



CARING KIDS CARING SCHOOLS

Services for Middle & High Schools PROJECT CORNERSTONE

Engaging Teachers & Staff as Asset Builders

Staff Development:

1. Introduction to Asset Building
2. Bridging Project Cornerstone to Middle School: Understanding the incoming 6th grader's ABC or Los Dichos toolkit
3. The Dot Activity: Staff & Student Relationships
4. Strategies for Reducing Bullying
5. Social Emotional Learning and Asset Building
6. Middle School Summit

Consultation:

1. Map Your Existing Programs to the Developmental Assets
2. Review Developmental Asset Survey Results
3. Purposefully Engaged Parents: Utilizing caring adults in to empower youth
4. School specific training designed with Principal

Engaging Parents as Asset Builders

Parent Education:

1. Introduction to Asset Building
2. Bullying Prevention
3. Assets 101, Bridge to Middle School, and the Marvelous Middle School Brain
4. Middle School Faire

Parent Workshops:

Project Cornerstone for Parents

The *Take It Personally* Parent Study Group meets for 6 weeks.

Schoolwide Volunteer Opportunities:

1. Expect Respect Support
2. Book Club Support
3. Noontime Club Support
4. Zen Lounge Support
5. Academic Mentor Support
6. Noontime "Parents on Campus"
7. Middle School Summit

Engaging Students as Asset Builders

Student Opportunities:

1. Expect Respect Workshop and Club: 3-hour workshop focused on school climate and peer abuse. Student-led action plan is developed with faculty advisor.
2. Club 41: Student club focusing on celebrating the differences, similarities, and diversity of students.
3. Middle School Book Club: Bi-monthly student club led by Cornerstone parents, focused on 7-8 asset-rich books.
4. School Specific Club: Start and sustain special interest clubs
5. Middle School Summit

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Project Cornerstone serves schools and communities from Redwood City to Gilroy. Our work is supported through individual gifts, foundation and corporate grants, and contracts with schools and organizations. Schools outside of our service area are welcome to contact us about costs of our services. For more information, contact Anne Ehresman at anne@projectcornerstone.org.

Engaging Teachers & Staff as Asset Builders

All school staff – teachers, administrators, and counselors, as well as yard supervisors, coaches, bus drivers, custodians, clerical support staff, librarians – have the power to build developmental assets in children and youth. Asset building is a natural fit for any adult in the field of education. Project Cornerstone’s training with all school staff focuses on specific ways in which they have the opportunity to build assets with their students every day.

- 1. Introduction to Asset Building** – This presentation introduces participants to Search Institute’s Developmental Asset Framework and their research. The power of assets to prevent children and youth from engaging in risky behavior, as well as the promotion of thriving behaviors, is detailed, in addition to showing the impact on academic achievement and social/emotional health. The presentation also shares how Project Cornerstone utilizes the developmental asset model to support school efforts to infuse asset-building into its culture.
- 2. The Dot Activity: Staff & Student Relationships** – This activity involves all school staff and focuses on the importance of caring relationships between teachers and other adults on campus with all students. Ideal time of year to do this activity is between mid-October and end of February. The focus of the activity is the positive relationship levels between staff and students.
- 3. Strategies for Reducing Bullying** – Wherever it happens, bullying behavior is hurtful and can have a dramatic negative impact on student success in school. Project Cornerstone has a staff development opportunity in this critical area for all credentialed and classified staff, as well as volunteers.
- 4. Social Emotional Learning (SEL) and Asset Building** – This presentation for teachers and other school staff explores the domains of Social Emotional Learning and how they relate to and support the “Social Competencies” category of the developmental assets. The Social Competencies assets consistently have the lowest scores of all asset categories, even though we know they are critical life skills. Included in this presentation will be some highlights from the latest in the field of adolescent brain research, and how it relates to both SEL and asset development.
- 5. Middle School Summit** – This event brings together school staff, volunteers, and students to share asset building ideas and successes with other middle schools.

To Learn more, contact [Ziem Nguyen Neubert](mailto:ziem@projectcornerstone.org) at ziem@projectcornerstone.org

Engaging Parents as Asset Builders

PARENT EDUCATION

All parents and school volunteers can benefit from the training programs Project Cornerstone offers to school partners. They can be presented for a general “parent education” program or for a specific group such as a PTA, ELAC, or a Principal Coffee.

Note: All parent trainings and workshops are available in Spanish and English.

- 1. Introduction to Asset Building** – This presentation introduces parents to Search Institute’s Developmental Asset Framework and their research. The power of assets to prevent children and youth from engaging in risky behavior, as well as the promotion of thriving behaviors, is detailed, in addition to showing the impact on academic achievement and social/emotional health. The presentation also shares how Project Cornerstone utilizes the developmental asset model to support the needs of parents and families in this all important work.
- 2. Bullying Prevention** – This presentation raises awareness of the problems of bullying and peer abuse in school settings, as well as the issue of Cyberbullying. Techniques and tools will be shared to help reduce bullying behaviors, as we work with our young people to create a “new normal” of acceptable behavior.

PARENT WORKSHOPS

Project Cornerstone for Parents – Take It Personally Parent Study Group – In this 6-session study group, parents learn about the eight categories of developmental assets, examine and reflect upon their opportunities to build assets with children and youth, as well as develop new skills to be more intentional asset builders with all children. By the end of the study group, participants will take their role as asset builders more personally as they begin to act on their new knowledge. There is a workbook fee per participant; this can be paid by the individual, the school, the PTA, or ELAC. **This is a six-week series and can be scheduled at school sites or central district office sites. Each weekly session is 1.5 hours.**

To learn more, contact [Ziem Nguyen Neubert](mailto:ziem@projectcornerstone.org) at ziem@projectcornerstone.org

SCHOOLWIDE PARENT VOLUNTEER OPPORTUNITIES

- 1. Expect Respect Club** – After the initial 3-hour workshop led by Project Cornerstone staff, parent volunteers are invited to assist school staff to facilitate on-going Expect Respect Club meetings to help students implement their action plan. Project Cornerstone offers training, lesson plans, and monthly support meetings to caring adult volunteers interested in meeting with youth on middle school campuses, typically at lunchtime. Volunteers build assets with youth by providing a safe, caring, and empowering place for youth to be and belong.
- 2. Middle School Book Club** – This club meets at lunchtime on middle school campuses and is facilitated by Project Cornerstone parent volunteers. Students have a total of 7-8 works of fiction and non-fiction to read and discuss. They will have the opportunity to engage with a caring adult in meaningful discussions, as well as develop positive peer relationships with fellow students who also enjoy literature.
- 3. School Specific Club** – Project Cornerstone offers ongoing support for parent volunteers interested in empowering youth to form a club of any kind that meets the needs of your school community. Club facilitators create a caring space that empowers youth to discover their strengths and get to know others. Examples include: Club 41; The Mystery Club; Respect 360; ARK (Acts of Random Kindness).
- 4. Middle School Summit** – This event brings together school staff, volunteers, and students to share asset building ideas and successes with other middle schools.

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STUDENT OPPORTUNITIES

1. Expect Respect Workshop and Club – To empower students to combat bullying and peer abuse, Project Cornerstone developed the Expect Respect workshop. Expect Respect helps students from different social groups – including bullies and victims, athletes and “mathletes,” tough kids and cheerleaders, class presidents and class clowns, and everyone in between – work together to find common ground and create a “new normal” for their school where all students are accepted and supported by their peers. This diverse team of students attends a half-day workshop where they learn about bullying’s serious consequences, how to identify bullying behavior, and how to effectively STAND UP to bullies. Then, the team identifies the kinds of bullying that take place at their school and creates an action plan to stop bullying and improve the overall school climate.

After the workshop, the students meet twice a month as the Expect Respect Club with the advisor who is a school staff member. Schools are encouraged to invite other students to join the club after the initial workshop. It should be open to all students and not seen as an exclusive group or club. Parents are also encouraged to help facilitate the club. The primary task of the Expect Respect Club is to implement the action plan they developed at the workshop and to provide school wide student leadership in the promotion of respectful treatment of peers and the reduction of bullying. Follow-up support is provided to the school team, if needed, to help ensure the success of their action plan. An Expect Respect Club Advisor Manual is available for all school staff working with the student club. It covers everything from managing lunchtime club meetings to directions for dozens of projects and activities used by Cornerstone clubs as part of their action plan. Also included are resources to local, state, and national initiatives to reduce peer abusive behavior on school campuses.

The Expect Respect workshop is aligned with the Olweus research model, with the recommendations of the American Academy of Pediatrics and the American Academy of Family Physicians for effective bullying prevention programs. Expect Respect is aligned with and reinforces the curriculum for the ABC program so that students learn and apply the same vocabulary and concepts. The ABC program isn’t a requirement to hold a successful Expect Respect workshop at your school.

2. Club 41 – This noontime club is focused on Asset 41 – “positive cultural identity.” This gives students the opportunity to feel proud of their cultural backgrounds, inclusive of ethnicity, race, gender, or sexual orientation. Students and the teachers who volunteer to be the advisors will lead school wide campaigns and activities focused on respect of diversity and inclusion.

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