

School Counselor Newsletter

PARENT
EDITION

Counselor Classroom Activities for October

What Is Bullying?

Not every mean thing that happens to us is bullying. We are working to change our vocabulary at Stonegate to really explain what is happening.

Bullying is very specific and must meet 4 criteria:

1. **Unequal balance of power** - The target feels as though they cannot stop it and needs help
2. **Physical, Emotional, Social or Cyber hurting** - It can be one of these hurtful behaviors over and over or a mix of several of them
3. **Repeatedly hurtful** - When someone is bullying they are hurtful over and over
4. **Intentional**



Conscious Discipline Skill of the Month:

TIP OF THE MONTH:

Click the link below:

[*How to Respond and to Help Your Child Respond When Another Child is Being Mean to Them*](#)

Composure

No one can make you angry
without your permission.



Power of Perception

Be a S.T.A.R.! Smile, Take a
deep breath And Relax.

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COMMUNITY RESOURCE OF THE MONTH



Ray-Pec Cares strives to provide a cohesive system of care for the children and youth of the Raymore-Peculiar School District. It is an extension of the Raymore- Peculiar Public Education Foundation.

Find out more here:

<https://www.raypec.k12.mo.us/1097/Ray-Pec-Cares>

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IN THE
SPOTLIGHT

Counselor Classroom Activities continued...

What Can I Do??

In counseling lessons we are talking about what to do if we see bullying, or just someone having a mean moment. We learn to be an UPSTANDER instead of just being a bystander.

UPSTANDERS have some choices when it comes to stopping bullying. THEY CAN:

1. **Report** - Get an adult and ask for help
2. **Support** - We can take the target away from the bullying or ask them what you can do to help. Even doing something as small as standing with the target can make the unkind person think twice before being hurtful.
3. **Stand Up** - The final choice is to stand up to the unkind person by telling them that it is not ok to treat people that way.

*****If it's not bullying, then what is it? Continue to the next page to learn more!**

SCHOOL COUNSELOR CONTACT INFORMATION

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IF IT'S NOT BULLYING, THEN IT MAY BE....



Conflict	Mean Moment	Joking
<ol style="list-style-type: none"> 1. No one is having fun 2. There is a possible solution 3. Equal balance of power - both people or groups are arguing back and forth <p>Usually friends have conflicts, it can happen over and over, but they are able to problem solve.</p>	<ol style="list-style-type: none"> 1. Someone is physical, emotional, or socially hurt on purpose 2. Usually a reaction to a strong feeling 3. Isolated (one time) event <p>Mean moments are not ok and usually need adult problem solving but it usually only happens once.</p>	<ol style="list-style-type: none"> 1. Everyone is having fun 2. No one is getting hurt 3. Everyone is participating equally <p>As long as everyone is present and participating and having fun, it's just joking around!</p>

This short video explains our choices and is a good video to watch with the kids to help them to visualize the choices of being an UPSTANDER!

[Be An Upstander!](#)