



STAHRS

STudent Athletes for Healthy RelationshipS

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October 2019

Dear Educators,

We are all concerned about the safety of our children and our schools. Many helpful measures identified during the School Safety Committee hearings will help protect them from active shooters. However, they will miss the root cause of the problem we are facing with school shootings.

Unfortunately, we know that domestic violence and traumatic childhood experiences have been the significant risk factors in a third of the school shooters in the past 16 years according to Dr. Peter Langman (www.schoolshooters.info). He found that just over 50% of the school shooters reported being bullied yet they did not target the bullies. Ironically, they targeted the general population, which suggests they were lashing out at their peers for feeling rejected and excluded. These are common themes in my professional counseling with court-ordered domestic violence cases.

October is Domestic Violence Awareness month and STudent Athletes for Healthy RelationshipS was designed to address issues of teen relationship violence, sexual assaults, bullying, and substance abuse in our schools. I had no idea the extent to which my work would be connected to a valuable solution in the near term and long term. I've developed our Anti-Bullying curriculum and Relationships 101 to teach our children about healthy relationship dynamics. Based on 30 years of mental health counseling with the past 16 years focused on family violence issues, our materials will also allow them to assess the programming they've already witnessed consciously navigate their futures.

These materials resonate with the teenaged clients throughout my entire career, especially when relationship violence has been involved. Not only are teen relationship violence statistics mirroring the statistics for adult domestic violence, most clients (roughly 95%) of men and women "swore to themselves" that they wouldn't repeat the patterns and behaviors emulated by their adult role models. Our curricula give your students an opportunity to develop new perspectives, consciousness and tools to navigate their lives in a healthier manner.

As a young man at Mountain Vista High School stated this past April, "We've seen and heard of these issues before. Now that I've heard this information, I cannot ignore it any longer." I was particularly pleased to hear students report a 'trickle-up' effect as several confided that they "really liked" the materials and "will use them to talk to my parents about..." The reasons differed, of course, for the three students reporting this to me.

STAHRS STudent Athletes for Healthy RelationshipS is a Colorado non-profit & Federally Exempt 501(c)(3) organization, Tax ID 82-4518470. Our mission is to lower the trajectory of violence in our schools, our families, and communities. Be a STAHR against violence. STAHRS participants will be the pebbles in the pond...



"The unexamined life is not worth living." Socrates

And I am excited to be presenting these materials to a psychology class at Parker Lutheran High School for several weeks at Parker Lutheran High School.

I believe that we can have an immediate impact on bullying by educating the student body and allow those who bully to reconsider the patterns they're following and why. And in their futures? We can lower the levels of family violence – and all of the associated negative effects of witnessing domestic violence – by educating YOUR STUDENTS. Please consider the positive and cumulative gains that a program could provide.

I would love to help your school and discuss how we can implement a short program school-wide using the Anti-Bullying materials or a semester long class using Relationships 101. Our materials can help reduce the anxiety of students by empowering them to address the issues creating their fear.

Please let me help make a difference through my experience, my client's lives, and through the materials that gave them the insight and direction they needed to break the cycle of violence in their families. We can make your school safer for your students and faculty.

Besides the fact that I am an expert in human psychology and extreme behaviors, this issue is more personal. I am a Columbine High School graduate, class of '83 and remember Dave Sanders as a coach and teacher. I met so many fellow Rebels during my graduate studies ('01-'03). It was moving to help them as best as I could. My neighbors' son faced the Sandy Hook shooter and thank God the gun jammed.

I do not believe that I have all the answers or the only solution. But I believe that we can make a difference in your students' futures and make their today a lot safer. As Dr. Langman responded in our recent correspondence, "It could certainly help...Every positive step may help to save lives."

I look forward to working together to lower the trajectory of violence in our schools, our families, and our communities.

Sincerely,

Duane F Barone

Duane F. Barone, MA
Founder & Executive Director

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