THE COUNSELING CONNECTION

MRS. BALDONADO
EBALDONADO@HARVESTOUTREACHVA.ORG

Looking back on September

For our monthly lessons, we read the book A Flicker of Hope and learned how to give hope to ourselves and others. We discussed ways to be a "hope-giver" by offering kindness, encouragement, and a listening ear. We also learned the important lesson that sometimes our inner light of hope might be dim. In those moments, the bravest thing we can do is reach out to a trusted adult for support.

IMPORTANT EVENTS

- **Bullying Prevention Month**
  A nationwide campaign aimed at raising awareness about the serious issue of bullying.
- **Unity Day** Oct 22
  Wear orange to unite for kindness, acceptance, and inclusion in awareness of Bullying Prevention Month.
- **End of Quarter 1** Oct 15
- **Fall Break** Oct 16-17
  No School
- **Red Ribbon Week** Oct 23-31
  A national campaign dedicated to keep students drug-free and to make positive life choices.

Bullying Prevention Month

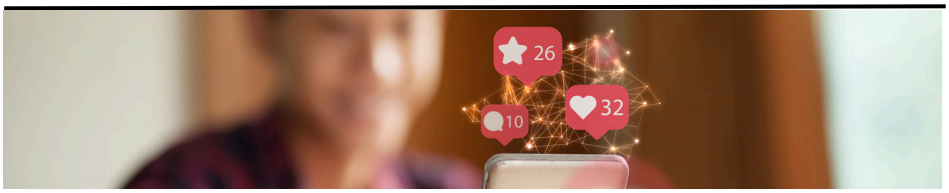
October is Bullying Prevention Month! Bullying is defined as "persistent threatening and aggressive physical behavior or verbal abuse directed toward other people" (APA).

Some methods of bullying include: verbal, physical, and social (Source).

Some warning signs that your child may be a victim of bullying include

- changes in behavior
- problems eating or sleeping
- avoiding friends, school, or social media
- avoiding conversations about peers

If you are concerned that your child is a victim of bullying, check in with your child then reach out to the school on how we can support. For more information on bullying, please check out these two articles here and here.



Digital Citizenship & Cyber Bullying

This month, our high schoolers learned about digital citizenship and the warnings of cyber bullying. Cyber bullying is defined as "bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted" (Source).

Some preventative measures you can take for your child is to monitor online use, set clear rules, know their online friends, and to have frequent conversations about their usage online (Source).

For more information about Cyber Bullying, please check out these two articles from UNICEF here and here.