2018-19 Welcome Back RBSMS School Counseling!

Meet Your Counselors, Confidentiality, What is Bullying, How to Be An Upstander, Conflict Resolution, Coping Skills

RBSMS Counseling Department 2018-2019



Mrs. Pinsky 6th Grade Counselor "B" lunch



Mrs. Banks 7th Grade Counselor "C" lunch



Mrs. Lessem 8th Grade Counselor "A" lunch

WHY SEE YOUR COUNSELOR

HOW TO SEE YOUR COUNSELOR

- Coping with Upset feelings
- Behavior support
 - Anger

- Sad
- Hurt
- Worried
- Academics
 - Organization
 - Study skills
 - Grades
 - Schedule issues

- Grief & loss
- Anxiety/worry
- Conflicts
- Personal counseling
 - Home concerns
 - □ Friend/Peer issues
 - School / bus
 - Other issues

O Self-referral

- O Cafeteria daily
- O School website
- Ask teacher to contact counselor
- O Email counselor
- Peer referral
- O Teacher/admin referral
- O Parent referral
- O Data (grades, behavior)

Confidentiality

Confidentiality means that what you SAY to a counselor STAYS with just the counselor.

BUT, there ARE important <u>exceptions</u>:

Getting Hurt Intent to Hurt Someone Else Intent to Hurt Yourself

It's important to tell so that the hurting STOPS.

USE YOUR WORDS WISELY Bullying, Conflict, and Coping

When people think about YOU, how do you want to be thought of? What do you want people to say about you?

As a person who: o makes others miserable? o makes a classmate stay home from school because they are unwanted? makes a friend feel invisible and small? o tells someone that their life isn't worth living?

No one wants to be remembered as a <u>BULLY</u> <u>Respect yourself and others</u>

Calling someone "fat" doesn't make you any skinnier. Calling someone "stupid" doesn't make you any smarter.

Calling names doesn't, in fact, reflect on the person at all... only on the person doing the name-calling.

What is bullying?

OImbalance of power (students wanting a fight is not "bullying")

OIntentional (done on purpose).

OHappening more than once.

Types of Bullying

>Physical ("hands-on") >Verbal (words) Social (exclusion) ≻Cyber (online)





STUDENT BULLYING

STATES WITHOUT BULLYING LAWS

280,000 STUDENTS ARE PHYSICALLY ATTACKED IN SECONDARY SCHOOL SUMONTH

STUDENTS MISS SCHOOL EACH DAY FOR FEAR OF BEING BULLIED

7779 OF STUDENTS ARE BULLIED MENTALLY, VERBALLY, & PHYSICALLY, CYBER BULLYING STATISTICS ARE RAPIDLY APPROACHING SIMILAR NUMBERS

43%

FFECTS OF Ullying

Bullying can have a significant impact on both child and teenage students. Students who are bullied often suffer from anxiety. fear, withdrawal, low self-esteem, and poor concentration. A bullied student will often avoid school. have lower grades, and become socially isolated. There have been numerous reports of suicide due to bullying.

MOST COMMON TYPES OF BULLYING:



bul•lyi•ng

Physical, verbal, or psychological attacks or intimidation against a person who cannot properly defend himself or herself. It includes two key components: 1. Repeated harmful acts 2. Imbalance of power



HITTING, THREATENING, INTIMIDATING, MALICIOUSLY TEASING AND TAUNTING, NAME-CALLING, MAKING SEXUAL REMARKS, AND STEALING OR DAMAGING BELONGINGS OR MORE SUBTLE, INDIRECT ATTACKS (SUCH AS SPREADING RUMORS OR ENCOURAGING OTHERS TO REJECT OR EXCLUDE SOMEONE).

MORE YOUTH VIOLENCE OCCURS ON SCHOOL GROUNDS AS OPPOSED TO ON THE WAY TO SCHOOL



ADULT INTERVENTION: 11% PEER INTERVENTION: 4% NO INVERVENTION: 85%

WORST STATES TO LIVE IN FOR BUILVING K-12

Bullying is often a warning sign that children and teens are heading for trouble and are at risk for serious violence. Teens (particularly boys) who bully are more likely to engage in other antisocial/delinguent behavior (wandalism, oplifting, truancy, nd drug use) into adulthoou They are four times more likely than nonbullies to be convicted of crimes by age 24, with 60 percent of bullies having at least one criminal conviction



ADMIT TO BEING A BULLY, OR DOING SOME "BULLYING"

STUDENTS WILL

BE ABUSED BY

ANOTHER YOUT

SUURCES:

HTTP://WWW.COPS.USDOJ.GOV WWW.KEEPSCHOOLSSAFE.ORG WWW.BULLYPOLICE.ORG

PRODUCED BY: BUCKFIRE & BUCKFIRE PC WWW.BUCKFIRELAW.COM

http://bit.ly/studentbullyingfacts @

Not all <u>unkind</u> words or actions are <u>bullying</u>:

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous: unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior, the bully does not



1. Identify the problem

2. Focus on SOLVING the problem

3. Attack the PROBLEM, not the PERSON.

4. Listen with an open mind, without argument.

5. Treat the person's feelings with respect and care.

6. Take responsibility for your words and your actions.

Legalities of Bullying

Florida Law: Jeffrey Johnston Stand Up For All Students Act prohibits bullying and harassment of any student or school employee and requires explicit consequences.

June 2017 ruling: <u>http://tinyurl.com/ybetlttq (2m)</u> a landmark case ruled that a teen who cyberbullied a peer was guilty of **involuntary manslaughter**, with up to 20 years in prison. It sets LEGAL precedent.

YOUR WORDS MATTER.

STOP Bullying! When upset with someone:
DON'T gossip, spread rumors, or name-call.

 Use <u>COPING STRATEGIES</u> to manage your feelings (anger, hurt, jealousy, etc.
 When calm, see if the person is ready to talk (just because you are doesn't mean they are)
 Use conflict resolution strategies

How to STOP the Bullying

When you <u>see</u> bullying, be an <u>UPSTANDER</u>:
 DIRECT person to STOP

- DISTRACT person ask questions, talk about something else
- DELEGATE tell someone who can intervene (an adult)
- DELAY check on target of bullying "hey, are you okay? Can I do anything?"



Take the Pledge (30s)

TAKE-AWAYS:

- 1. All feelings are fine no wrong feelings, but because we ENJOY some more than others, some people try to ignore or shutdown feelings... so then those upset feelings get bottled up and explode out: in the worst ways, at the wrong people, or at the worst times (grief, anger, sadness, etc) 2. Everyone has feelings of jealousy or insecurity, and cope well. Others don't cope with those feelings, but instead lash out to hurt others -- "hurt people hurt people". See Counselor 3. Some people don't have enough skills to cope. Some resort to
 - hurting themselves instead. This is <u>not</u> healthy. See Counselor

COPING SKILLS

There are <u>MANY</u> ways to cope with feelings when you're upset, without taking those feelings out on yourself or on others:

<u>Physical</u>

<u>Sensory</u>

ExercisePunch a pillowTalk to someoneSelf-care (shower, etc)Hug a pet or stuffed animalVisit a friendSleepTear paper

<u>Distract</u>

Watch a show Clean something

Problem-solve

Journal Brainstorm solutions

<u>Spiritual</u>

Social

Meditate/Pray Volunteer

3 ways to sign up now for Remind!!!

1) Smartphone web browser

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/rbsms2018

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



2) Send Text

B If you don't have a smartphone, get text notifications.

Text the message @rbsms2018 to the number 81010.

If you're having trouble with 81010, try texting @rbsms2018 to (352) 729-3278.

Standard text message rates apply.

3) Desktop computer

To 81010 Message @rbsms2018

Don't have a mobile phone? Go to <u>rmd.at/rbsms2018</u> on a desktop computer to sign up for email notifications.