



# November Counselor Newsletter

Building upon October's bullying prevention work, the theme for November is **friendship**. We target a student's socialization skills from a young age. Their ability to work and have positive interactions with others is a valuable tool they will need in life. We are taught in the Bible "we are all made in the image and likeness of God". No two individuals are the same and we all have our own unique purposes. It is important that we educate our students on both accepting and embracing these differences. A true friend is someone who likes you just the way you are and doesn't try to change you.

A large way of how we communicate with others is done digitally today. We can now connect with our friends instantaneously, from anywhere in the world. While the internet has helped our world evolve, it can also present dangers, especially if we are not operating it properly. As we begin introducing technology into our student's daily life it is important to teach them how to use it responsibly. Learning how to operate technology properly and safely protects our information and contributes to healthy relationships. Students can be agents of change in targeting cyberbullying if they know how to engage in positive online behavior.

"A sweet friendship refreshes the soul" Proverbs 27:9

## Activity of the Month

### *Embracing Diversity and Cybersecurity*

**Elementary Grades PreK3- Grade 5:** We will be incorporating the Thanksgiving holiday and the story of the Pilgrims and Native Americans to teach students about diversity. Just as the Pilgrims learned how to farm, take care of the land, hunt, and cook from the Native Americans; we can learn from our classmates. Students will be paired up in groups and asked to share stories about their family traditions. We will evaluate the similarities and differences in how we celebrate and come together in our homes. Through these discussions students will make the connection that it is our difference that make us unique. We all have something to bring to the table!

**Middle School:** As students get older, friendships and conversations evolve on a digital platform. *Instagram, Tik Tok*, group chats, and gaming platforms are a large part of student's socialization. While it is unavoidable that students will engage on these platforms, it is pivotal that we educate them on operating responsibly and safely. We will go over topics such as privacy settings, creating a safe password, age restrictions, and knowing who you are talking to. It is easy to assume online that everyone is your "friend". Students will learn how to decipher who they are talking to and how to report unwanted content.



## What can be done at home?

In order to have friends we need to be a friend! Work with your students about what it means to be a true friend to someone

- ☀ Role play scenarios when your student shares a conflict they are having
- ☀ Monitor text and group chats to make sure students are engaging in positive conversations
- ☀ Check age settings, privacy, and safety features on social media platforms

## Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seton.org](mailto:dabrosca@seton.org) or call 239-455-2262