Bullying Prevention

Prevention Programs, with funding from the Student Mental Health and Wellness Initiative and in partnership with the Sacramento County Office of Education, has implemented the Olweus Bullying Prevention Program at several District elementary schools. Prevention Programs can provide school-wide trainings on the following social-emotional learning programs. Just ask.

Olweus Bullying Prevention Program
This evidence-based program is designed to prevent and reduce bullying school-wide. The multi-component approach involves individuals and classrooms, as well as parents and communities, to successfully address bullying throughout schools.

Steps to Respect
This research-based program teaches elementary students the 3 R’s of bullying prevention: recognize, refuse, and report. It gives students the skills to be assertive and build friendship.

Second Step - Social Skills
This program strengthens students’ capacity for empathy, emotion management, and problem-solving in social and academic settings.

San Juan Unified School District

3738 Walnut Avenue
Carmichael, CA 95608

Tel. 916-979-8623
Fax: 916-971-7767
www.sanjuan.edu, select Prevention Programs under Departments.

“We will always operate schools which are physically and emotionally safe with environments conducive to learning.”

SJUSD Strategic Plan Parameter

http://www.sanjuan.edu/
Tobacco Use Prevention Education

The Prevention Programs offer support and resources to all students District-wide.

Programs at each site aim to improve students’ academic success and overall school climate while encouraging them to lead healthy lifestyles free from violence, alcohol, tobacco, and other drugs.

The following resources are available through the Tobacco Use Prevention Education (TUPE) Grant:

**ALL GRADES K-12**

- **Red Ribbon Week Materials and Supplies**
  - *Red Ribbon Week* is the oldest and largest drug prevention campaign in the country that generally takes place during the last full week in October.

- **Strategy Six Character Traits**
  - The goal of *Strategy Six* is to identify, model and integrate positive character traits, as well as develop means for assessment, to help our students become contributing, responsible and caring members of a diverse community.
  - The six character traits identified are: Respect - Responsibility - Honesty - Caring - Cooperation - Courage

**MIDDLE AND K-8 SITES**

- **Club Live**
  - A program designed to build leadership skills and prevent alcohol and drug use among teenagers.

- **Don’t Buy the Lie Poster Contest**
  - A comprehensive, multi-media tobacco prevention education campaign and billboard contest.

- **Minnesota Smoking Prevention Program**
  - A program that focuses on social and psychological factors that have been shown to promote the onset of tobacco use.

**HIGH SCHOOL SITES**

- **ASCENT**
  - A smoking cessation program that approaches smoking cessation as a process instead of an event.

- **Teen Intervene**
  - An evidence-based program for teenagers (12 to 19 years old) who may be experiencing problems associated with tobacco, alcohol, or other drug use.

- **Youth Quest**
  - A state-wide tobacco awareness event for teens that takes place annually at the California State Capitol.

- **STAKE (Stop Tobacco Access to Kids Enforcement) Act Program**
  - This program offered in partnership with American Lung Association gives youth excellent work experience and the opportunity to give back to their community.

- **Don’t Buy the Lie Poster Contest, Minnesota Smoking Prevention Program (MSPP)**
  - Please see “Don’t Buy the Lie Poster Contest” and “Minnesota Smoking Prevention Program” under Middle and K-8 Sites.

For more information, please visit our website: www.sanjuan.edu and select Prevention Programs under Departments, or call our office at 916-979-8623.