



**Douglas County School District
Family Life Sex Education Committee**

**Minden Elementary School
1170 Baler Street
Minden, NV 89423**

**Wednesday, March 13, 2024
4:00 PM**

Agenda

1. Call to Order

Time: 3:30 PM

A. Welcome and Introductions

Committee members will introduce themselves and official role will be taken.

B. Adoption of Agenda (*For Possible Action*)

Committee members reserve the right to take items in a different order to accomplish business in the most efficient manner.

2. Public Comment #1

Public comment will be taken during this agenda item regarding any item appearing on the agenda. A sign-up sheet is provided and individuals may address the committee by indicating their desire to speak and the topic about which they will speak. The committee reserves the right to limit the amount of time that will be allowed for each individual to speak. (The time allotted is nontransferable for each speaker.) The committee is precluded from acting on items raised during Public Comment that are not already on the agenda. No action may be taken on a matter discussed under this item until the matter is included on an agenda as an item on which action may be taken. Public Comment #2 will provide an opportunity for public comment on any matter within the Committee's jurisdiction, control, or advisory authority.

3. Approval of Minutes of the January 31, 2024 Meeting (*For Possible Action*)

3

Attached are the minutes of the January 31, 2024 Family Life Sex Education (FLSE) Meeting for review and approval.

4. Work Session (Information, Discussion and for Possible Action)

5

The committee will review the curriculum from the Nevada Department of Education.

5. Public Comment #2

Public comment will be taken during this agenda item on any matter within the committee's jurisdiction, control, or advisory authority. No action may be taken on a matter discussed under this item until the matter is included on an agenda as an item on which action may be taken. A sign-up sheet is provided and individuals may address the committee by indicating their desire to speak and the topic about which they will speak. The committee reserves the right to limit the amount of time that will be allowed for each individual to speak. (The time allotted is nontransferable for each speaker.) The committee is precluded from acting on items raised during Public Comment that are not already on the agenda. No action may be taken on a matter discussed under this item until the matter is included on an agenda as an item on which action may be taken.

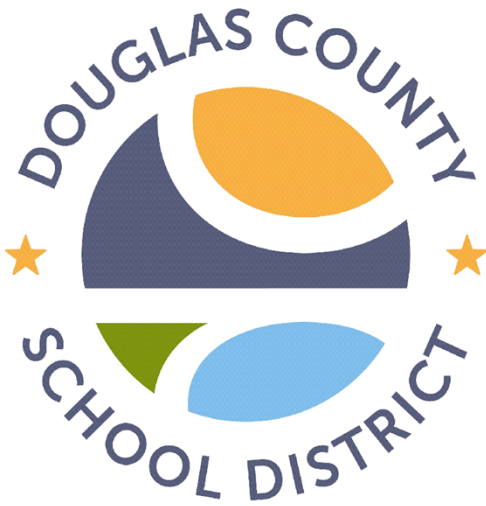
6. Adjournment

(*) Times are estimated. Items on the Agenda may be taken out of order. The Board of Trustees may combine two or more agenda items for consideration, and may remove an item from the agenda or delay discussion relating to an item on the agenda at any time. Generally speaking, the item will be heard no earlier than the time indicated.

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Douglas County School District, Minden, NV
District website: www.dcsd.k12.nv.us
State of Nevada website: <https://notice.nv.gov>



**Douglas County School District
Family Life Sex Education Committee**

**Draft
1/31/2024**

**Minden Elementary School
1170 Baler St
Minden, NV 89423**

**Wednesday January 31, 2024
4:00 PM**

Minutes

1. Call to Order

The meeting was called to order by Shannon Brown, Executive Director of Education Services, at 4:07 PM.

A. Pledge of Allegiance, Welcome and Introduction

The following Committee Members were present:

Shannon Brown, Executive Director, Education Services
Pam Gilmartin, Principal at Jacks Valley Elementary
Jason Carter, PDC
Michelle Brown, Parent
Rachel Hamer, Parent
Kristin Miller, Parent

B. Approval of a Flexible Agenda (*For Possible Action*)

Motion to adopt this agenda as stands was made by Michelle Brown.
Motion was seconded by Rachel Hamer.

2. Public Comment #1

There was no Public Comment on the Agenda.

3. Review and Approval of September 26, 2023 Meeting Minutes (*For Possible Action*)

The committee was asked to review and approve the meeting minutes from the September 26, 2023 meeting.
Michelle approved seconded by Jason Carter.

4. Work Session (Information, Discussion, and for Possible Action)

**A. Review update slide deck and proposed lessons around health and personal safety
(Discussion)**

Jason spoke about how school drug searches are scary for 6th graders. Maybe have SRO go into classrooms and introduce themselves to start on a positive note.

It was also suggested that a counselor or SRO explain SafeVoice with students to help them grasp it better. A presentation on what information is required when phoning Safe Voice, so that students provide adequate

information. Mr. Brown stated that, by law, the Safe Voice phone number must be on the back of all student IDs, although some students may be unaware of its presence.

After watching the video about posting online, the committee agreed that going as low as 5th grade would be appropriate.

Before you hit Send, 6th, 7th, and 8th grade were discussed, and some members felt that it was good; however, there was some concern that this would encourage students to look up inappropriate things on the web. Jason pointed out that the students won't have access to the website during this lesson.

Everyone agreed that "Stand up to Cyberbullying" would be good to show at the 5th grade level.

Dangers of e-cigarettes, Vaping and JUULs is good for 6th, 7th, and 8th grade, but it was discussed that the video "Simah's Fight for Her Life" is more appropriate for 7th and 8th grade.

The committee discussed "Know the Sings" and if it would be too much for 8th graders since it takes place at a college. After further discussion it was agreed that it would be good for students to be aware.

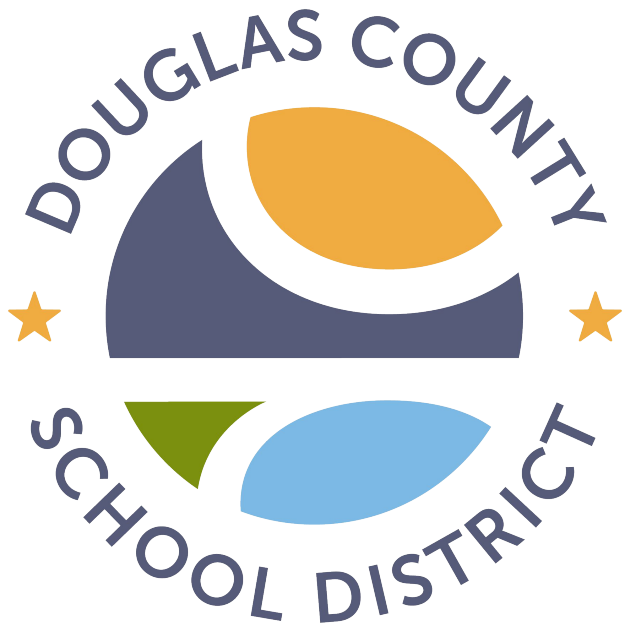
There was discussion about 6th grade being too young for "Brianna and Lacey's Story". Some committee members thought a permission form signed by a parent would be appropriate.

5. Public Comment #2

No public comment

6. Adjournment

Meeting adjourned at 5:13. Next meeting will be held March 13, 2024 at 4:00PM



Personal Safety for Students

Middle School

Personal Safety and School Resource Officers

The school resource officers that you see on campus help to promote a safe learning environment for you to feel secure and free to maximize your learning without threat or intimidation. They are an important part of the school staff, just like your teachers and other support personnel, that you should feel comfortable reporting to when you feel danger may be happening on or off campus to you or someone you know.

Personal Safety and Searches

Sometimes we hear concerns from students, parents, staff, and administrators that there are inappropriate, sometimes illegal, products that are brought onto campus. These can be any of the following:

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- **Drugs**
- **Alcohol**
- **Vaping devices**
- **CBD candies (gummies)**

When a search happens, you may see one of the canine officers go through your class.

Personal Safety and Your Responsibility

Responsible decision making is ultimately on you! When faced with a situation where peers are trying to influence you into doing something you're not comfortable with, it's up to you to surround yourself with people you know you can trust. People that can help you make good decisions. When someone brings or offers you something that you aren't sure of, even over the counter medicine, it's imperative that you are able to say "NO" and walk away!

8

Questions for discussion:

1. What measures should be taken by individuals to ensure their personal safety and the safety of others?

Personal Safety...When You're in Doubt

If you see something happening that might be hurtful or harmful to others, say something! Even if you aren't sure, let an adult know. Your school should always be a safe place for you to learn and enjoy with friends and staff alike. Let's do our part and help keep it that way!

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Questions for discussion:

1. How can students actively contribute to creating a safe and secure environment within the school premises?
2. In what ways can students promote a culture of respect and responsibility to enhance overall safety within the school community?

Personal Safety and Who to Contact

- **Trusted adults-** teachers, principal, vice-principal, librarian, custodian, teacher-aides, yard duties, lunchroom workers
- **SRO's-** School Resource Officers
- **SafeVoice-** number located on back of student ID card

Contacting SafeVoice

When you call, go online, or use the app to make a report, you will be asked a series of questions to gather more information about how to direct your concern.

- **Location**
- **Issue (bullying, school threat, weapons, etc.)**
- **Description of concern**
- **Additional information (what, where, who)**
- **Submit**

Questions for discussion:

1. When might be a good time to contact SafeVoice?
2. In what ways can bystanders play a crucial role in standing up to bullies, and what strategies can they employ to make a positive impact?

Posting Pictures Online



Think Before You Hit Send



Navigating Teen Life:
Social Media Safety
(6th/7th)



Teen Voices: Oversharing Your
Digital Footprint (6th/7th)



What's in Your
Digital Footprint
(6th/7th/8th)



Before You Hit
Send (7th/8th)



Dangers of Social
Media for Teens
(7th/8th)

Think Before You Hit Send Questions

1. Could the content of this text or social media post be misinterpreted, leading to confusion or conflict?
2. Am I using language that is respectful and considerate, avoiding offensive or inflammatory words?
3. Have I considered the broader audience who may see this post, and is it appropriate for a public platform?
4. Have I given myself enough time to cool off if I am feeling upset or emotional before posting?
5. Is this the right platform for the content I am sharing, or would it be more suitable for a private conversation?

Standing Up to Bullying



How to Stop a Bully
(thoughts?)



Bullying: Be an
Upstander not a
Bystander

Questions for discussion:

1. In what ways can bystanders play a crucial role in standing up to bullies, and what strategies can they employ to make a positive impact?
2. How can a person effectively use verbal communication to address and confront a bully without escalating the situation?

Standing Up to Cyberbullying

- Kevin and Jose (goes with upstanders lesson)
- Upstanders and Allies Lesson Slides



What's
Cyberbullying (6th)



Dealing with
Digital Drama
(6th/7th/8th)



What's in Your
Digital Footprint
(6th/7th/8th)



Stand Up to
Cyberbullying
(7th/8th)



Presenting Yourself
Online (7th/8th)

Standing Up to Cyberbullying Questions

1. Do you know how to recognize signs of cyberbullying, and are you aware of the different forms it can take online?
2. Have you ever witnessed or experienced cyberbullying, and if so, what actions did you take or would you consider taking in response?
3. How can you support a friend who is experiencing cyberbullying, and what resources or strategies would you recommend?
4. Have you ever reconsidered sending or sharing something online because you thought it might be harmful or offensive? If so, what made you reconsider?
5. Do you think bystanders have a responsibility to intervene when they witness cyberbullying, and if so, what actions can they take?

Dangers of E-cigarettes and Vaping



Vaping: Responding to Peer Pressure



What Vaping Does to the Body (8th)

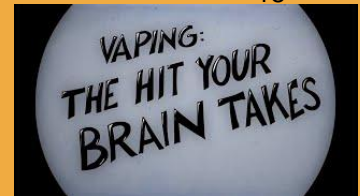


Dangers of e-cigarettes, vaping and JUULS



Simah's fight for her life

18



Vaping: the Hit Your Brain Takes

Questions for discussion:

1. What are some of the potential health risks associated with e-cigarettes and vaping?
2. How do the chemicals in e-cigarette vapor differ from those in traditional cigarettes and what impact can they have on the respiratory system?
3. Have you ever witnessed or experienced cyberbullying, and if so, what actions did you take or would you consider taking in response?

Are You in a Healthy Relationship?

- **Healthy Relationship Quiz**

Questions for discussion:

1. What are some key elements that contribute to a healthy and thriving relationship?
2. How important is effective communication in maintaining a strong and healthy relationship?
3. What are some red flags or warning signs that may indicate the presence of an abusive relationship?

Ten Signs of Relationship Abuse

- **Signs of relationship abuse**

Questions for discussion:

20

1. What are some red flags or warning signs that may indicate the presence of an abusive relationship?
2. How can friends and family members recognize signs of abuse in a relationship and offer support?
3. Are there specific signs that indicate a risk of escalation from emotional or verbal abuse to physical violence in a relationship?

Can you identify the signs of abuse?



21

Know the Signs 8th grade

Questions for discussion:

1. Are there specific signs that indicate a risk of escalation from emotional or verbal abuse to physical violence in a relationship?
2. What are some warning signs that might indicate a relationship is becoming emotionally abusive?

Human smuggling vs Human trafficking

- **Blue Campaign**

Questions for discussion:

22

1. What are the key distinctions between human smuggling and human trafficking, and why is it important to understand these differences?
2. How do the methods of recruitment and transportation differ between cases of human smuggling and sex trafficking?

Ways to get help with human trafficking

- **Brianna and Lacey's Story**

Questions for discussion:

23

1. What are the key distinctions between human smuggling and sex trafficking when considering the nature of the activities and the individuals involved?
2. How do the recruitment tactics and deceptive practices used by traffickers differ from those used by human smugglers?