



Sea King Kindness



Spring Seminars



California Healthy Kids Survey

- Each year, freshmen and juniors take a survey from the CA Department of Education
- **What is it?** Provides key data on school climate and safety, learning supports and barriers, stakeholder engagement, and youth development, health, and well-being
- **Why?** The results help schools create more positive, safe, supportive, and engaging environments and to promoting the successful cognitive, social, emotional, and physical development of all students



California Healthy Kids Survey 2022-2023 School Year

| | Grade 9 | Grade 11 |
|-----------------------------------|---------|----------|
| <i>Student Sample Size</i> | | |
| Target sample | 351 | 377 |
| Final number | 298 | 248 |
| Response Rate | 85% | 66% |



Safety Numbers (CHHK Survey)

I feel Safe in my School

| | 2021 9th | 2021 11th | 2022 9th | 2022 11th |
|----------------------------|-------------|--------------|-------------|--------------|
| Strongly disagree | 1 | 3 | 1 | 3 |
| Disagree | 6 | 3 | 1 | 4 |
| Neither disagree nor agree | 16 | 15 | 13 | 14 |
| Agree | 48 | 55 | 53 | 50 |
| Strongly agree | 29 | 24 | 31 | 29 |

2021:

Chose Either **agree** or **strongly agree**
77% of freshmen
79% of juniors

2022:

Chose Either **agree** or **strongly agree**
84% of freshmen
79% of juniors



Safety Numbers

| Been Afraid of Being Beaten Up | | |
|--------------------------------|-----------|-----------|
| Grade level | 2021 Data | 2022 Data |
| 9th Graders | 9% | 6% |
| 11th Graders | 8% | 7% |



Experienced Chronic Sadness in the Last 12 Months

| | 2021 Data | 2022 Data |
|--------------|-----------|-----------|
| 9th Graders | 34% | 22% |
| 11th Graders | 44% | 33% |



Bullying and Cyberbullying

Experienced any harassment or bullying

| Grade level | 2021 Data | 2022 Data |
|--------------|-----------|-----------|
| 9th Graders | 30% | 25% |
| 11th Graders | 25% | 25% |

Cyberbullying

| Grade level | 2021 Data | 2022 Data |
|--------------|-----------|-----------|
| 9th Graders | 25% | 26% |
| 11th Graders | 31% | 22% |



Group Conversation



What do the responses to these survey questions tell us about school climate?

- 1) What are some ways school climate has improved over the last year and why do you think that is?
- 2) What are some ways school climate can still improve?



PVHS School Vision

School Vision: PVHS strives to be a community of positive affiliation and engagement that embraces individuality and promotes self-growth.

Sea Kings...



- 1) What does that mean to you?
- 2) If you were the principal of the school, what advice would you give to students and staff to help them align with this goal?



Positive Communication is important

Student to student, Student to staff, Staff to student

We all need to remember:

Attending Palos Verdes High School Means:

1. Showing empathy, compassion, and respect to all people on campus
2. Never discriminating based on race, religion, gender, sexual orientation, or socioeconomic status.
3. Not allowing harmful speech to be normalized on campus

ATTENDING PALOS VERDES HIGH
SCHOOL MEANS SHOWING

**COMPASSION,
EMPATHY,
MERCY, AND
RESPECT**

TO EVERYONE



Students and Staff - Let's All Do Our Part

Don't tolerate bullying or harassment at PVHS

If you witness harassment or bullying, Cyber or otherwise, Help
Put a Stop to It

For staff that means confronting it when they see it and establishing a safe environment in classrooms and on campus.

Students: What advice do you have for staff on this?

- Staff will discuss at our next Faculty Meeting



Positive Climate on Campus

For Students:

- 1) **Don't let bullying/harassment go unchecked**
 - Stick up for all Sea Kings, even if you don't know them

- 2) **Don't let harmful words be normalized on campus**
 - Slurs, Profanity, other discriminatory words are never allowed on campus or on Sea Kings' social media
 - Don't ever say them or use them, even to friends
 - Correct others from using negative language





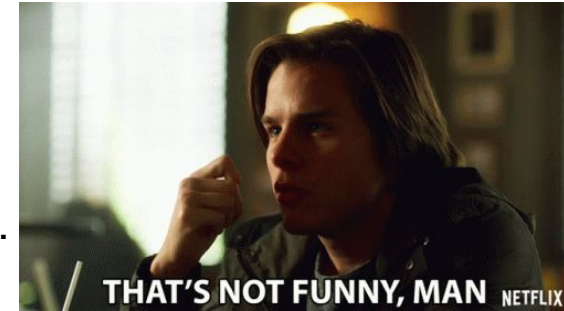
Harmful Language - Why it's not "just a joke"

To prevent harmful language from being normalized, the school considers any use of this kind of language as a serious disciplinary issue.

While words may be intended as a joke, it is important to think of how the person receiving the words feels and how it affects them - it may not be funny to them, even if they laugh

Most common misconceptions:

- 1) It's ok to say _____ because I'm _____.
- 2) This is just my friend and we joke around all the time like this.



For the person affected, **the impact of the action is what really matters**, not necessarily the intent of the person saying the harmful language.



How to respond to negative communication

- **INTERRUPT** Speak up against every malicious remark—every time, in the moment, without exception. Think about what you'll say ahead of time so you're prepared to act instantly. Try saying: "I don't like words like that," or "That phrase is hurtful."
- **EDUCATE** Explain why a term or phrase is offensive. Encourage the person to choose a different expression. Hate isn't behind all hateful speech. Sometimes ignorance is at work, or lack of exposure to a diverse population. Try saying: "Do you know the history of that word?"
- **ECHO** If someone else speaks up against hate, thank him or her and reiterate the anti-hurtful message. One person's voice is a powerful start. Many voices together create change. Try saying: "Thanks for speaking up, Allison. I agree that word is offensive and we shouldn't use it."



What Happens on Social Media Matters in Real Life

All of Us are responsible for ensuring a positive environment online & on campus

Mean-spirited messages on social media help normalize bullying and harassing behavior in general

Just because you are behind a screen or because your message disappears does not mean your message doesn't have impact.



Students - Raise your hand if you have ever witnessed cyberbullying

Follow up: What platforms is it most common? Why do you think that is?



School Goal: **School Connectedness**

We believe (and research shows): Students that feel connected to school succeed more in school.

- Better grades, better test scores
- Better mental health/happier
- Less Disciplinary problems
- Better attendance



Key Question: What are ways/reasons that students feel connected to school?



School Connectedness

The average percent of 9th and 11th-grade students responding 'Very Much True' or 'Pretty Much True' to **I am connected to my school.**

| | 2021 Data | 2022 Data |
|--------------|-----------|-----------|
| 9th Graders | 68% | 76% |
| 11th Graders | 68% | 68% |



Caring Adult Relationship On Campus

The average percentage of 9th and 11th-grade students responding 'Very Much True' or 'Pretty Much True' to **I have an adult that cares about me on campus**

| | 2021 Data | 2022 Data |
|--------------|-----------|-----------|
| 9th Graders | 66% | 63% |
| 11th Graders | 70% | 68% |



Who's Your Trusted Adult on Campus?

If you are going through a hard time, if you are worried about a friend, if you just need someone to talk to/confide in...

Students:

- 1) Who is that person for you? Why?
- 2) What are some qualities of a trusted adult?

The infographic has a light blue background with stars and confetti. The title "What are some qualities of a TRUSTED ADULT?" is written in a playful, handwritten style. To the right of the title, there are five lines of text, each starting with a bolded quality: "Trustworthy, talented, tolerant", "Reliable, real, respectful, responsible", "Understanding, unselfish, upbeat", "Sincere, sensitive, smart", and "Thoughtful, thankful, true, tranquil". A small red speech bubble with a heart and the number "1" is next to the last line. Below this, there is a list of four bullet points describing the role of a trusted adult.

What are some qualities of a
TRUSTED ADULT?

- Trustworthy, talented, tolerant**
- Reliable, real, respectful, responsible**
- Understanding, unselfish, upbeat**
- Sincere, sensitive, smart**
- Thoughtful, thankful, true, tranquil**

- An adult in our school who makes me feel comfortable and is a good listener.
- An adult in our school who makes safety a priority and is always willing to help.
- An adult in our school who treats students with the utmost respect and is available when issues/problems arise.
- An adult in our school who truly cares about our school community and culture.



Help Spread Kindness to All Sea Kings

Send a positive message to another student and a staff member.

1. Use the QR Code to access to Google Form
2. You must be logged into your school account
3. Students will be delivered positive messages over the next couple of days
4. Each staff member will get to see these positive messages at the next staff meeting

Note: These are not anonymous!





This School is Home to All of Us

Students and Staff: Look out for each other and have each other's backs

Students and Staff: Practice Positive Communication



Staff: Practice Qualities that Students Value in Trusted Adults

Students: Identify a Trusted Adult You Can Confide in