



"Challenging boys to become men worthy of respect."

Welcome to the Best Friends Foundation Seminar

For the past 31 years the Best Friends Foundation has served approximately 47,000 adolescents in the District of Columbia public schools and sites across the country. Our staff takes great pride in the fact that research on the Best Friends/Best Men program has demonstrated significant reduction in risk behavior and increased positive peer relationships. In response to the current issue of adolescent violence and abusive behavior, the Best Friends Foundation has developed the high school **Bullying and Relationship Violence Seminar: Stop the Silence, Prevent the Violence.**

The **Best Friends Foundation** was a recipient of the US Department of Health and Human Services (HHS) Healthy Marriage/Healthy Relationships grant for middle and high school students. An important component of that grant was the focus on teen violence and abuse in intimate relationships. We have expanded our program to offer our HHS approved curriculum and **Violence and Abuse Prevention Protocol** to more students and teachers in the Washington, DC metropolitan area and to extend the bullying prevention program to elementary and middle schools.

In 2017, **96%** of high school students rated the **Stop The Silence, Prevent The Violence** Seminar "worthwhile" or "very worthwhile." After participating in the seminar, a surprising **96%** said they would help someone who was being bullied or abused. Nearly **40%** of high school new participants from one seminar in 2018 said the reason they attended the after school SSPV Seminar was, "I want to help someone I know."

It is estimated that almost 30% of youth in the United States are involved in bullying and abuse as either a perpetrator or a target. Nearly 1 in 4 women will experience intimate partner violence (IPV) in her lifetime. There is a direct correlation between those who bully and those who commit domestic violence. According to a study in the *Archives of Pediatrics Adolescent Medicine*, people who reported being bullies as adolescents were four times more likely to engage in violent behavior towards their partner.

The Seminar agenda includes a Best Friends Foundation performance of "**Stop The Silence**" and musical presentation "**No More**" with Director Lori Williams and the Wilson High School Performance Choir. The finale of the seminar is "**Make Music, Not Madness**," an uplifting and inspirational song and dance production which involves large scale student participation. The seminars utilize experts and inspirational guest speakers. Student interaction is greatly encouraged with the use of question and answer opportunities and resource information is given to the students for follow up and guidance.

If you have any questions regarding the Best Friends Foundation seminar and your students' participation, please contact us at 202-394-4501, Jossy Huffstetler at H.joselyn@gmail.com or me at ebennett@bestfriendsfoundation.org for more information.

With best wishes for the best future for our youth,

Elayne Bennett
President and Founder

Best Friends Foundation

Best Friends, Best Men, Diamond Girl Leadership, and Best Men Leadership Programs

PO Box 42135 Washington, DC 20015

301.907.4747 Fax: 301.907.8894

www.bestfriendsfoundation.org

Board of Directors

Elayne Bennett, M.Ed., President
Curtis Adams, M.D.
Martha Kendrick, J.D.
Ceil Malphrus, M.B.A.
Timothy Overcash, C.P.A.
Bridget Overcash
Vicki Tiaht
Virginia White, J.D.
Rosemary Fernandez Stein, M.D.

National Council

The Honorable Marion C. Blakey
Mrs. William Brock, III
Gahl Hodges Burt
Mrs. George H.W. Bush
Janet Langhart Cohen
The Honorable Debbie Dingell
Gay Hart Gaines
Page Lee Hufty
Susan Hutchinson
Mrs. Jack Kemp
The Honorable Ann M. Korologos
Mrs. Joseph Lieberman
Marlene Malek
Angie Marriott
Carrie Marriott
Kitty Martinez
Monte Monash
The Honorable Connie Morella
Mica M. Mosbacher
Mrs. Colin Powell
Ann Romney
Rynthia Rost

Academic Board

William J. Bennett, Ph.D.
Robert Blum, Ph.D.
Bonnie G. Hill, Ph.D.
Phyllis Magrab, Ph.D.
Barbara Dafoe Whitehead, Ph.D.

Advisory Council

Margaret Auger
Susan Hurley Bennett
Katherine Brittain Bradley
Mrs. Scott Campbell
Ellen Conley
Ann Dudley
Michele Dyson
Suellen Estrin
Samia Farouki
Mary Firth
Mrs. Porter Goss
Pauline Hamlette
Barbara Harrison
Mrs. Raymond Howar
Connie Kurucz
Ann Kurzweil
Leamon Lee
Joseph W. Lyles
Laurie MacCaskill
Joseph W. Lyles, M.Div.
Lark McCarthy
Daina Jansons Mahar
Andrea Roane
Marion Rosenthal
Andrea Roane, M.A.
Judy Shelton, Ph.D.
Nancy Schulze
Deborah Sigmund
Pat Funderburke Ware
Mrs. William H. Webster, M.B.A.



WHAT'S GOING ON?

Mother, mother
Tell us what is right and what is wrong
People judging who can
And who cannot belong
There's too many of you crying
Brother, brother, brother
There's far too many of you dying
You know we've got to find a way
To show we all need love here today

Father, father
We don't need to escalate
You see, rage is not the answer
For only love can conquer hate
You know we've got to find a way
To show we all need love here today

Picket lines and picket signs
Don't punish me with brutality
Talk to me, so you can see
Oh, what's going on
What's going on
Yeah, what's going on
Ah, what's going on

In the mean time
Let's get it right
Let's do what's right
Right on babe

Mother, mother, tell us what is right
And what is wrong
People want to judge who can
And who cannot belong
Oh, you know we've got to find a way
To bring some understanding here today, oh, oh, oh

Picket lines and picket signs
Don't punish me with brutality
C'mon talk to me
So you can see
What's going on
Yeah, what's going on
Tell me what's going on
I'll tell you what's going on
Let's do it right
Let's do it right

*"What's Going On" Written and produced by Marvin Gaye
Adapted for **Stop The Silence, Prevent The Violence Seminar***

Let's Stand Up And Be Seen



Stand up and be seen
Stand up
Stand up and be seen
Stand Up
Stand up and be seen
Stand up
Stand up and be seen
Stand up

(Chorus:)

Let's stand up and be seen
If you know what I mean (2x)
No intimidation
No domination
Stop the violence across the nation

V1:

Friends it's very simple
We gotta follow - this principle of life
Do to others what you'd like done to you
Choose the right path and don't ya dare cause strife

V2:

Stop the madness and stop it today
Rage can go viral in an ugly way
Learn to love and be kind to others
Let's take a stand all across the land

(Chorus:)

Let's stand up and be seen
If you know what I mean (2x)
No intimidation
No domination
Stop the violence across the nation

V3:

We all - have a responsibility
To protect the ones with vulnerability
Tell the people with authority
Be the one to make the hatred, "**STOP!**"

Chorus (2x)

Chant out

Written and arranged by Lori Williams

Music by Glenn Douglas

Concept by Elayne Bennett





LOVE THE WAY YOU LIE...REVISED VERSION

Just gonna stand there and watch me burn
But that's alright because I like the way it hurts
Just gonna stand there and hear me cry
But that's alright because I love the way you lie
I love the way you lie

I can't tell you what it really is
I can only tell you what it feels like
And right now there's a steel knife in my windpipe
I can't breathe but I still fight while I can fight
As long as the wrong feels right it's like I'm in flight
High off her love, drunk from her hate,
It's like I'm huffing paint and I love her the more I suffer, I suffocate
And right before I'm about to drown, she resuscitates me
She...hates me and I love it.
"Wait! Where you going?"
"I'm leaving you!"
"No you ain't. Come back."
We're running right back.
Here we go again
It's so insane cause when it's going good, it's going great
I'm Superman with the wind at his back, she's Lois Lane
But when it's bad it's awful, I feel so ashamed I snapped
Who's that dude?
"I don't even know his name."
I laid hands on her, I'll never stoop so low again
I guess I don't know my own strength

I can't just stand here and watch you burn
This ain't right because I can tell it hurts
I can't stand to stand here and watch you cry
Can't you see? It's clear that all he does is lie
All he does is lie

You ever love somebody so much you can barely breathe when you're with 'em
You meet and neither one of you even know what hit 'em
Got that warm fuzzy feeling
Yeahh, them chills you used to get 'em
Now you're getting...sick of looking at 'em
You swore you'd never hit 'em; never do nothing to hurt 'em
Now you're in each other's face spewing venom in your words when you spit them
You push, pull each other's hair, scratch, claw, bit 'em



LOVE THE WAY YOU LIE...REVISED VERSION (CONT.)

Throw 'em down, pin 'em
So lost in the moments when you're in them
It's the rage that took over,
It controls you both
So they say you're best to go your separate ways
Guess that they don't know you 'cause today that was yesterday
Yesterday is over, it's a different day
Sound like broken records playing over but you promised her
Next time you show restraint
You don't get another chance
Life is no Nintendo game
But you lied again
Now you get to watch her leave out the window
Guess that's why they call it window pane

Throw 'em down, pin 'em
So lost in the moments when you're in them
It's the rage that took over,
It controls you both
So they say you're best to go your separate ways
Guess that they don't know you 'cause today that was yesterday Yesterday is over,
it's a different day
Sound like broken records playing over but you promised her Next time you
show restraint
You don't get another chance
Life is no Nintendo game
But you lied again
Now you get to watch her leave out the window
Guess that's why they call it window pane

Just gonna stand there and watch me burn
That's not right, can't you tell that it hurts
Just gonna stand there and hear me cry
It's clear to me now what you say is a lie
I must love my life
I must say goodbye

*"Love The Way You Lie" Written and produced by Eminem
Adapted for **Stop The Silence, Prevent The Violence Seminar***



NO MORE

This is for the girl who doesn't know what to say
and doesn't know what to do
She wants to tell someone but she feels so ashamed
You're gonna make it through

There's gonna be a change
Like sunshine through the rain
So don't be afraid
It's time to heal your pain oh!
Cause you're a fighter
You're a survivor
So no more silence
You gotta tell someone
You got one life
One hope
And you're not alone
Stand up with me
And you'll see
Let's say it together

Chorus

No more
I can't be broken because I'm stronger than ever
No more
Today is over and there is a brighter tomorrow
No more, no more, no more,
No more, no more, no more

I'm talking to the woman who's so in love but he puts
his hands on you
Don't wanna tell your friends cause you wanna pretend
like everything is cool
I know it's hard look at your battle scars but if he don't
change things will never change
You gotta be wiser if you wanna be a survivor
All this you already know girl pack your things and go
You got one life one hope and you're not alone
Stand up with me and you'll see
Let's say it together say

Chorus

No more
I can't be broken because I'm stronger than ever
No more
Today is over and there is a brighter tomorrow
No more, no more, no more,
No more, no more, no more

I decided to write an anthem for all women and victims all
around the world against domestic violence and abuse
It's time to say
no more no no no no no no more no no no no no no more
no no no no no no more no no no no no no more no no no
no no no more no no no no no no more no no no no no no
more

You got one life one hope you're not alone
Stand up with me and you'll see let's say it together
Say

Chorus

No more
I can't be broken because I'm stronger than ever
No more
Today is over and there is a brighter tomorrow
No more, no more, no more,
No more, no more, no more

Written and produced by Deshai Williams

Diamond Girl Theme Song

Diamond Girl — You Sure Do Shine
Glad I Found You — Friend Of Mine



Yes, Girl — You're Like A Precious Stone
And With Best Friends — You Are Not Alone



Makes No Difference — Where You Are
Day Or Night Time — You're Like A Shining Star

**Yes, We Are Shining — Diamond Girls
Getting Ready — To Step Into The World**

Diamond Girl — Shining Bright
Diamond Girl — Doin' Right

You Are My Best Friend — So True
I Know I Can Always — Count On You

Can't You See — The Friendship Here
We're Together — In Laughter And In Tears



**Yes, We Are Shining — Diamond Girls
Getting Ready — To Step Into The World**

"Better As One" (People)



We are the people
It doesn't matter what comes our way
We got to fight to see another day
We will get through it
We are the people
We got to have faith in what we do
No matter what we got to stay true to who we are
Cause we're better as one
Cause we're better as one

It's not about gain or for profit
It's about giving a simple helping hand, hand
You got to fight for the cost
To regain everything we lost
So don't you miss out on your chance
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh

We are the people
It doesn't matter what comes our way
We got to fight to see another day
We will get through it
We are the people
We got to have faith in what we do
No matter what we got to stay true to who we are
Cause we're better as one
Cause we're better as one

We the people
We got to be strong
We got to be brave
And we got to stand tall
We got to love one another
Trust one another
We got to forgive and forget
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh

We are the people
It doesn't matter what comes our way
We got to fight to see another day
We will get through it
We are the people
We got to have faith in what we do
No matter what we got to stay true to who we are
Cause we're better as one
Cause we're better as one

We got to do our part to help out our nation
It does not matter if your black or white, Chinese,
Hispanic or Haitian

We are the people
It doesn't matter what comes our way
We got to fight to see another day
We will get through it
We are the people
We got to have faith in what we do
No matter what we got to stay true to who we are
Cause we're better as one
Cause we're better as one
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh
Oh oh oh oh
Cause we're better as one

Written by: Eli White

"Make Music Not Madness"



Chorus Make music, not madness
Make music...music
Make goodness, not badness
Make goodness, goodness

Verse1

Best Friends, they want you to know
Choosin' positive people is the way to go
No matter who you happen to be
Make the right choices and let others see...

Chorus Make music, not madness
Make music... music
Make goodness, not badness
Make goodness, goodness

Verse2

The way you act reflects who you are
Bullies pull us down
You've got to raise the bar
Choose the higher road
Don't poison your mind
Be with positive people, leave the madness behind

Chorus Make music, not madness
Make music... music
Make goodness, not badness
Make goodness, goodness

Rap

In the past we set the stage
Speaking about peace and love, not anger and rage
Today there are drugs, abuse, disturbing topics
We gotta change the track and bring about positive logic
No more degradation
No more fighting each other
Respect yourself and all your sisters and brothers
Gotta change the illusion the world is full of sadness
We've gotta make some goodness
Do away with the badness

Chorus (repeat)

Copyright ©

Best Men chant



Written and Arranged by – Lori Anne Williams

Lead: **Best Men**
All: *Best Men*
Lead: **Best Men**
All: *Best Men*
Lead: **We are Best Men**
All: *We are Best Men*
Lead: **Best Men**
All: *Best Men*

All: **Striving to be the Best Men we can be**
Honoring the shield of manhood
The coat of arms to protect our souls
We're leaders...YES!
We are Best Men!
We are Best Men!

The gavel (stomp) – truth and justice
The eagle – foresight for the future
The lion (roar) – strength and courage
The anchor – we're taking a stand!

Lead: **Best Men**
All: *Best Men*
Lead: **Best Men**
All: *Best Men*
Lead: **We are Best Men**
All: *We are Best Men*
Lead: **Best Men**
All: *Best Men*

All: **The gavel (stomp) – truth and justice**
The eagle – foresight for the future
The lion – strength and courage
The anchor – we're taking a stand!

We are Best Men!
We are Best Men!

BEST FRIENDS FOUNDATION

VIOLENCE AND ABUSE PROTOCOL

Best Friends Foundation Mission Statement

The Best Friends Foundation strives to provide a nationwide network of programs that is dedicated to the physical and emotional well-being of adolescents. It provides scientifically researched and developmentally sound curriculum designed for middle and high school students. The Foundation promotes self-respect through self-control and provides participants the guidance to avoid the risk behaviors of sex, drugs, alcohol, and violence. In the spirit of true friendship, the Best Friends Foundation encourages positive peer groups which create an environment that raises aspirations and promotes achievement.

Purpose of the Protocol

The dating violence protocol was developed to ensure that the Best Friends Foundation will address dating violence in a comprehensive and appropriate manner. American Association of Universities study in 2015 found that one out of five undergraduate students experienced sexual violence since enrolling in college. Young men also experience violence, but they are much less likely to report. Additionally 40% of all teens said they know someone at school who experienced dating violence.

Definition of Dating Violence

Dating violence is any intentional sexual, physical or psychological attack on one partner by the other in a dating relationship.

Identifying and Responding to Dating Violence Issues

We ask that all Best Friends Foundation replication sites coordinators and instructors be alert for the following signs that a teen may be involved in a relationship that is or has the potential to become abusive. When these changes happen suddenly, or without explanation, there may be cause for concern.

- Does the individual have unexplained bruises, scratches or injuries?
- Do you see signs that the individual is afraid of his/her boyfriend or girlfriend?
- Does the boyfriend or girlfriend lash out, or insult the individual?
- Has the individual's appearance or behavior suddenly changed?
- Has the individual stopped spending time with friends and family?
- Has the individual recently started using alcohol or drugs?
- Have you seen the boyfriend or girlfriend become abusive towards other people or things?
- Does the individual seem to have lost interest or to be giving up things that were once important? Has he/she lost interest in school or other activities?
- Does the boyfriend or girlfriend seem to try to control the individual's behavior, making all the decisions, checking up on his/her behavior, demanding to know who the individual has been with, and acting jealous and possessive?
- Does the individual apologize for the boyfriend or girlfriend's behavior to you and others? Has the individual casually mentioned the boyfriend or girlfriend's temper or violent behavior, but then laughed it off as a joke?
- Have you seen sudden changes in the individual's mood or personality? Is the individual becoming anxious or depressed, acting out, or being secretive? Is the individual avoiding eye contact, having "crying jags" or getting "hysterical?"

Protocol

1. The Diamond Girl / Best Men Leadership School Coordinator is informed by or suspects that a student has experienced abuse or violence in the home or dating relationship from a boyfriend or a girlfriend.
2. Ask the student about his/her relationship.
 - a. Be specific about why you are concerned. (i.e. "I saw a boy push you hard. Is he your boyfriend? Why did he do that?")
 - b. If the student does not want to discuss this, encourage him / her to talk to a trusted adult (i.e. parent, school guidance counselor, Diamond Girl Leadership Coordinator / Mentor, or Best Men Leadership Coordinator / Mentor).
 - c. Give the student the National Domestic Violence Hotline number – **1-800-799-SAFE**.
 - d. If the student does want to talk, do not criticize or attack the abuser. Ask, "What can I do to help?"
 - e. The school coordinator must report the conversation to the school guidance counselor immediately. (Refer to step 3)
3. The Diamond Girl / Best Men School Coordinator immediately reports abuse and violence to the school guidance counselor and the school principal as it is their legal obligation as defined by the DC Law 2-22 (Child Abuse Act). The law states the following: School employees are directed not to try to resolve or investigate a suspected case of student abuse, violence, or neglect. Rather, an employee's legal obligation is to orally report such knowledge or suspicion to either the Metropolitan Police Department ("MPD") Youth Division, **202-576-6763**; MPD non emergency, **202-727-1010**; or, if a crime is in progress, 911, or the Child Protective Services Division of the Department of Human Services ("CPSD") **202-727-0995**. A written report is required if requested from MPD or CPSD, or if the abuse involves drug related activity.

[The law provided that any employee who willfully fails to make a report when he or she suspects student abuse, violence or neglect shall be fined or imprisoned for not more than 30 days, or both.]

Note: Best Friends Foundation replication sites follow the abuse and violence protocol as determined and adopted by their respective school systems.

STOP THE SILENCE – PREVENT THE VIOLENCE



Facts About Dating Violence

It's very likely that you or someone you know has been abused in a relationship. Dating violence isn't just physical. It can include mental/emotional abuse and sexual abuse. It can occur in casual dating or serious long-term relationships.

MENTAL/EMOTIONAL ABUSE

Mental/Emotional abuse includes:

- Embarrassing you
- Put-downs
- Cussing
- Controlling you
- Making you feel bad about yourself
- Keeping you away from other friends and family

Threats of violence are abuse and should always be taken seriously.

PHYSICAL ABUSE

Physical abuse includes:

- Hitting
- Slapping
- Punching
- Shoving
- Kicking
- Biting
- Hair-pulling
- Using a weapon against a boyfriend/girlfriend

Both teenage boys and girls report being victims of physical violence in relationships. Normally, boys and girls use physical force for different reasons and with different results. Teens usually act violently because they are angry; boys are much more likely to use force in order to control their girlfriends, while girls more often act violently in self-defense.

Teenage girls suffer more from relationship violence, emotional and physical. Teenage girls are more likely than boys to have serious injuries and to report being terrified. In contrast, boys seldom seem to fear violence by their girlfriends, often saying that the attacks did not hurt and that it was funny.

SEXUAL ABUSE

Sexual abuse is forced or unwanted sexual activity or rape. It is sexual abuse to force or pressure someone to engage in sexual activity. Trying to engage in sexual activity with someone who is under the influence of drugs or alcohol is also sexual abuse. Girls in opposite-sex relationships are much more likely than boys to suffer from sexual abuse.

HOW FREQUENTLY DOES DATING VIOLENCE OCCUR?

This is a difficult question to answer because some studies only ask about physical abuse, while others include questions about mental/emotional abuse and sexual violence. Past estimates of dating violence among middle school and high school students range from 28% to 96%.

One recent national survey found that 1 in 11 high school students said they had been hit, slapped, or physically abused in the past year. 1 in 11 students also reported that they had been forced to have sexual intercourse when they did not want to. 96% of teens report mental/emotional abuse in their dating relationships.

What You Can Do

KNOW THE EARLY WARNING SIGNS

- You are pressured to make the relationship very serious or to have sex early in the relationship. 
- Extreme jealousy and possessiveness, saying these emotions are signs of love.
- Controlling you and forcefully making all decisions where the two of you are concerned.
- Refusing to consider your point of view or desires.
- Keeping you from spending time with close friends or family.
- Verbal abuse, including yelling, cussing, manipulation, spreading rumors and making you feel guilty.
- Drinking too much or using drugs and then blaming the alcohol and drugs for his/her behavior.
- Threatening physical violence. Previous abuse of a boyfriend/girlfriend or defending violence by others.

If you're in a relationship that in any way feels uncomfortable, awkward, tense or even scary, trust your feelings and get out. It could become, or may already be, abusive.

Always remember: You have every right to say no! No boyfriend or girlfriend has the right to tell you what you can or should do, what you can or should wear, or what kind of friends you should have.

IF YOU ARE IN A VIOLENT, OR POTENTIALLY VIOLENT, RELATIONSHIP, DO THIS:

Make a safety plan and get help. Talk with someone you trust: a teacher, guidance counselor, doctor, friend or parent. Contact the police or a local domestic violence center or call the **National Domestic Violence Hotline at (800) 799-SAFE**. Realize that violence will not just stop or go away. You cannot change your boyfriend/girlfriend by changing your behavior. You are not responsible for the abuse. Your boyfriend/girlfriend may need counseling or other help to change.

WATCH FOR FRIENDS WHO ARE ABUSED



Friends in abusive relationships may:

- Change their clothing or makeup.
- Lose confidence in themselves.
- Have difficulty making decisions.
- Stop spending time with you and other friends.
- Receive failing grades or quit school activities; and
- Turn to using alcohol or drugs.

If you think a friend is in an abusive relationship, try asking them:

- "You don't seem as happy as usual – are you okay?"
- "Is there anything you want to talk about?"

This indirect approach may prompt your friend to reveal what's wrong. Listen without judging, condemning, or giving unwanted advice. If a friend wants help, suggest that he or she take the steps listed above in order to find help. If you believe your friend is in serious danger, tell an adult you trust immediately. Do not try to "rescue" your friend and try to handle the situation on your own. 

TAKE ACTION IF YOU SUSPECT THAT SOMEONE YOU KNOW IS BEING ABUSIVE.

If you feel you are not in danger, talk to the person about his or her use of violence. Make sure that the person understands that it is both wrong and illegal. If the person is ready to make a change, help him/her get help.

IF YOU ARE HURTING SOMEONE ELSE, HAVE THE COURAGE TO GET HELP!

No matter what the other person does to provoke you. No matter how justified you feel. No matter what your friends do. It is never okay to harm someone else. Remember that violence is illegal and can land you in jail. You can learn new ways to:

- Deal with your anger
- Fight fair
- Communicate better
- Give and get love in relationships

Don't let shame or fear stop you. Talk to a parent, teacher, religious leader, doctor, nurse or guidance counselor immediately.

Or, call the National Domestic Violence Hotline at **(800) 799-SAFE**. They can direct you to individuals and groups in your community who can help you to make a change.



HELP EDUCATE OTHER TEENS ABOUT DATING VIOLENCE

Counsel peers, staff a hotline, or speak to classes about the signs of an abusive relationship and where to find help. Encourage your church or school to develop programs to educate teens about dating violence, and work to make sure that there are resources for abused teens in your community.

National Domestic Violence Hotline
(800) 799-SAFE



The Dibble Institute
P. O. Box 7881
Berkeley, CA 94707-0881
1-800-695-7975
www.dibbleinstitute.org

Information provided by the Dibble Fund with permission from the National Youth Violence Prevention Resource Center. For additional information, please visit www.safeyouth.org.

Hotlines



Boys Town National Hotline
800-448-3000

Counselors answer questions and provide short-term crisis intervention and make referrals to crisis prevention centers in most cities for both adults and children.

Child Help U.S.A. National Child Abuse Hotline
800-4-A-CHILD

Stay on the line to talk with a professional crisis counselor who is available 24 hours a day, 7 days a week.

Covenant House Hotline
202-610-9600

A direct 24-hour crisis hotline for runaways providing counseling and assistance.

Teen Dating Abuse Hotline
866-331-9474

24/7 number to call for help with dating violence and abuse.

National Domestic Violence Hotline
800-799-SAFE (7233)

A referral service for battered women's shelters, support groups, counseling agencies, and legal consultants.

Alcohol Use and Abuse
800-ALCOHOL

Provides information and referrals regarding alcohol use and abuse.

National Runaway Switchboard
800-786-2929

Confidential hotline for runaways and families – provides crisis intervention, gives area shelter listing for runaways, also serves as a resource for other agencies which can help in reuniting runaways with their families.

National Drug Helpline
1-800-662-HELP (4357)

Provides names and telephone numbers of treatment facilities for those dependent on drugs. Available 24 hours a day.

National STD Hotline
800-227-8922

A service of the National Centers for Disease Control which provides information and answers about transmission and symptoms of sexually transmitted diseases. Provides referral telephone numbers for clinics where you can be tested for STDs.

STOP THE SILENCE, PREVENT THE VIOLENCE

The Best Friends Foundation **Stop The Silence, Prevent The Violence** program is designed for the prevention of school violence and procuring access to help those students with social and emotional problems. The Best Friends Foundation endeavors to ensure that public schools are safe and healthy for all students and teachers.

In 2015, The Safe Schools Initiative Report reported that **71%** of the school shooters were victims of bullying and **10%** of the attackers who were receiving treatment for their diagnosed mental illness failed to comply to take their prescribed psychiatric medications. Research shows that **87%** of school shooting perpetrators left behind evidence that they were victims of severe bullying. **(6)**

The following points are based on a report in February of 2018 by CNN on **ways to prevent school shootings.**

1) Find ways to better listen to students and teachers who are aware of threats.

Student and teacher awareness of weapons and threats is a potentially powerful way to prevent future tragedies. These voices are closer to the situation and the individual who is in trouble and a potential threat to the safety of the students in the school.

Findings from the California Healthy Kids biannual survey consistently suggest that over the past seven years about 20% to 30% of secondary school students, depending on the year, grade level and school type, reported having seen a weapon on school grounds.

2) Pay attention to students who have an obsession with firearms

Many shooters in mass school shootings are obsessed with firearm arsenals. Obsession with prior school shootings, mass murders, and methods used to kill many people are warning signs of a potential threat.

3) Articulate what to do when someone tells the world, their friends, family members or co-workers they want to kill others

There needs to be a response when a student tells others personally or through texts and/or social media of a plan to kill or harm. Individuals who show weapons, makes threats, or has a target in mind should be referred to authorities. The good news is more students are utilizing hotlines, neighbors are more frequently reporting their concerns to police, and schools are taking action to expel or suspend students who they believe may be dangerous from schools. Students and adults should understand they must keep calling when they do not get a response or confirmation that action will be taken.

4) Expulsion from school should be the beginning -- not the end -- of the response when there are threats of weapons

What happens to students after they are expelled for bringing weapons to schools or threatening to harm others? Do we take this potentially dangerous person and offer them no support or monitoring in society — and withhold their education? Who is responsible for monitoring the ongoing threat when

the student is not in school? Regional and state educational authorities need to take more responsibility for this small group of students after they are expelled for threatening others with weapons. They should not be left unmonitored and unsupported. Alternative schools need to be supported to provide mental health services to these students, to monitor their progress and rehabilitation, and coordinate between the school, the local community, and the justice system to prevent these students from falling between the cracks of our system.

- 5) The Best Friends Foundation has consistently instructed students in their program that is their responsibility to take action when they see in person or read on social media disturbing statements of potential violence from their fellow classmates. One of the Foundations slogans is “You are held responsible not only for what you do, but also for what you do NOT do.” Students should realize that they have more information and are often better equipped to know who is suffering socially and emotionally than most authority figures. Students can truly **stop the silence and prevent the violence. (7)**
- 6) The following numbers are resources available to students in DCPS. The law states the following: School employees are defined by the employee’s legal obligation to orally report such knowledge or suspicious activity to either the **Metropolitan Police Department (“MPD”) Youth Division 202-576-6763; MPD non-emergency, 202-727-1010.** Or, if a crime is in progress **911**, or the **Child Protective Services Division of the Department of Human Services (“CPSD”) 202-727-0995.** A written report is required if requested from MPD, CPSD, or if the abuse involves drug related activity.

If you see something illegal or unsafe at your school, your child’s school, or any school call:

WETip Anonymous Crime Reporting Hotline - 1-800-78-CRIME

The Safe School Helpline is an anonymous line - 1-800-325-4381 and 614-760-2820 or fax 614-760- 2828

specific drugs and their effects

TYPE OF DRUG	DRUG NAME	STREET NAME
CANNABIS	MARIJUANA	Pot, grass, reefer, weed, Colombian hash, sinsemilla, joint, blunts, buddha, cheeba, Acapulco Gold, Thai Sticks, chronic, Texas tea, Maui wowie, fatty, ganja, Mary Jane
DEPRESSANTS (Depress the nervous system)	ALCOHOL	Booze, hooch, juice, brew, 40's, licks
	BARBITURATES Amyl, Seconal, Nembutal, Butisol, Tuinal	Barbs, downers, yellow jackets, red devils, blue devils
	TRANQUILIZERS Valium, Librium, Miltown, Xanax	V's, blues, downers, candy, tranks
	NARCOTICS Heroin, Morphine, Oxycotin	Dreamer, junk, smack, horse, OC
STIMULANTS (Stimulate the nervous system)	AMPHETAMINES Amphetamine, Dextroamphetamine, Methamphetamine	Speed, uppers, pep pills, bennies, dexies, crank, crystal, black beauties, white crosses, wide-eyed ice
	METHYLPHENIDATE	Ritalin, MDMA, Ecstasy, vitamin "R", R-ball
	COCAINE	Coke, snow, toot, white lady, crack, Vitamin "C", base, blow, bump, rocks
HALLUCINOGEN (Alters perceptions of reality)	PCP Phencyclidine	Angel dust, killer weed, supergrass, hog, peace pill, tic tac, zoot
	LSD (Lysergic Acid Diethylamide)	Acid, cubes, purple haze, white lightening, yellow sunshine, gel tabs, blotter, microdot, boomer
	MESCALINE (Psilocybin)	Mesc, cactus, magic mushroom, shrooms
INHALANTS (Substances abused by sniffing)	SOLVENTS & AEROSOLS Glue, gasoline, drycleaning solution, correction fluid, marking pens, air freshener	Glue, Kick, bang, huff, poppers, whippets, Texas shoe-shine, jac blaster
	NITRATES Amyl & Butyl	Poppers, locker room, rush, snappers
	NITROUS OXIDE	Laughing gas, whippets
CLUB DRUGS/DESIGNER DRUGS (Stimulants, Depressants and/or Hallucinogens)	MDMA, MDA, MDEA (Stimulant/Hallucinogens)	Ecstasy, XTC, X, Adam, Clarity, E, peace
	DATE RAPE DRUGS Rohypnol (Depressant)	Roofies, roche, love drug, forget-me pill, Spanish fly, Mexican Valium
	GHB (Depressant)	Liquid Ecstasy, Grievous Bodily Harm, G, Georgia Homeboy
	Ketamine (Hallucinogens)	K, Special K, Vitamin K, Cat Valium

DESCRIPTION	HOW IT'S USED	SIGNS AND SYMPTOMS OF USE
Like dried oregano leaves, dark green or brown	Usually smoked in hand-rolled cigarettes, pipes, cigars or eaten	Sweet burnt odor, neglect of appearance, loss of motivation, slow reactions, red eyes, memory lapses
Clear or amber-colored liquid	Swallowed in liquid form	Impaired judgment, poor muscle coordination, lowered ambitions
Variety of tablets, capsules, powder	Swallowed in pill form or injected into the veins	Drowsiness, confusion, impaired judgment, slurred speech, needle marks, staggering gait
White or brown powders, tablets, capsules, liquid	Swallowed in pill form or injected	Drowsiness, faulty judgement, disorientation
Variety of tablets, capsules, and crystal-like rock salt, powder	Injected, smoked, may be blended with marijuana, sniffed	Lethargy, loss of skin color, needle marks, constricted pupils, decreased coordination
Odorless, colorless, tasteless powder	Swallowed in pill or capsule form, or injected	Excess activity, irritability, nervousness, mood swings, needle marks, dilated pupils, talkativeness then depression
Tablet	Crushed, sniffed, and swallowed	Increased alertness, excitation, insomnia, loss of appetite
White odorless powder	Usually inhaled, can be injected, swallowed, or smoked	Restlessness, dilated pupils, talkativeness, euphoric short-term high, followed by depression, oily skin
White powder, tablet, liquid, capsule	Usually smoked, can be inhaled (snorted), injected or swallowed	Slurred speech, blurred vision, lack of coordination, confusion, agitation, aggression, panic, violence, unpredictability, "bad trips"
capsules, tablets, odorless, colorless, liquid, powder	Injected, or swallowed in tablets or capsules, licked off blotter paper or sugar cubes	Dilated pupils, illusions, hallucinations, disorientation, mood swings, nausea, flashbacks, increased body temperature/blood pressure
capsules, tablets, mushrooms (fried or dried)	Ingested in their natural form, smoked or chewed	Same as LSD above, nervousness, paranoia
Chemicals that produce mind-altering vapors	Inhaled or sniffed often with the use of paper or plastic bags	Poor motor coordination, bad breath, impaired vision, memory and thoughts, violent behavior, headache, depletion of oxygen, spots or sores around mouth or nose
Clear yellowish liquid	Inhaled or sniffed from gauze or single dose glass vials	Slowed thought, headache
Colorless gas with sweet taste and smell	Inhaled or sniffed by mask or cone	Light-headed, loss of motor control
Tablet or capsule, tasteless and odorless	Swallowed, can be added to beverages by individuals who want to intoxicate others	Agitated state, confusion, sleep problems, paranoia, hypothermia, anxiety, teeth clenching
Tasteless, odorless, dissolves easily in all beverages	Swallowed, can be added to beverages by individuals who want to sedate others, can be inhaled, snorted	1 mg can impair a victim for 8-12 hours, can cause amnesia, decreased blood pressure, urinary retention, unconsciousness
Clear liquid, tablet, capsule	Swallowed, dissolved in drinks	Can relax or sedate, drowsiness, loss of reflexes, headaches
Liquid, white powder	Inhaled by smoking or snorting, can be injected	High blood pressure, impaired motor function, respiratory problems, amnesia

Leadership Discussion



#1 video clip: "sex and Alcohol"

1. What are the young girl's regrets? How did she feel about herself after drinking alcohol?

2. Although the girl admitted to drinking with her friends, she said it "was not like I was a drunk or anything." Her attitude used to be that drinking a small amount of alcohol would be okay. Why was she wrong? Why did she change her mind?

3. The girl in the video thought that she could handle herself while drinking. Why is saying "no" to alcohol the best choice?

4. Do you think alcohol use as a teen can lead to promiscuity and drug use?

#2 video clip: "Aggressive girls"

1. Do you think that girls can be the aggressors when pressuring guys to have sex? Discuss some of the ways that the girl pressured the boy in the video.

2. Discuss these quotes from the boy in the video:

- a. "I thought she wanted me, but she just wanted to be wanted."
- b. "I thought lust and love were the same thing."
- c. "She thought sex was a game."

3. How can guys get hurt by not waiting to have sex? How can girls respect and take into account the feelings of the guys they approach.

#3 video clip: "HPV"

1. What is the most common STD among teens? What are the symptoms of this STD?

2. The video says that "50% - 75% of sexually active Americans have HPV." What are some ways to protect yourself from HPV?

#4 video clip: "Animal OR Honorable"

1. Describe behavior that would be considered more of the "animal" side.

2. Describe behavior that would be considered "honorable."

3. Why is waiting to have sex the honorable decision to make? Why does waiting to have sex make you more of a man or woman?

#5 video clip: "The odds"

1. If you really love someone and you think that you want to have sex with them, does it matter what they did before with other people?



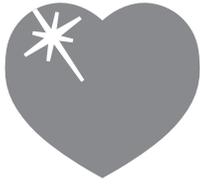
Traits of a Leader

leader: *n. one who guides or is in command; one in a position of influence or importance; a role model.*

- ♡ **A Leader is honest and fair.**
- ♡ **A Leader listens and asks questions.**
- ♡ **A Leader develops a plan.**
- ♡ **A Leader has courage.**
- ♡ **A Leader has vision for the future and sets long term goals.**
- ♡ **A Leader sets objectives and follows them through to completion.**
- ♡ **A Leader can be assertive when needed.**
- ♡ **A Leader treats others with respect and dignity.**
- ♡ **A Leader admits to a mistake and takes responsibility for his or her actions.**
- ♡ **A Leader hears a problem and creates a solution.**
- ♡ **A Leader has integrity and can be trusted.**
- ♡ **A Leader inspires and motivates others to take action in pursuit of the common good.**
- ♡ **A leader has self-control.**
- ♡ **A leader stands up for what is right.**



DIAMOND GIRL LEADERSHIP CREED



Heart — Friendship and consideration of others;

I will be the best kind of friend who encourages my friend to be a better person.

I will value my peers feelings and will show thoughtfulness and empathy for others.

I will help friends in need, and will not be a bystander to bullying and/or relationship violence.



Book — Knowledge and learning;

I will be enthusiastic and ready to learn when I come into school.

I will work hard to reach my goals.

I will set short and long-term goals to become ready for higher learning and my future vocation.



Torch — Leadership and showing others the way

I will stand up for what is right and try to lead by example.

I will encourage my peers to work to succeed and to seek help if they are in need.

I will not give in to peer pressure to engage in the risk behaviors of sex, drugs, and alcohol.



BEST MEN Leadership creed



Eagle: Foresight for the future

I will learn from my mistakes and strive to be a better person.
I will study and work harder to reach my goals.
I will think about my actions and how they may effect my future.



Lion: Strength and Courage

I have not succeeded until I help someone else succeed.
I will be enthusiastic and ready to learn when I come to school.
I will be brave in facing life's challenges.
I will not give into peer pressure to engage in risk behavior.
I will help friends in need, and will not be a bystander to bullying and/or relationship violence.
I will be brave in facing life's challenges.



Anchor: Stability

I will control my actions, my emotions, and my words.
I will be ethical with my deeds and actions.
I will stand up for what is right.



Gavel: Truth and Justice

I will take responsibility for everything I do.
I will be tolerant of those around me.
I will always be honest with myself.

