



Shri Minds

Wellness Newsletter

Namaste Parents!

We are back with another edition of the Shri Minds. This month we are taking you through the areas of Smart Talks and Behaviours. We will also touch up on the Safe Cyber Practices. You can have a peep into The Buddy Campaign and My Body My Rules towards the end.

Happy Reading!



Step In - Stop Bullying

A Better ME!

Smart Talk and
Behaviour

What 's Happening this month

What's inside

Smartness Inside-Out

In this edition of the Shri Minds we discuss about *Smart Talk and Behaviour*. Smart Talk and Behaviour is nothing but our words and actions that are kind, appropriate and encouraging. All of us want our children to speak kind words and act responsibly. However, it is likely that you must have witnessed children behaving and talking in unkind, inappropriate, derogatory ways and felt awkward or angered by it. So as caregivers, guardians, and elders what can we do to ensure that the children refrain from engaging in *UnSmart* Talk and Behaviours?

Profanity has become increasingly common in children's everyday language - no doubt reflecting the frequency with which they hear foul language in the media, as well as in the casual conversations of adults and peers. Children are great '**Observational Learners**'- they watch and learn quickly. Sometimes children use a word by accident; they may be repeating what they had heard without knowing that the words are inappropriate or what the words really mean; they may swear because they want to imitate their friends; they may use 'UnSmart' behaviour to get attention or a reaction; some might want to look cool in front of peers; or they may use hurtful language when upset. Whatever be the reason, UnSmart Talk and Behaviour should be nipped the bud.



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These kind of words and actions are likely to be lead and encourage anti-social activities like bullying, prejudice and even abuse. Responding to UnSmart Talk and Behaviour appropriately is crucial. Here are some ideas to help children learn Smart Talk and Behaviour...

1. Address it Calmly: The child may be repeating what they saw/heard without any intention or could even do it for a reaction from someone. In either case, over reacting could reinforce the impulse to carry on with these behaviours.
2. Establish consequence: whenever a child uses UnSmart Talk and Behaviour, they must face a minor punishment or withdrawal of privilege. A swear jar can be useful, where the child deposits a fine or something dear, whenever they swear.
3. Use Positive Parenting: Encourage positive and desirable words and actions from time to time using rewards and offer privileges. This increases the likelihood of Smart Talk and Behaviour.
4. Practice Empathy: make the child walk in someone else's shoes, ask them how they would feel if they were at the receiving end of bad language and mean behaviour. Sensitizing them helps them connect to their own self and others better.
5. Monitor the child: most children these days have easy access to adult and vulgar content via internet, media, OTT platforms. Do keep a check on the content the child is watching, watch the kind of language and behaviours exhibited by the child's friend circle. Peer pressure or trying to fit in can make the child use UnSmart Talk and Behaviour.
6. Watch your own words: we forget that children watch us closely and imitate our actions and words. Be a good role model and make an authentic practice to refrain using Unsmart Talk and Behaviour as adult, not just in front of children but whenever possible.
7. Talk to an expert: If the child continues using UnSmart Talk and Behaviour excessively, it is best to consult an expert for further intervention. A counselor, child psychologist, behaviour expert can be approached to understand and intervene with the concern.

In line with this, The Shri Ram Universal School, Hyderabad has been taking active steps to educate the students and encourage them to model Smart Talk and Behaviour, in school and outside as well. Sessions and workshops are conducted regularly to help student learn what are desirable and appropriate behaviours. Timely review of the discipline policies and ensuring their

proper execution is the prime focus of the school. We seek your co-operation in this sincere effort of ours.

More reading on...

- <https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/inappropriate-language-2013-when-children-use-201cbad-words201d>
- <https://www.theedadvocate.org/stop-kids-cursing-swearing/>
- https://www.educationworld.com/a_curr/shore/shore007.shtml

Student Wall

Spreading Wellness

Mahi Akula, 6-E

This 5th August 2022, the students of grade 6 had a flip through the protocols and for the wellbeing of the students, the wellness teachers- Ms. Sangita K and Ms. Samprikta D share their knowledge with us in the program 'Spreading Wellness'.

The session was on 'A Better Me!' and it taught us to be mindful of our words and actions and to follow discipline in school. We had some fun filled activities and we also got so much knowledge. In the end we had an interactive Q/A round which we enjoyed a lot, as it brought back memories before covid.

It was an enjoyable and knowledgeable session for the students. We hope to have many more such sessions in these coming months.

A Better Me

Saanchi Mehta, 6-F

Namaste!

Well "Why are you writing today?"

Many people may ask "It is neither a special day nor a function". Let me ask you a question before giving you a hint,

What Characteristics Do You Prefer in a FRIEND?

If you ask me "What are the things, I would like" It would be -

- One who doesn't hide who they are
- One who is friendly no matter what the situation is
- One who is kind/ caring no matter who it is.
- Who is thoroughly free from negative thoughts.
- Who is Polite to everyone?

So, I guess you all know my thoughts and "What kind of characteristics I want my Friend to possess. If you still don't understand what I am talking about let me present, what I was talking about with the help of a table.

Healthy Peer Relationships	Unhealthy Peer Relationships
<ul style="list-style-type: none"> ● <i>Mutual respect</i> - Respect means that each person values who the other is and understands the other person's boundaries. 	<ul style="list-style-type: none"> ● <i>Control</i>- makes all the decisions and tells the other what to do, what to wear, or who to spend time with.
<ul style="list-style-type: none"> ● <i>Trust</i> - One should place trust in each other and give each other the benefit of the doubt. 	<ul style="list-style-type: none"> ● <i>Hostility</i> - One picks a fight with or poisons the mind of the other. This may lead to one's change in behaviour to avoid upsetting the other.
<ul style="list-style-type: none"> ● <i>Honesty</i> - Honesty builds trust and strengthens the peer relationship. 	<ul style="list-style-type: none"> ● <i>Dishonesty</i> - One lies to or keeps information hidden from the other. One then partner steals from the other.
<ul style="list-style-type: none"> ● <i>Compromise</i> - In a relationship, each one does not always get his or her way. Each should acknowledge different points of view and be willing to give and take. 	<p><i>Disrespect</i> - In a relationship, when one makes fun of the opinions and interests of the other or destroys something that belongs to the other.</p>

Now, do you understand what I was talking about?

Yes, I was talking about "Healthy Peer Relationships and Unhealthy Peer Relationships".

Now for a small ACTIVITY if you understood the topic.

There are a few myths about Peer Relationships, so let's break them down.

- Friends should support you in everything.
- Peer Pressure is just an excuse for poor behaviour or bad decisions.
- One gender can't have friends from another.
- Peer Relationships don't affect learning.
- Peer Pressure is always negative.

Yay, we broke some MYTHS today hope you all had fun.

Let me ask you a question- Are Healthy Peer Relationships Important?

Yes, they are important because -

- Healthy Peer relationships help us with social-emotional skills.
- Sympathy
- Cooperation
- Problem-solving strategies.

Now tell me- Are Unhealthy Relationships Important?

No, they are not important because -

- Unhealthy Peer Relationships don't help with social-emotional skills.
- It worsens our Sympathy.
- It worsens our Cooperation with people.
- It worsens our Problem-solving strategies.

If few noticed that what things apply in Healthy Peer Relationships do not apply in Unhealthy Peer Relationships, but in some circumstances, it is opposing. Now Let's Move On.

Let me tell you a fact and a term I am going to use.

Fact - There are 4 types of Peer Relationships.

Last but, not least let me introduce you to the term *WEvolve*. Also simplified in three words- STOP, THINK, SPEAK.

- STOP - Wait, before you THINK.
- THINK - After Stopping, THINK before you react.
- SPEAK - After Stopping and Thinking you SPEAK. In simple words, you REACT.

So, this was a gist of the session we had today, hope we all adhere to these facts!

Special Thanks to Counsellors of Wellness Home - Sangita Ma'am and Samprikta ma'am.

Thank you!

School: A Safe Space

Ananya Kumar, 8-C

One of the many duties of a school is making it a safe environment. This is why our amazing teachers at TSUS did the presentation on Safe touches and not-safe touches.

As almost everyone reading this article would be aware, child predators are a big problem in today's world, they ruin a child's life and give them trauma and mental health issues that will persist for most of their life. So it's incredibly important to teach students how to keep themselves safe in this type of situation. As a student myself this was very helpful to me as well,

not only did it teach me a life lesson but now I can help spread awareness about child predators and how we can stop them.

Now I would like to go over the main points of the article:

1. A non-safe touch is a touch at a private part of the body, it can make you feel uncomfortable, weird, and unsafe.
2. If someone tries or does give you an unsafe touch immediately tell a trusted adult.
3. An unsafe touch can come from anyone a stranger, a family member, a person in authority, and even your own cousins, or siblings.
4. There are four types of space around you
 - Public space
 - Social space
 - Personal space
 - Private space
5. It is NEVER your fault if a child predator touches you, no matter what they tell you.
6. A child predator is a stranger, a friend, a person in authority, or a family member who does sexually explicate things to a child, they also may groom them or gaslight them.
7. Never be afraid to tell a trusted adult about someone who may have done this to you. **NO MATTER WHAT THEY TELL YOU**

These were all the main points told to us by the speakers at the announcement. This was extremely valuable and useful and it will help us all in understanding how to avoid these types of dangerous situations.

Consequences

What happens if we
break a rule?

1

Take a break

Find your self-control before it gets too bad.

2

You break it, you fix it

Do whatever you need to make the situation right again.

3

Logical Consequence

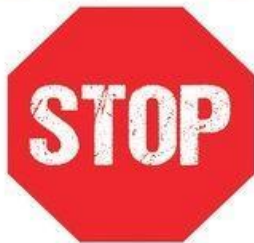
The punishment fits the crime.

4

Loss of a privilege

Try harder. You've taken it too far.

How to stop **CYBERBULLYING**



LOG OFF the site where the bullying is happening.

BLOCK

BLOCK EMAILS or messages. Don't respond to them.



SAVE THE MESSAGE or email and show an adult.

**TALK
IT OUT**

TELL SOMEONE you trust.

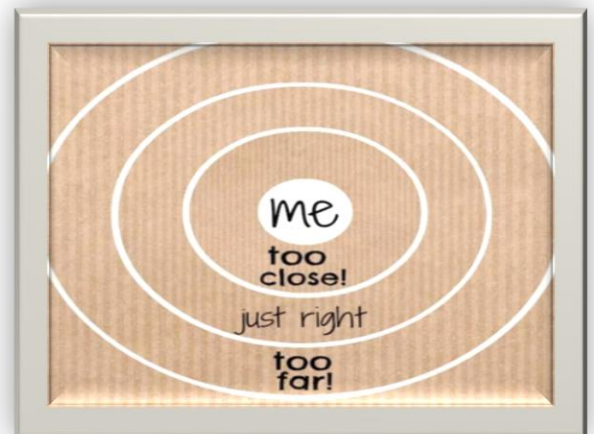
- **Session on “A Better Me!” for grade VI students**

A session conducted under the Spreading Wellness Series was focused on helping students use kind, encouraging and appropriate language and behaviour. Students were oriented about keeping a check on their words and actions and being a member of a community for development of all.



- **Session on “My body My Rules” for students of grades V to VIII**

It is important for children to know and respect their and others’ bodies. Creating awareness among young children makes them cautious and arms them with knowledge. Here are some glimpses from the session.



A Few Points to Ponder...

Older school age children are able to distinguish between acceptable and unacceptable speech. Knowing this may cause you to anger or become discouraged with your child. Resist the urge to over-react. Instead, look into the reason or reasons behind the use of offensive language.

- **Is she/ he frustrated?**
- **Is he succumbing to peer pressure?**
- **Is anger an emotion he or she has difficulty expressing?**

Knowing the reason behind the swearing will likely give you the right approach to the problem. Continue to make your boundaries clear while helping your child to problem-solve. If your child seems determined to retain certain words in his speech, you may want to compromise by limiting when and where he or she speaks the word.

Specify places and occasions where foul language is absolutely not acceptable, such as in school and other public places and around younger siblings. If they will accept an alternate phrase or word to express their feelings, so much the better. Meanwhile, try to effectively deal with the underlying problem if indeed there is one.

But for most children this age, your explanation that words have the power to hurt or heal, to lift up or tear down, and that foul language causes hurt and confusion will be enough. Telling them that a person is often judged by their manner of speech and the degree of respect it reflects or lacks may help them understand why this area of personal conduct is so important.

Controlling speech is an important form of self-control, and as with any area of personal growth and character development, it is a process, often involving trying out and modifying behavior. Your child will likely grow up to be reasonable in speech and manner if they have had your good example to model after and your guidance to lean on.

Main points to address:

- Older children continuing to swear may be a sign of troubled in some way.
- Specify places and situations where foul language is absolutely not to be used.
- Controlling speech is an important process of character development. Kids may try out swearing, later forsaking it.
- Your example remains the single most influential factor.

Every child is different. Every
child responds in a different way.

David Fincher

Tips for Parents

MANAGE YOUR CHILD'S SCREEN TIME



1. Agree on a clear set of rules in your home about the screen time. Follow the rules.



2. Be a role model. Do as you say! Know when to unplug & curb your own bad digital habits.



3. Phone-Free Zones. Restrict the use of mobile phones & computers in the bedroom & dining room.



4. Use an alarm clock in your child's bedroom & do not charge mobile phones in his/her room.



5. Unplug every weekend. Set few hours to unplug the Internet. Enjoy family games and activities.



6. Explore and discover the online world with your child. Have fun and learning experience together.
