



Bullying is Personal and most suffer on a daily basis; students are constantly exposed to negative influences and actions. To combat this ever growing epidemic and its detrimental effects, there must be an effective approach that is personal and accessible to schools and students on a daily basis.

Kickin' It provides continuous communication, support, information, resolutions, resources, tools and strategies throughout the entire year, granting access to educators, students and guardians, whether schools are open or closed.

Providing a school environment that is safe both physically and emotionally for all students is Kickin' Its' primary goal. Today, students face more pressure from outside influences than ever before and need to be provided with resources to help combat the problems of bullying, anxiety, depression, lack of confidence, insecurities and addiction. Rather than looking at the symptoms, Kickin It focuses on the root of the problems. This approach strengthens those personally affected and those around them; resulting in a school climate where all students can learn and all teachers can teach.

When schools unite with Kickin' It they will be provided with various resources that will assist the school(s) and allow it to do its job, while Kickin' It aids to strengthen the culture within the hallways. It is Kickin' Its philosophy that if teachers are allowed to teach and students are allowed to learn without the burden of social and emotional stress; educators will be inspired, their passion for teaching reignited and students will feel validated/heard, balanced and supported...once this all aligns academic achievement will improve.

Outlined below are a few programs that will collectively help raise awareness, implement a consistent message, improve the overall school and social climate - while helping to support and reduce the burden that is placed on the educators. As each school is unique; each of Kickin' Its programs are modified and adjusted to fit each schools individual need.

- |   |                  |
|---|------------------|
| • Professional Development /In Service Training | As Needed        |
| • Anonymous Educator Questionnaire              | Beginning/End    |
| • Anonymous Student Questionnaire               | Beginning/End    |
| • Educator Conference Call Support              | Year Long Access |
| • Student Video Chat Support                    | Year Long Access |
| • Direct Message Anonymous Text Reporting       | Year Long Access |
| • Under My Wing Mentor Program                  | Year Long        |
| • Kickin It Activities                          | Per Quarter      |
| • Youth Development Day Camp                    | Year Long Access |

Please feel free to contact Kickin It to discuss the numerous ways to align to support your school, the students and their families. Thank you

### **Professional Development/In-service Training:**

The listed course topics are NJEA approved. The certificate courses can be taken to help the educator(s) meet the NJ State AntiBullying Law requirements and/or to further professional development. Kickin'It will provide training to designated staff, at the Kickin' It Center in Manalapan. The training will be available ongoing and can be scheduled around the district calendar. The training will be both face to face and as part of a self-study program that addresses the ever changing needs of students, teachers and parents. Some Course Topics Include (Please ask for course summary):

- Character Is Everything
- Motivate Unmotivated Student
- Handling Parents/Guardians
- Empower Teachers
- School Climate
- Confront Not Condemn

### **The Truth and Nothing But (Anonymous Educator Poll / Student Poll):**

There's no better way to know what people are thinking and feeling, then hearing it from them directly...but how can you be certain it is honest? There's No doubt that schools benefit from workplace surveys and questionnaires; yet, not all assessments produce useful and truthful information. It is proven for a more accurate assessment; people disclose more sensitive information under anonymous conditions.

Through careful and informed design Kickin' It produces anonymous questionnaires' that will provide the administration with brutally truthful responses from its school faculty and students. Kickin' Its questionnaire templates are designed individually for teachers, staff and students of each grade level. Once all questions are reviewed and approved by the administering party, the questionnaires' are distributed. Once completed and collected, the Kickin' It staff will comb through each, recording and reporting the findings to the administrator.

### **Ask Kickin' It - Educators Conference Call:**

Kickin'It is an organization that knows that the landscape of education changes constantly and support is needed to help keep up with the rapidly changing environment. Kickin' It can assess and mediate a situation that is often fueled by emotion. As issues arise that require consultation, schools email Kickin It with a summary of the issue. Kickin'It will provide a pin and 800 number to have a personal conference call with the appropriate Kickin'It staff member(s). The calls are scheduled and are not part of a crisis management system but are designed as an added resource for educators in order to address a need or situation. This is an effective resource when handling an incident or situation between the schools and the students and/or the guardians; as well as student-to-student conflicts.

### **Kickin It HERO (Helping Everyone, Respect Others) - Kickin' It Kids Available for Live Video Chat:**

Every one yearns to have at least one person understand them, making them feel validated and truly heard. Students who are feeling alone, misunderstood or simply feel they need someone to hear them are provided access to live video chat with Kickin It Positive Peer Leaders who want to be there for others. The HERO Program is comprised of students who are currently in middle, high school and/or college, who personally experienced and overcame bullying or similar situations.

\*This is not counseling, therapy or crisis management, it's simply positive peers banding together to lend an ear for support.

### **Kickin It Direct Messaging Service - Anonymous Text Reporting Program:**

The reports of bullying, violence, drug abuse and student suicide continue to echo in the headlines. Countless studies have shown that students are reluctant to report their problems to neither the school staff nor their parents. Kickin' Its Direct Messaging Service provides an innovated pathway for students to come forward to report their struggles or what they witness happening to others.

Kickin' Its Direct Messaging Service is accessible to any student with any kind of phone. Students simply send a direct message to anonymously report any issue such as bullying, fighting, planned school violence, theft, cheating, weapons possession, drug abuse, anything to clear their conscience and give them added courage to speak up.

Kickin' Its Direct Messaging Service is designed to enhance school safety and build a more positive school climate. All messages are received and stored in Kickin It's Database Messaging Center. Schools are assigned a code, received reports are sent to the designated school handler to immediately intervene and/or to investigate.

**Under My Wing - Peer to Peer Mentoring Program:**

Kickin' It will call upon educators to help identify students who exhibit leadership skills and have developed the confidence and character necessary to work with other students who are having social difficulty and just want to feel they fit in. The selected students will become Kickin' It Mentors, after being trained by Kickin' It staff and will be supervised by teachers who have also been trained in order to address the needs of these disaffected students. KI Mentors will have daily access to communicate with Kickin' It throughout the term of the mentorship.

**Kickin It Activities:**

Designed for each grade level or can be circulated for school wide participation. All activities have rules and guidelines. Top entries will be acknowledged on social media and will be rewarded with Kickin' It Celebrity Care Packs

- Kickin' It Creature: students create an antibullying mascot for their school and/or for the KI Center
- Anthem: Students create an antibullying theme song for the KI Center
- PSA: Students create a 15 or 30 second Public Service Announcement, to be recorded by a celebrity supporter.

**Youth Development Day Camp:**

This program is designed for students who have been suspended, in-school suspension and/or for those who have lost privileges such as going on a field trip. These students would be dropped off at the Kickin It Center in Manalapan and will spend the school day, 6-8 hours, with Kickin' It Ambassadors, Mentors, Leaders and/or staff. During that time students will complete their school work, they will have leadership advisors and will have various chores and responsibilities throughout the day.