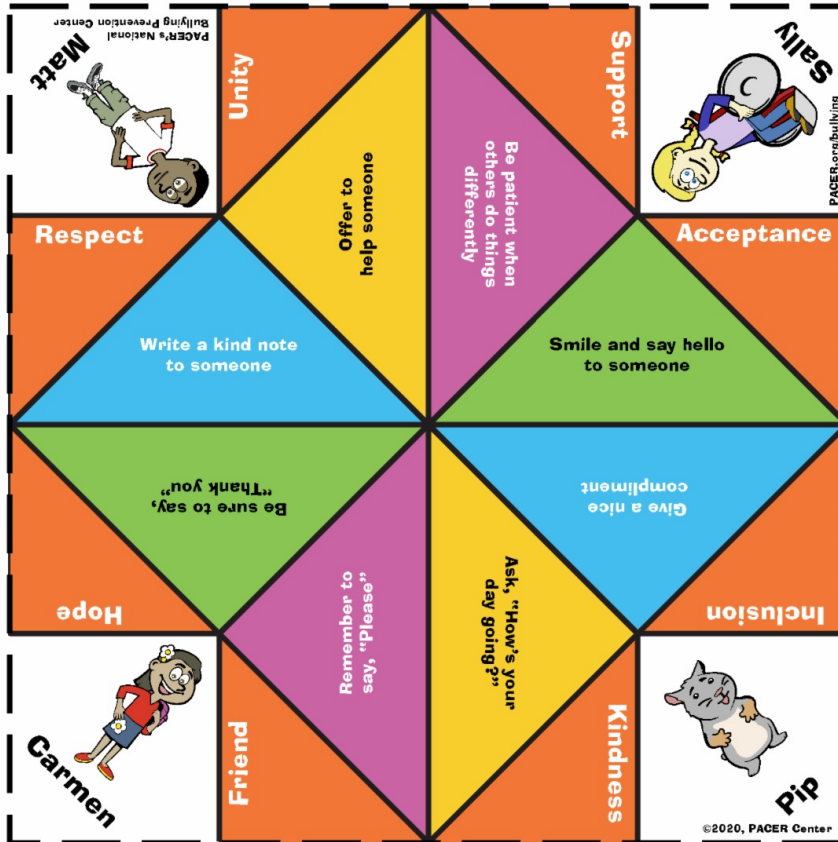
 **PACER's National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/bullying

Family Activities



Kindness Catcher

This super fun kindness catcher will provide ideas for being kind.



©2020, PACER Center | National Bullying Prevention Center is a program of PACER Center
8161 Normandale Blvd | Minneapolis, MN 55437 | 952.838.9000 | bullying411@pacer.org
PACER.org/bullying | PACERKidsAgainstBullying.org

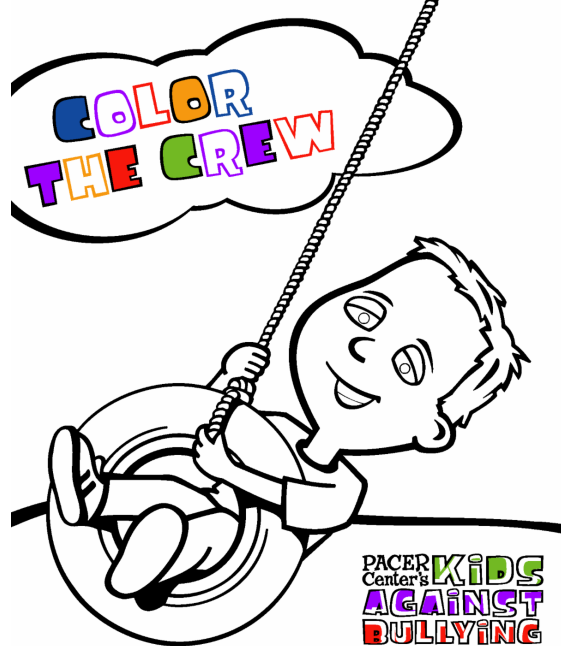
[Download Kindness Catcher](#)

Download [Pacer's Student Activity Book](#) for your family to do together.

National Bullying Prevention Month
STUDENT ACTIVITY BOOK
Promoting kindness, acceptance, and inclusion to prevent bullying

EXPLORE LEARN HOW YOU CAN MAKE A DIFFERENCE	PLAN GEAR UP FOR UNITY DAY
CELEBRATE UNITE FOR KINDNESS, ACCEPTANCE, AND INCLUSION	REFLECT MAKE AN IMPACT ALL YEAR LONG

 PACER's
National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/bullying



©2021, PACER Center | National Bullying Prevention Center is a program of PACER Center
8161 Normandale Blvd | Minneapolis, MN 55427 | 952.838.9000 | bullying@pacercor.org
PACER.org/bullying | PACERKidsAgainstBullying.org

[Download Coloring Book](#)

Join Us

October is National Bullying Prevention Month

This is my heart
before bullying



This is my heart
after bullying



 PACER's
National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/bullying

KY-SPIN Lunch & Learn: Bullying Prevention: Everyone's

Responsibility October 8, 2024 12-
1pm ET

This curriculum was created by the PACER National Bullying Prevention Center. Join KY-SPIN to learn the dynamics of bullying, what parents and caregivers can do if your child is being bullied, and how to be a champion against bullying in schools and communities.

[Register Here](#)


Unity Day is WEDNESDAY, OCTOBER 16, 2024
WEAR AND SHARE ORANGE

UNITY DAY

16 OCT 2024

WEAR AND SHARE ORANGE

#UNITYEVERYDAY
PACER.ORG/UNITYDAY



KY-SPIN
 virtual
CAREGIVER
 SUPPORT GROUP

Join KY-SPIN's monthly caregiver support group specially designed for parents of children with disabilities of all ages. These virtual support groups are driven for families, by families. Each meeting offers caregiver support and a parent café.



Topics of Discussion:

October 21, 2024 10-11:30 AM (EST)
ASSISTING YOUR STUDENT WITH BULLYING
 Join us in a conversation about what bullying is and how you can talk to and support your student.



November 18, 2024 10-11:30 AM (EST)
EXECUTIVE FUNCTION EXPLAINED: SIMPLE STRATEGIES FOR PARENTS AND CAREGIVERS
 Join us for an insightful discussion where we'll explore what executive function is, how it impacts your student's daily life, and effective strategies to help them thrive. Equip yourself with the tools to support your student's success.

December 16, 2024 10-11:30 AM (EST)
SELF-CARE FOR CAREGIVERS
 Self-care during the holidays is crucial for caregivers, especially when we are focused on everyone else. Join KY-SPIN to discover realistic, simple ways to practice self-care during this very busy time.



Scan QR Code or [click](https://tinyurl.com/yc7p22t5) to register
<https://tinyurl.com/yc7p22t5>
 You only need to register once, attend each month or just the months you want!

For more information:
Contact Amber Hamm
 859-907-5685
amber@kyspin.com

[1-800-525-7746](tel:18005257746)
spininc@kyspin.com
www.kyspin.com

[Register Here](#)



Online Webinars

TRANSITION TUESDAYS

Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY

START TIME: 9:30AM - 10:15AM EST

Sept 24, 2024 My IEP: Learning the Basics

Join Nick and Davis as they teach you, the students, what an Individualized Education Program (IEP) is, what the sections mean, and how to get involved in your education journey.

Oct 22, 2024 Supported Decision-Making

Join our guest, Laura Butler with HDI, as she explains Supported Decision-Making, and how to use it to make your own decisions.

Nov 19, 2024 Guardianship

Join Kentucky P&A to learn about guardianship alternatives and what guardianship actually means and how it might impact YOUR life! Presented by Camille Collins and Stephanie Willis.



Educators and students encouraged to attend!

REGISTER HERE

FOR MORE INFO:

Davis Rodriguez

270-705-2848

davis@kyspin.com

www.kyspin.com



<https://tinyurl.com/44vmynd3>

[Register Here](#)

Kentucky Safe Schools Week October 20-26, 2024

Level Up: This week aims to "Level Up" school safety. Schools can promote and enhance school safety through targeted activities and discussions. The goal is to raise awareness about various aspects of school safety and empower students, teachers, parents, and the community to take proactive measures to create a safe learning environment.



I pledge to "Level Up" by:

- Starting with safety
- Being a cyber guardian
- Being prepared
- Teaming up with kindness

VISIT US ONLINE:
www.kycss.org/safe-schools-week
 Handouts, Videos, News, Resources and More...
 Covering a Wide Range of School Safety Topics

KCSS
 KENTUCKY CENTER
 for SCHOOL SAFETY

EMERGENCY CONTACTS

CHILD PROTECTION HOTLINE 1-877-KYSAFE1 1-877-597-2331	NATIONAL SUICIDE PREVENTION HOTLINE 988 1-800-273-8255
NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888	DOMESTIC VIOLENCE NATIONAL HOTLINE 1-800-799-SAFE 1-877-799-7233

IF YOU NEED HELP OR KNOW SOMEONE WHO DOES...
 Visit Your School's Website Click on the STOPPI (Safety) Link  Call 866-EYE-on KY (866-293-6659)
 Fill Out an Online Form By Scanning QR Code  Text 866-393-6659

 **KCSS** KENTUCKY CENTER for SCHOOL SAFETY WWW.KYCSS.ORG

Learn More: [Kentucky Center for School Safety \(KCSS\)](http://KentuckyCenterforSchoolSafety.org) [Kentucky Department of Education \(KDE\)](http://KentuckyDepartmentofEducation.org)
[Download Emergency Contacts Poster Here](#)

Resource Corner



We all play a role in Bullying Prevention [Bullying Facts: What you need to know](#)

Bullying Prevention 101: A Quick Guides:
[Elementary School Students](#)
[Middle and High School Students](#)
[Parents](#)

- KidsAgainstBullying.org A creative, innovative and educational website designed for elementary school students to learn about bullying prevention, engage in activities and be inspired to take action.
- TeensAgainstBullying.org Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.
- [PACER National Bullying Prevention Center](http://PACERNationalBullyingPreventionCenter.org)
- Kentucky Department of Education (KDE): [Bullying and Harassment](#) Webpage
- [Helpful Resources](#)

Early Childhood

Bullying Helping our children at a young age understand the difference between [Telling vs. Tattling](#) can have a huge impact on bullying.

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. But there's a big difference between "telling" and "tattling."

Telling done to protect yourself or another student from getting hurt.	Tattling done to get someone in trouble.
--	---

It's okay to tell an adult when you see bullying.

In fact, it's a really smart thing to do!

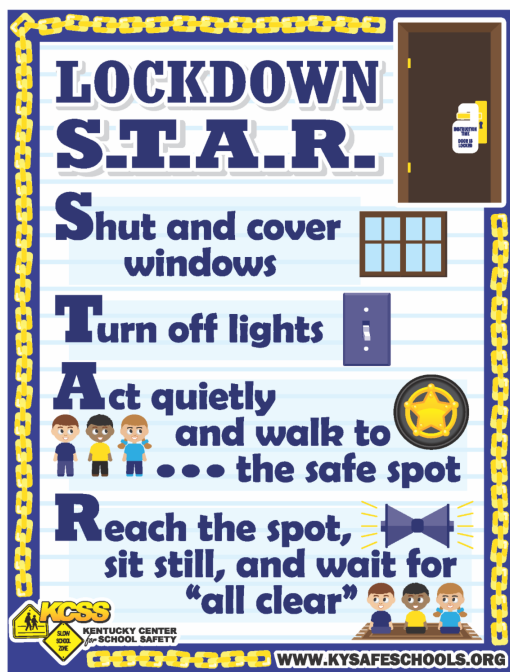
Learn more at [Pacer Kids Against Bullying](#) & [Pacers National Bullying Prevention Center](#)



School Safety

Helping our children know what to expect and do for lockdown practice can help them process emotions and know what to do if one occurs. Practice with them the calm down strategies they can use after a safety practice.

Learn More at [Kentucky Center for School Safety \(KCSS\)](#)



[Download](#)



[Download](#)

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

Youth Connect:

KINDNESS
ACCEPTANCE
INCLUSION

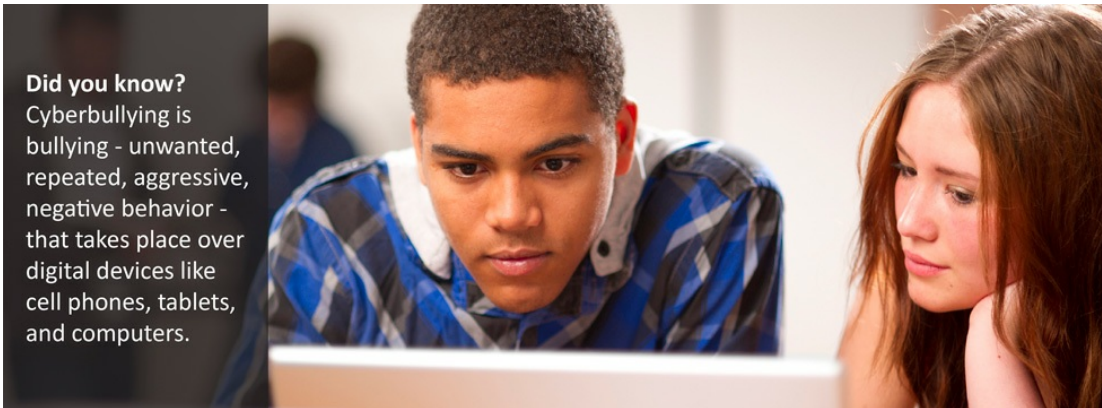
PACER's Student
Action Plan
Against Bullying

What you do **today**
 impacts someone's
tomorrow.

Designed for youth
 to complete with or
 without an
 adult [Download
 Here](#)

**Bullying is not only
 devastating while it's
 happening, it can hurt
 for a lifetime.**

 **PACER's
 National Bullying Prevention Center.**
 Create a World Without Bullying | PACER.org/bullying



Did you know?
 Cyberbullying is
 bullying - unwanted,
 repeated, aggressive,
 negative behavior -
 that takes place over
 digital devices like
 cell phones, tablets,
 and computers.

**CYBERBULLYING:
 What Teens Need to Know**

Cyberbullying is bullying - unwanted, repeated, aggressive, negative behavior - that takes place over digital devices like cell phones, tablets, and computers. Cyberbullying can happen over email, through texting, on social media, while gaming, on instant messaging, and through photo sharing.

THINK ABOUT YOUR WORDS and ACTIONS

Step back and consider...

- Waiting to post or respond
- Talking to someone about what you're thinking of saying or posting
- Finding another way to express yourself
- Asking for help if there's a problem

Who do you want to be?

- What you share online reflects who you are
- Your words can change your relationships and how others think of you
- Consider the short and long-term impact your words or actions may have for you and others

**BE AN ADVOCATE AND
 HELP OTHERS**

- Don't "like" or share mean, untrue posts
- Keep your responses respectful
- Be there for someone experiencing cyberbullying:
 - Check in with them
 - Reach out with a kind message
 - Help them talk with an adult

**PRACTICE SELF-ADVOCACY
 AND TAKE ACTION**

- Save everything and print what you can
- Make sure you know who can access your information
- Block those who are disrespectful or sharing harmful content
- Don't go through the experience alone: tell an adult you trust right away

INVOLVE AN ADULT

Cyberbullying often happens in places without parents or teachers. If they can't see what's happening, they can't help. Report cyberbullying so an adult can help!

How do you go about telling an adult? Try saying:

- "I saw a post with several mean comments about someone I know, what should I do?"
 - "I want to tell you about something that happened today, can we talk more?"
 - "Somebody posted something that made me feel _____."
- (Sad • Hurt • Mad • Embarrassed • Worried • Scared)

 **PACER's
 National Bullying Prevention Center.**
 Create a World Without Bullying | PACER.org/bullying

©2021 PACER's National Bullying Prevention Center, Inc.
 National office: 3801 Normandale Blvd., Minneapolis, MN 55417
 952.338.9000 | Bullying411@PACER.org | PACER.org/Bullying
PACERTeensAgainstBullying.org | PACERKidsAgainstBullying.org

**IF YOU HEAR OR SEE SOMETHING,
 SAY SOMETHING**

S.T.O.P.!
TIPLINE

Visit
 your School's
 Website

CLICK ON:



**CALL OR
 SEND A TEXT**

**866-EYE-on KY
 (866-393-6659)**

**Fill Out an Online Form
 BY SCANNING QR CODE**



**Use the S.T.O.P. Tipline to report:
 Bullying, abuse, feeling sad or depressed,
 threats of violence or concerning behavior
 You can make an anonymous report**

Kentucky Intelligence
 FUSION CENTER

KCSS
 KENTUCKY CENTER
 for SCHOOL SAFETY



[Download Here](#)

[Download Here](#)

Youth Suite



Learn more about us
[KY-SPIN Infographic](#)
[KY-SPIN Infosheet](#)

Follow us
@kyspininc on



REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)
Download Printable [KY-SPIN Referral Form Here](#)
(<https://tinyurl.com/4t2evb59>)

KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
| [Website](#) | [Donate](#)

The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.

Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.

KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!