



Respect-acles ... Students at Tahoka Elementary School are wearing the "respectacles" they made to remind them to show respect to others by using good manners every day. The project was a part of the "Take A Stand" program that teaches children how to manage conflict and prevent bullying.

Local Students "Take A Stand" Against Bullying; Learn Conflict Management

Tahoka Elementary third, fourth and fifth grade students are participating in a conflict management and bullying prevention program called "Take A Stand." The series of five lessons incorporates topics such as communication, teamwork, etiquette, social skills, empathy, and much more. The program is locally sponsored and presented by Lynn County Coalition for Families volunteers and the Texas AgriLife Extension Service.

Each lesson features a "power phrase" to help students remember what they learn. They receive a handout with the power phrase and other information for each lesson that they can review with their parents to help them practice these important life skills.

The first lesson, Keep Your Cool (Conflict Resolution and Bullying), presented by Tahoka Police Officers, Brent Lee and Steve McKay, focused on understanding signs of anger in themselves and others and learn how to control their anger and understanding the consequences of violence. Lesson two, Walk In My Shoes (communication), presented by Probation Officer Bill Schoemann, helped the students effectively explain their own point of view and listen to another person's point of view and to solve problems through talking and listening to each other.

Susan Tipton presented lesson three, A Manner of Speaking (Etiquette). She taught the students

10 basic manners kids should use to show respect and how to show respect through writing thank you notes. Lesson four, Get in the Game! (Teamwork), will be presented by Devon Casey and Liz Roush of the Department of State Health Services. They will focus on understanding the importance of teamwork and how to be a good team member.

The last lesson will be You + Me = Harmony! (Cultural Awareness). Lynn County Sheriff Deputies and Amy Baugh will discuss ways we are alike and different and teach the students to appreciate the traditions, customs, and gestures of other cultures.

"Special thanks goes to Tina Wuensche for allowing the Lynn County Coalition for Families and the Texas AgriLife Extension Service to present the five lessons during the students' physical education classes," said Amy Baugh.

At the end of the lesson series, participants will be rewarded for their participation in the Take A Stand program with a recognition certificate and a Commitment to Excellence. The Commitment to Excellence is for both the child and his/her parents to review and sign as a way to practice the skills that they learned.

The Take A Stand program was developed by Texas AgriLife Extension Service's 4-H and Youth Development Program and the Texas Rural Mediation Services.