

Happy Fall Everyone!!

There are lots of EXCITING things going on in SCHOOL COUNSELING this month! October is National Bullying Prevention Month. We would like to encourage parents and students to engage in discussions and conversations about the harmful effects of bullying. We challenge our FABULOUS HORNETS at Hapeville Charter Middle School to TAKE A STAND against bullying! This month we will be presenting bullying prevention/ awareness classroom lessons in each 6th-8th grade classrooms.

How to Handle Cyber Bullying

Online bullying is a frequent student concern in middle school. Rumors may be spread through text messages, email, or social networking sites. If your child is the victim of cyber bullying outside of school: Keep Records. Save the message of concern. If possible, print out all communications received from the bully and include the date and time. Contact the Police if threats are made and show them any copies of communications. If bullying is occurring at school, please encourage your child to report it to a staff member immediately.

Bullying: Helpful Hints

Bullying is a hard topic to discuss with your student. Here are some helpful tips that might help you discuss bullying with your son or daughter.

1. Use TV shows or other media outlets as an example to start the conversation. Helpful questions can include “what did you think of that?” or “what could that person have done?” These questions can be a segway into ones such as “Have you ever seen something like this at school? Have you ever experienced this?”
2. Always focus on offering comfort and support for your student if they are being bullied, no matter how angry you are. Your child might feel as if they have disappointed you, so stay understanding.
3. Try not to question your student if they come to you and say they are being bullied. If you turn your child away once, they might not come back for help again.
4. Remind your son or daughter they are not alone.
5. Ask your student about the good and bad parts of their day. Any bit of information could lead to a conversation about bullying.
6. Talk about classes and school newsletters at home. If your student doesn't want to attend an event, try to get to the bottom of why they are hesitant.
7. Ask your child what they believe you can do to help stop bullying. If they have a suggestion, follow through.

8. Ask your student what they have done if they have ever witnessed someone being bullied and how it made them feel.
9. Always encourage your child to be honest with you about what happens at school.
10. Have your son or daughter describe what bullying means to them and what someone who bullies acts or looks like.

IMPORTANT DATE

October 19, 2017

Say Boo to Bullying! Wear Orange to celebrate Unity Day

Bullying Resources/ Websites

(This month's focus)

<http://www.stopbullying.gov/>

<http://www.pacerkidsagainstbullying.org/>