

2018-19 WELCOME BACK RBSMS SCHOOL COUNSELING!

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

**Lesson adapted from Carol Miller*

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

- ❑ **Coping with Upset feelings**
 - ❑ Sad
 - ❑ Hurt
 - ❑ Worried
- ❑ **Academics**
 - ❑ Organization
 - ❑ Study skills
 - ❑ Grades
 - ❑ Schedule issues
- ❑ **Behavior support**
 - ❑ Anger
 - ❑ Grief & loss
 - ❑ Anxiety/worry
 - ❑ Conflicts
- ❑ **Personal counseling**
 - ❑ Home concerns
 - ❑ Friend/Peer issues
 - ❑ School / bus
 - ❑ Other issues

HOW TO SEE YOUR COUNSELOR

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

Confidentiality

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

BUT, there ARE important exceptions:

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:

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

NO ONE WANTS TO BE REMEMBERED AS A BULLY

RESPECT YOURSELF AND OTHERS

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...

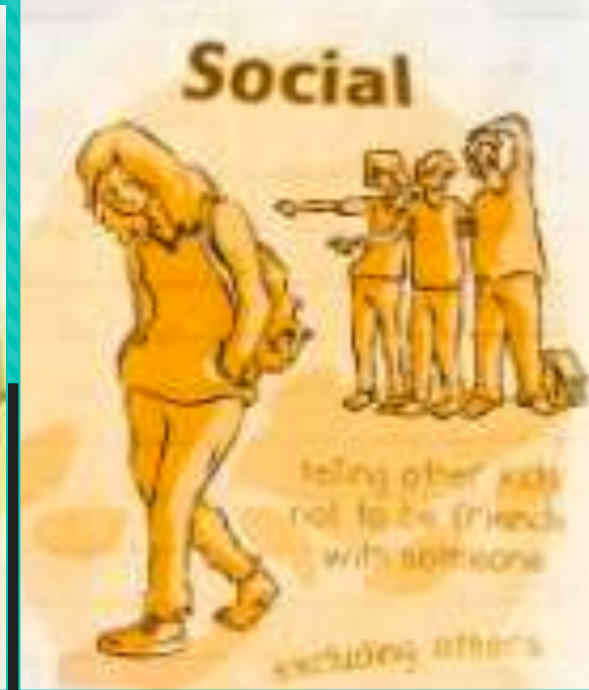
only on the person doing the name-calling.

What is bullying?

- Imbalance of power (students wanting a fight is not “bullying”)
- Intentional (done on purpose).
- Happening more than once.

Types of Bullying

- Physical (“hands-on”)
- Verbal (words)
- Social (exclusion)
- Cyber (online)





■ STATES WITHOUT BULLYING LAWS
■ FIRST STATE WITH BULLYING LAW

280,000

STUDENTS ARE PHYSICALLY
ATTACKED IN SECONDARY
SCHOOLS EACH MONTH

160,000

STUDENTS MISS SCHOOL
EACH DAY FOR FEAR OF
BEING BULLIED

77%

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

43%

FEAR HARASSMENT IN THE
BATHROOM AT SCHOOL

STUDENT BULLYING

bul·ly·ing

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



EFFECTS OF BULLYING

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.

EFFECTS ON BULLIES

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/delinquent behavior (e.g., vandalism, shoplifting, truancy, and drug use) into adulthood. 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.

MOST COMMON TYPES OF BULLYING:

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).

PLAYGROUND SCHOOL BULLYING STATISTICS

EVERY 7 MINUTES
A CHILD IS BULLIED

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



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



■ WORST STATES TO LIVE
IN FOR BULLYING K-12

1 OUT OF 4

STUDENTS WILL
BE ABUSED BY
ANOTHER YOUTH



1 OUT OF 5

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



SOURCES:

[HTTP://WWW.COPS.USDOJ.GOV](http://www.cops.usdoj.gov)
[WWW.KEEPSCHOOLSSAFE.ORG](http://www.keepschoolssafe.org)
[WWW.BULLYPOLICE.ORG](http://www.bullypolice.org)

PRODUCED BY:
BUCKFIRE & BUCKFIRE PC
[WWW.BUCKFIRELAW.COM](http://www.buckfirelaw.com)

<http://bit.ly/studentbullyingfacts> ©

Not all unkind words or actions are bullying:

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

Steps to Solve Conflict

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: <http://tinyurl.com/ybetl1ttq> (2m) 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.

- **DO—**

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

How to STOP the Bullying

- ❖ When you see bullying, be an UPSTANDER :
 - ❖ 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 not healthy. **See Counselor**

COPING SKILLS

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

Physical

Exercise

Self-care (shower, etc)

Sleep

Sensory

Punch a pillow

Hug a pet or stuffed animal

Tear paper

Social

Talk to someone

Visit a friend

Distract

Watch a show

Clean something

Problem-solve

Journal

Brainstorm solutions

Spiritual

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.

A smartphone screen displaying the Remind sign-up page. The address bar shows 'rmd.at/rbsms2018'. The page title is 'Join RBSMS Counselors'. There are two input fields: 'Full Name' with a sub-label 'First and Last Name', and 'Phone Number or Email Address' with the placeholder '(555) 555-5555'.

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.

A smartphone screen showing a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@rbsms2018'. The entire screen is circled in red.

3) Desktop computer

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