

Counselor's Monthly News letter

CHEW AND CHAT

Feeling puzzled? (stressed, family, friends, college, school, anger, goal setting) let's put the pieces together. Come have lunch and let's talk about all the things that are important to you.

Putting a voice to your thoughts helps you let go of negative energy.



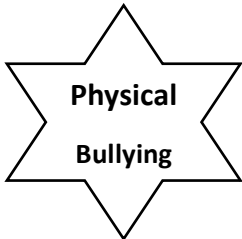
Counselor's Corner

Bullying

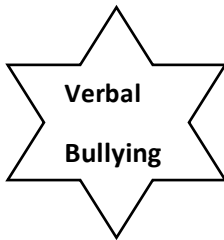
Bullying is unwanted, aggressive behavior that involves a real or perceived threat. The behavior is repeated, or has the potential to be repeated, over time.

Types of bullying

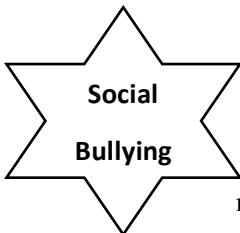
There are many different types of bullying, some are obvious to spot while others can be more subtle.



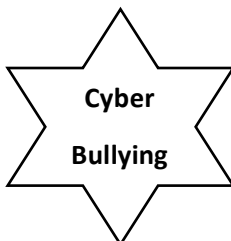
Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.



Verbal bullying includes name calling, insults, teasing, and intimidation. Verbal bullying can start off harmless, it can escalate quickly.



Social bullying can be carried out behind a person's back. It is designed to harm someone's reputation and/or cause humiliation. Social bullying includes lying, spreading rumors, playing embarrassing jokes to humiliate, encouraging others to exclude someone, and damaging someone's reputation.



Cyber bullying can be carried out using digital technologies, including computers, Smartphones, social media (facebook, kicks, Instagram, etc) instant messaging, texts, websites, and other online platforms. Cyber bullying includes hurtful texts, images, gossip or rumors, and imitating others online.

REMEMBER Bullying is characterized by 4 indicators; (1.) Repeating event (2.) Intent to harm (3.) There must be a power imbalance (4.) There must be an impact on the victim

How to deal with bullies

If you think you are being bullied, here are some ideas that may help you stop it.

- Tell someone, even if you don't think it will help. Just talking about a situation can help put it in perspective. You could talk to a friend; a parent; or a trusted teacher who you know will take what you're saying seriously.
- Keep a record of incidents.

Bullies win when you're upset, so here are some things you can practice:

- Act unimpressed: pretend not to notice if you're excluded or if the bullying is verbal, say something like, 'yeah, whatever' or 'Oh, OK'.
- Walk away.
- Pretend to agree 'yep, that's what I'm like alright' 'Yeah, I've got red hair. Tried dyeing it but decided it was better red than green'...
- Look around for other friendship groups in or out of school.
- Get involved in clubs or activities at school where you'll be safe.

If you are being cyberbullied, you can:

- Block senders.
- Keep messages by sending them to someone else. Don't look at them yourself.
- Change passwords.
- Don't retaliate.
- Talk to a friend, parent or teacher about how to deal with the bullies.
- If there are threats or calls to harm yourself, report abuse to the police.

How to stop bullying

See it, Report it, Stop it

- Report bullying to a teacher, school counselor, or parent.
- Report bullying anonymously, by filling out a form and placing it in the mailbox outside the middle school office.
- Don't be a By-Standard, watching without reporting.
- Don't be a Follower by joining in and giving power to the bully by laughing.
- **BE A DEFENDER:** Stand up for the victim by seeing it, reporting it, and stopping it.

