


# Health and Wellness of AES MS Students

March 2, 2017



# Welcome and Agenda

To present key findings of MS Student Wellbeing Survey

- Purpose, method and intent of Survey
- Results
- Next Steps (*This will lead into CP*)

To discuss Child Protection initiatives at AES.

- AES Child Protection Policy
- Staff Inservice(s) regarding Child Protection
- Child Protection/Bullying Lessons

# Purpose and Method of the SWB Survey

- Highlight health education and counseling topics most needed by our students
- Some of the questions are norm referenced (can be compared to US data)
- Helps inform counseling services, curriculum, and programming decisions (one data point)
- Voluntary participation and anonymous
- Developmentally appropriate survey instruments (grades 6 & 7 vs. grade 8)
- Administered in March 2016 (conducted every two years)

# SWB Survey Topics

- Conflicts with others
- School connectedness
- Physically harming yourself (8th grade only)
- Tobacco (8th grade only)
- Alcohol (8th grade only)
- Marijuana (8th grade only)
- Sexual behavior (limited) (8th grade only)
- Body image
- Physical activity, breakfast, sleep, stress

# SWB Survey - Selected Results

<b>School Life</b>	<b>Grade</b>	<b>Percentage</b>
I am happy to be at this school	6-7	90%
	8	82%
It is common for students to tease and insult one another	6-8	41%
Students here appreciate and respect students who have different cultural or ethnic backgrounds	6-8	75%
I feel safe at school	6-7	91%
	8	88%
At my school there is a teacher or some other adult who always wants me to do my best	8	91%
During this school year, I experienced an unhealthy level of stress from HW (fairly often)	8	31%

# SWB Survey - Next Steps

Home Life & Personal Health	Grade	Percentage
A parent or some other grown up at home believe that “you can do a good job”	5-7	95%
During this school year, I experienced an unhealthy level of stress from parental / guardian expectations (fairly often)	8	9%
In the last month, remained at home overnight overnight for one or more night without parent/guardian supervision (fairly or somewhat often)	8	15%
Doing anything to try to lose weight (yes)	5-8	48%
Do you feel nervous or stressed (most or all of the time) In the last month felt nervous or stressed (fairly often)	6-7 8	31% 50%
Have you ever viewed sexually explicit images on the Internet or other media sources?	6-7 8	18% 27%

# SWB Survey - School Response

- Student Climate Committee ('Smiles Not Slurs')
- Lessons in Health 6 and Health 8 (stress, body image, pornography)
- Digital citizenship lessons (grade 6 exploratory)
- Parent Coffees (Your Child's Changing Digital World)
- Guidance lessons (bullying prevention and child protection)

# Child Protection



# Child Protection

Child Protection team was assembled to develop a comprehensive Child Protection Policy.

Policy connects to Mission and Core Values

Printed in Hindi, Korean and English

Defines abuse in 4 categories

- Physical
- Emotional
- Sexual
- Neglect

# Child Protection



at  
AES

# Faculty/Staff Sessions

Included all personnel in direct contact with kids.

- To be familiar with the AES Child Protection Policy
- To recognize the indicators of abuse and neglect
- To understand your safeguarding responsibilities
- To be aware of the AES Fraternization Policy

# Classroom Sessions

## Lesson Topics


1. Inappropriate touch vs. appropriate touch
2. Identifying means of reporting
3. Safe and safe situations

# What can you do?

- Talk openly and directly about their safety so your child knows the topic is open for discussion.
- Teach boundaries and assure your child that it's okay to resist unwanted touch.
- Avoid a *big talk*. Use everyday issues to start conversations.

Children who tell share with an adult who:

- appears to *know*
- has talked with them about sexual abuse before



**Talking to your children about  
“Good Touch/Bad Touch”**

# Be Aware of warning signs

- Sleep problems without an explanation
- Avoidance of a particular person or place, clinging or withdrawn
- Offhand remarks, clues that seem likely to provide a discussion about sexual issues
- Inappropriate intimacy, unusual sexual behaviors
- Anxiety and regression, mood swings and other signs of stress

These are general indicators do not mean a child has been sexually abused

# Be Aware of... (continued)

- Volunteers to take the child on outings or to babysit
- Ignores personal boundaries
- Gives more attention than expected
- Gives gifts for no apparent reason
- Develops a special relationship by breaking parents' rules

Thank you and Questions?