

# School Counseling News

Provided by SDW licensed Elementary Counselors:

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School Counselors deliver classroom lessons using Wisconsin School Counseling and DPI standards. These supplement classroom efforts of PBIS/ Second Step Curriculum. Feel free to contact your child's counselor with any questions- Heidi Edwards , Ashley Doolittle , Leslie Abruzzo , and Morgan DiCosola .

## Lesson Focus: Bully Prevention & Empathy 4th-5th

- The School Counselor explored the *ACT Now Bully Prevention Curriculum* from the Children's Hospital of Wisconsin. Curriculum teaches:
  - A- Act: Ways to speak up for yourself & others (Upstander)
  - C- Care: Show care and concern for the victim (Are you ok?)
  - T- Tell: talk to a trusted adult if you feel unsafe & it continues. Students list both people at home and at school they can go to.
- The Power of an Upstander: often it takes just one person to speak up for the victim for the bullying to stop. Ways to stand up can be a comeback (assertive, no reaction, & agreement ), talk it out , walk-away or get a trusted adult. If you ever feel unsafe, remember to go straight to an adult.
- 5th Graders worked with the counselor through the Second Step Bully Prevention Unit discussing ways to stop bullying; Recognize, Report and Refuse. Bullying is different from conflict in that bullying involves an imbalance of power and hurtful, repeated behavior. Students found ways to respond to bullying through ACT Now Comebacks (No reaction, Agreement, or Strong Assertive), the power of the bystander, and ways to report bullying to trusted adults. The class discussed when teasing, joking around can cross the line to bullying behavior. See parent resource section below for more resources from these curricula.



## Support at Home

### What can you do at home?

- Encourage students to find solutions for 'kid size' problems. Some solutions for kid sized conflicts are: walk away, take turns, ignore it, compromise, rock paper scissors, take a break or talk it out using *I feel* statements.
- Remind students of strategies to try if someone is bothering/hurting them include: assertive voice and ask to "Please Stop.", don't give them the reaction they seek, ignore if possible, and ask an adult for help if these strategies aren't working.
- Encourage students to be an **Upstander** instead of a Bystander. It is all of our responsibility to stand up if we see someone being treated unkindly.

### Helpful Parent Resources:

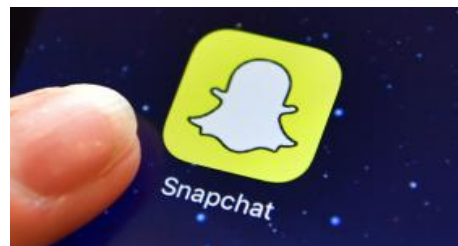
- Check out ACT Now's Parent Page for more information! (ACT Now is a program used throughout the school to teach Bully Prevention.)  
[www.healthykidslearnmore.com/parentsactnow/index.asp](http://www.healthykidslearnmore.com/parentsactnow/index.asp)
- [Video](#) "What do I do if my child bullies others." or [Video](#) "If my child is bullied".  
Visit [Committee for Children](#) program **Captain Compassion** for more information.

🌟💫 Cyberbullying can affect our kids' mental health and happiness. Let's empower them with the tools to handle it!

🛡️ Talk to them about online kindness and how to report bullying. Together, we can create a safer digital world! 💖

#CyberSafety #StopBullying #KidsOnline

#KindnessMatters ([Safeguarding Kids Online](#) article)



### Article—[Monitoring your Child's Media Usage](#)

\*tips and tools for parents to keep kids safe in the media.

It's ok to ***take a break from social media or messaging apps*** when needed. Pay attention to how you feel when using these apps or devices. If you're noticing it's impacting how you feel about yourself or your mental health, remember you can walk away and take a break from these apps. Instead surround yourself with people that love and care about you and can build you up. Use coping strategies to help you feel better.



### [From Common Sense Media: Parent's Ultimate Guide to snapchat](#) (free trial or paid accounts)

How do I monitor Snapchat and use the settings? (Common Sense Media recommends this app for kids 16 years and older)

The biggest challenge for parents is that there's no way to see your kid's activity in the app in the same way as on other social media platforms. Since there's no feed to scroll, there's not much to monitor. Instead, focus on the privacy settings. If you decide to say yes to Snapchat, sit down with your kid and together go into the app's settings (the little gear icon next to your profile image). Scroll down to "Who Can..." This is where you can control important safety features such as who can see your location and who can view your story. This is a perfect time to talk to your kid about using their Snapchat account safely and responsibly. Discuss when and how often you'll check in on how they're using it and how they're feeling about it. Explain that you understand that social media is important to them, and, at the same time, your role is to protect them. Don't forget to ask your teen to show you some of their snaps and some of the cool features they like in the app. That'll make it a little less scary for you -- and send the message that you're on the same team.

### Additional Mental Health Resources for students/parents:

#### **Mental Health Resources:**

##### [CareSolace](#)

The School District Of Waukesha partnered with Care Solace to support the well-being of students, staff, and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs, regardless of circumstance. If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language
- Visit [www.caresolace.com/sdw](http://www.caresolace.com/sdw) and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.