



Frances
McClelland Institute
Children, Youth, and Families

from laboratory to life

Family Link

WINTER 2013

<http://McClellandInstitute.arizona.edu>

Kind Kids and Kind Campuses: Partnering with the Ben's Bells Project to Measure Kindness in Schools

by Deanna Kaplan



On August 15th 2012, 98 teachers, school administrators, and school staff gathered at McClelland Park to discuss how to promote a culture of kindness in Tucson's schools.

This meeting was the first annual Kindness Coordinators Conference, co-sponsored by the Frances McClelland Institute

and the Ben's Bells Project. The Ben's Bells Project offers a free school outreach program called Kind Kids/Kind Campus, which is designed to inspire students of all ages to recognize the importance of kindness, and to empower them to create a culture of kindness in their school and beyond. Conference attendees were representatives from 80 of the 107 schools currently participating in the program. Over the course of the day, these Kindness Coordinators had the opportunity to share strategies for facilitating the program, and to learn about the science of kindness from Norton School experts such as Charles Raison, M.D., who was the keynote speaker for this event. Recent research demonstrating the importance of a positive school climate to academic and social success provides insight into why this program may have gained popularity so rapidly.

The Kindness Coordinators Conference was a milestone of the ongoing partnership between the Norton School and the Ben's Bells Project. A Norton School team led by Michele Walsh, Ph.D., aims to document how the program is being implemented and what impact it is having in participating schools. Dr. Walsh introduced her evaluation team to the Kindness Coordinators, and described the importance of evaluation to the program's development and sustainability.



The evaluation team distributed short surveys to conference participants to collect preliminary data about how the program is being used in schools. Next steps in evaluating the program include securing funding for a large-scale evaluation, which will ascertain what impact the programs are having on the students and schools involved.

"Our long-range goal is to develop an ongoing partnership that supports the innovative Kind Kids/Kind Campus program in becoming an empirically-based, nationally-recognized intervention program, while providing opportunities for students and faculty to do meaningful translational research."

— Dr. Michele Walsh



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OF ARIZONA.

From the Director

Homecoming 2012 was an extra special event because our faculty, research scientists, and graduate students had the opportunity to showcase the Institute to our donors, campus community, local community, alumni, and friends. At the event, attendees got to learn about some of the crucial projects and important initiatives generated through the Institute by participating in a tour of the Institute that included the Lang Child and Family Observation Laboratory with research demonstrations on inflammation and stress, couples and obesity, and cognitive focus in early childhood. In addition, our guests were able to learn about the Rwanda Primate Studies Field School, the Kids' Court School, and the Kind Kids programs. Our attendees left with a greater appreciation of the work we do and an understanding of how we can improve the lives of families through important research and outreach. The takeaways from the event include:

- Using eye tracking technology to understand how young children with autism and other neurodevelopmental disorders learn to use gaze and gaze shifts to improve social communication and interaction with others.
- Using physiological measures of heart rate to understand the influence of emotions in couples and how this relates to physical health.



- Using paradigms of stress to understand how this impacts the immune systems of individuals and how that stress impacts daily interactions.

Following the Institute event, our own Dr. Charles Raison was the featured speaker at the Back-to-School Homecoming lecture where he presented on the "Compassion Training as a Pathway to Lifelong Health and Well-Being." A video of this presentation is available on our website.

Earlier in the fall the Institute hosted a reception at the National Council on Family Relations (NCFR) annual conference, which was held in Phoenix. NCFR is the leading association for family science and practice, and Institute faculty presented at the conference along with UA President Emeritus Peter Likins, who gave a presentation about his book: *A New American Family: A Love Story*. Following the presentations we hosted a reception sponsored by Shamrock Foods with the Norton and McClelland families – long-time supporters of the School and Institute. It was a great event to honor friends and supporters of the university, the Institute, and families.

We are looking forward to an exciting spring semester with new and continuing grant projects. Watch for updates soon. Thank you for your continued support.

Stephen T. Russell

Stephen T. Russell, Ph.D., Director
Distinguished Professor, Fitch Nesbitt Endowed Chair

Frances McClelland Institute Open House

Faculty members and graduate students of the Frances McClelland Institute presenting their research at the Open House on Friday, November 9, 2012.



Evelyn Carswell-Bing Receives the 2012 Frances McClelland Vision Award

Evelyn Carswell-Bing received her Ed.D., from the University of Arizona in 1967. She is former principal at Harelson Elementary and at Walker Elementary, and former professor in the College of Education at the University of Arizona. She was co-founder of the Tucson Children's museum and served on the YWCA Board. She also worked for the National Education Association, the Navajo Nation, and with the Girl Scouts.

This award is given to honor a community leader who has made significant contribution to the well-being of children, youth, and families. The award was established to recognize Frances McClelland's lifetime commitment to improve the lives of people in Southern Arizona and the world.

Evelyn's incredible work on behalf of the children, youth, and families in our Arizona communities make her an ideal recipient for the 2012 Frances McClelland Vision Award.



Bullying in Tucson Public Schools: Rates, Reasons, Prevention Programs, and Recommendations

 by Ryan Watson

Youth who are bullied are up to nine times more likely to die by suicide compared to youth who aren't bullied. 160,000 students don't even go to school every day because they are afraid of attack or intimidation. These statistics demand action. A recent inquiry into Tucson schools confirmed that bullying is not only pervasive, but that youth are being targeted because of who they are and how they look – characteristics oftentimes out of their control. Another revelation is that many youth report not knowing what behaviors actually constitute bullying.

The Crossroads Collaborative at the University of Arizona brings stories and numbers together through action-oriented research with youth serving organizations and youth from the community to amplify youth voice and share what we learn with the broader community. In collaboration with Tucson youth and the YWCA Nuestra Voz social justice program, our team joined together in an effort to better understand, and to help stop bullying in Tucson schools.

Over 400 middle and high school students in Tucson told us about their experiences with bullying. Here's some of what we learned:

- Youth are most often bullied because of their sexual orientation and their weight

- Youth who reported being bullied were more likely to bully others
- 1 in 5 youth witnessed bullying every day in their school
- While half of the youth said they did not bully others, almost 70% of youth witnessed bullying
- 20% of youth do not know what constitutes cyberbullying and 10% don't know if they are bullying others

These results are concerning, but there are effective ways to reduce and prevent bullying. After youth in Tucson participated in the "Let's Get Real" anti-bullying program offered by the YWCA, youth reported being inspired to stop bullying. One young woman reported that she now had "a fire in her and the power to stop bullying." Anti-bullying programs are clearly effective, but more can be done. Aside from programs that educate youth about the words and actions that constitute bullying, we need youth, teachers, and administrators to intervene when bullying happens. Community members can also advocate for anti-bullying policies and prevention programs in our schools.

Read the full story on the Arizona Daily Star at: <http://alturl.com/ft5bs>

Read more about this research in the Crossroads Connection Research Brief at: <http://mcclellandinstitute.arizona.edu/crossroads/researchconnections>

2012-2013 Pamela J. Turbeville Speaker Series

John Schulenberg, Ph.D.,
University of Michigan

“Conceptual and Empirical Issues in the Study of Substance Use Across the Transition from Adolescence to Adulthood: Continuity, Turning Points, and Developmental Disturbances”

Friday, February 8, 2013

Hobart ‘Bo’ Cleveland, Ph.D.,
Penn State University

“Combining Intervention and Candidate Gene Research to Investigate Gene-Environment Transactions Affecting Adolescent Substance Use”

Friday, February 22, 2013

Laura Scaramella, Ph.D.,
New Orleans University

“What Matters More, What Parents Do or When They Do It? Clarifying the Mechanics of Parenting Toddlers”

Friday, March 29, 2013

FSHD Graduate Student Poster

Session:

Previewing SRCD

Friday, April 12, 2013

Rick Gibbons, Ph.D.,
University of Connecticut

“Racial Discrimination and Health Behavior: Risks, Buffers, and Genetic Modification”

Friday, April 26, 2013

For more information, please visit our website, McClellandInstitute.arizona.edu.

Join Us In Congratulating...

- Rebecca Reed on receiving the College of Agriculture & Life Sciences' Ph.D. Level Meritorious Graduate Teaching Award.
- Stephen Russell and Adela Licona on receiving additional funding for the Crossroads Collaborative for two more years.
- Emily Butler, on her new grant from the American Cancer Society (ACS) to research the dynamics of inflammation, emotion, and family.
- Andrea Romero and colleagues on launching a new American Psychological Association (APA) Journal: The Journal of Latino/a Psychology.

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The Frances McClelland Institute for Children, Youth, and Families is housed in The John and Doris Norton School of Family and Consumer Sciences, College of Agriculture and Life Sciences at the University of Arizona. The Institute serves as a catalyst for cross-disciplinary research dealing with children, youth, and families.



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