

Caesar Rodney School District

in collaboration with



Caesar Rodney School District is partnering with Nathan Maynard, co-author of the *Washington Post* bestseller [Hacking School Discipline](#) to bring a Facebook Live series about building social-emotional competencies through restorative practices to families in our community! As a district, we have partnered with the Restorative Group to define, create, and refine a restorative and equitable community that focuses on building relationships and prioritizing the social-emotional well-being of all members of our school community.

Session 1: Behavior as a Form of Communication (August 2nd)

Have you struggled to understand why someone in your family is doing what they are doing? Restorative conversations give us the structure to seek to understand what the behavior is trying to communicate. We will go over how to facilitate these conversations by paying attention to our non-verbals, keeping the process 'safe' for everyone, and using restorative skills to dive deeper than superficial answers.

Session 2: Consequences with Conscience (August 16th)

Negative behaviors need consistent consequences but case studies show punishment doesn't lead to long-lasting success. This session will go over how to use discipline as a teaching tool. We will introduce natural, logical, and restorative consequences in this session.

Session 3: Managing Stress and Anxiety at Home (August 23rd)

Our children face challenges that can cause stress and anxiety, which can affect their success at school and at home. This session will dive into effective strategies to manage stress, anxiety, and foster co-regulation strategies. We will introduce proven techniques, including research from Yale's Center of Social Emotional Learning.

Session 4: Mindfulness (August 30th)

Parents face multiple stressors and anxiety. This session will introduce ways to manage the stress of parenting by using simple techniques that will help us "live in the moment" without judgment.

Session 5: Managing Social Media and Cyberbullying (September 6th)

The rise in social media usage has caused issues with behaviors, depression, anxiety, and beyond that impact students at school and at home. This session will focus on strategies for how to address cyberbullying, children's social media footprint, and other important factors to help navigate social media.

*Facebook Lives can be accessed @ 6 PM via the code on the flyer or through the Caesar Rodney Facebook Page!

