October

Counseling Newsletter

For the month of October, our goal is **bullying prevention** and **pledging to be drug and alcohol free.** National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. Bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for those involved. This initiative has helped shift thinking away from bullying as "rite of passage" and toward the knowledge that bullying can be prevented and stopped through education and awareness.

From a young age, it is important to educate students on the dangers of drugs and alcohol. On television and social media, we often see images of drugs and alcohol being glamorized. It is necessary to educate our students on the real dangers of drug use and how they have long term effects on both our physical and mental health.

Students are our future and the true agents of change. Providing them with a toolkit from a young age for tackling topics of bullying, alcohol and drugs will give them the confidence to say no to bad decisions as they get older.

Activity of the Month

Bullying Prevention & Red Ribbon Week

Elementary grades PreK3-Grade 5: We will be reading two stories to address bullying that takes place in school settings. *My Secret Bully* and *Just Kidding* focus on an elementary girl and boy that experience bullying from people they believed to be their friends. We see how these children encounter bullying, ask for help, and ultimately confront their bullies in a positive way. We will reflect after the story about what bullying looks like, how to make it stop, and what it means to be a true friend.

Middle School: October 23rd- 31st is national Red Ribbon Week. This initiative works to promote both awareness and advocacy about living a healthy lifestyle, drug free. During lunch periods, we will have students sign the pledge about living drug free, they will be given red ribbons that they can wear on their uniform for the week. We will also play an interactive computer game that will test students' knowledge on the dangers of drug use.

What can be done at home?

Difficult topics don't always have to equal difficult conversations. There are various techniques to utilize when teaching about bullying and drug prevention.

- Books that center on good friendship and anti-bullying
- Spending time at night discussing your student's day and their interactions with peers
- Monitor TV, social media, and music that promote drugs, alcohol, and have profane language

Contact Me!

I will be available for parent meetings on conference day, October 22nd. If you are interested in making an appointment, please email dabrosca@seseton.org or call 239-455-2262 x.323