

Club helps, prevents harassment

Kristin Henderson

News Editor G

October is National Bullying Month, with the goal of raising awareness and preventing bullying.

SV is doing its part in

bullying prevention with the

S.A.V.E. club.

At The S.A. V.E. club IS a nationally recognized club that stands for Students Against Violence Everywhere.

"S.A.V.E. club serves a very good purpose in

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our students to get

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the solution in a

world society that

is quite violent,"

club advisor Jim

Williams said.

SV held multiple

events to raise

awareness throughout

October, including Red

Ribbon Week I Tom October

23-29,-planting tulips, and

signing pledges throughout

lunches. "The red tulips are intended to serve as a reminder to students to abstain from destructive decisions," senior club secretary Marc Savard said.

During Red Ribbon Week, students were given mini lessons on the topic. "Students have gone through individual bullying lessons in fmding out more about it, what types exist, and how to prevent it. We've had lessons on relaxation techniques and respecting others, done bullying surveys and post tests. We're going to assess all of that data and look at some of the main areas we can enhance and improve based on student needs," Williams said.

Bullying has become a societal issue, especially on the high schQollevel. "It often starts off in the home and in the school setting and we want to promote solutions. The problem-solving, networking, and stepping outside [of one's] comfort zone help [solve the problem.] We're always looking for solutions, [and] we want to move forward," Williams said.

Three of SV's faculty, Nurse Fran Hoover, world history teacher Rachel Henry, and counselor Jim Williams, are co-sponsoring the S.A. V.E. club, which this year is combined with S.A.D.D. and T.R.U. The club meets twice a month after school in Henry's room, 110. The club does not have any dues and visitors are always invited.

doubt themselves, have feelings of sadness, loathing, poor self-worth, and selflessness, see themselves as inadequate or not as good. If you're having those feelings on a regular or constant basis, you need to speak to

Savard explains the purpose of S.A.V.E. "We want to demote violent tendencies and behaviors in the youth to work toward a more peaceful tomorrow. S.A.D.D. started as Students Against Drunk Driving but has adapted to include all destructive decisions. T.R.U. is the ever popular Tobacco Reality Unfiltered, which hosts commercials on nearly every TV channel. In essence, we take a stand against drugs, alcohol, tobacco, violence, Sex, and other destructive behaviors," Savard said.

One of the S.A.V.E. club's annual events, National Mix It Up Day, took place on November 9 in efforts to reduce peer harassment. "We challenge students to get out of their comfort zone and have lunch with someone different or someone unique and someone that is not in their regular social circle. There's nothing wrong with a comfort zone, but it is healthy for us to challenge ourselves to step out of our comfort zones and meet new people," Williams said.

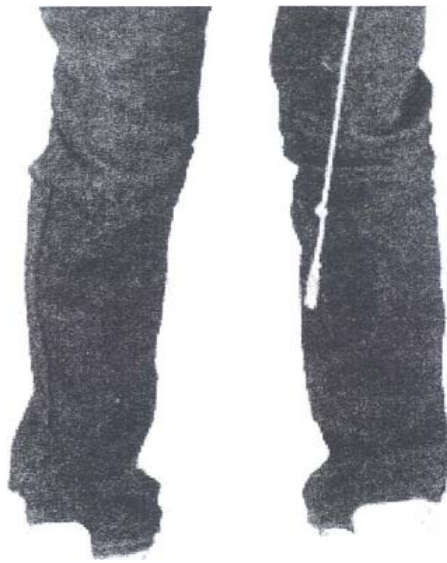
Savard believes that members of the S.A.V.E. club are reducing bullying at SV. "Violence is a terrible' thing that is spreading across the world. I'd like to think S.A. V.E. makes a significant impact on reducing violence at our school, and hopefully will continue to do so," Savard said.

Step Three- Work with Adults

By letting a trusted adult know about the situation, one can begin resolving his or her bullying problem. "Next, we will talk with the student who is *being* bullied to see what [he or she wants.)



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As National Bullying Month comes to a close, students --and teachers are encouraged to continue the fight against bullying. Several steps can be taken to prevent this form of harassment.

Step One- Realization

When dealing with bullies' harassment, students must first acknowledge that they are falling subject to a bully's behavior.

"That's the first step: acknowledging it yourself; realize you're being bullied.

Students [can recognize they] are being bullied [when] they start to

basis, you need to speak to someone about it," counselor Jim Williams said.

Step Two- Seek Help

Once one is able to recognize he or she is being bullied, he or she must speak out and allow others to become aware of the persecution he or she is suffering. "No one may know about [the harassment as] it may be only happening under the radar. If we don't know about it, we can't do anything to help. Guidance, administration, and teachers all have bullying forms, [which] can be used by the students," Williams said.

Counselor Debbie Nichols said she believes more bullied students should come forward. "I think [the number of students that come forward is] fewer than I would expect because I think there's more of it going on. I think some don't come forward because they feel like no [one is] going to do anything about it to help them," Nichols said.

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lied to see what [he or she wants.)

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We can let teachers know to keep [the] two students away from each other. We can also set students up with a peer mentor so that they can assist them if they see that they are falling subject to that behavior. We would need to contact parents at some point and let them know what is going on. [The one being bullied is] going to have to take some requested steps in order to stop it, but we want to help," Williams said.

Step Four- Prevention

Finally, students must do their part in preventing harassment. "I think [students] can step in if they see a person being bullied- just take up for the person. Especially some of the upperclassmen, they set the example. If more people would step in and take up for the person being bullied, I think that would help [prevent the bully from acting any further,]" said Nichols.

written by Mollie Murphy

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