

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

WEBINAR Bullying Basics, Battles and Building Bridges

October 13, 2021 @ 5:30 p.m.
Join School Counseling Coordinator,
Erika Sickles, LMHC to learn about
types of bullying, about those who
bully or are bullied, how to handle it,
and ways to build resilience & respect.
[Register here](#) to attend live or
receive a link to the recording after
the webinar.

Car Conversations



*In the car, classroom or dinner
table, try some of these ideas to
build respect in yourself, your
family or your class.*

- ◆ Play a game (video, sport, boardgames) as a family or class and discuss how to show respect through competition. Note that showing respect to others does not diminish your respect for yourself or your own team.



Respect

October is National Bullying Prevention Month! This year we focus on Respect. According to the [National School Climate Center](#), a positive school climate helps reduce bullying, and increase academic achievement. A main factor of the positive climate is for school members to feel engaged and respected.

How do we define respect? For younger children we can say "Everyone counts, everyone has value & everyone matters". For older students we can define respect as "holding in esteem or honor or treating others with dignity and honor". Essentially, this is the Golden Rule, of treating others as we would like to be treated. Seeing value in others and in yourself. Recognizing that respecting others does not decrease respect of yourself.

Spend time this month looking for what your children, students and you respect or value in others. Talk about how to show esteem or honor to others at various age levels, including in adulthood. Talk about what does **not** show honor to others. Make it a challenge to find as many things as possible to value about other people in your school or community, especially across differences. Note that respecting someone else and holding them in esteem or honor does not necessarily mean we agree with them. Look for areas where that may be more difficult and see if you can find ways to show respect in those areas.

Talk about what you each value or respect in yourselves as well. How do we show self-respect in our words, actions and choices? How does our self-respect help us to respect others? Spend the month focusing on how to accept, value and honor others around you and notice how you feel after doing so.



◆ Talk with your children or students about differences and what it means to show respect to those whose ideas, dress, practices, and ways of living may be different. Talk about how to show respect even if you think, dress, or live differently from someone.

◆ Parents (or teachers) who wonder how to encourage their children or students to be more respectful may find [this article](#) helpful. Which of these 5 tips could you put into place this month?

◆ Consider Matthew 7:12 ESV *Whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.*

Talk about how this verse relates to respect. Does this mean respect is earned or given freely to others? Discuss your thoughts and opinions about this, and remember to show respect during the conversation.

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Helping children deal with a bully

When kids bully or are bullied, several things are happening beyond rudeness or meanness. Bullying involves an imbalance of power, harmful actions or words meant to upset another, and it is repeated (or a single instance of extreme aggression). When bullying is occurring, the following steps can help address it:

- Teach children how to problem solve; brainstorm solutions, think through consequences for each option, make a plan and try it. (Children are less likely to try an idea if the solution was given by an adult and more likely to try if they had an active role in finding the solution.)
- Encourage children to nurture at least one close friendship.
- Encourage social activities to help in building self confidence in groups, improving social skills, and building friendships.
- Watch interactions with friends to make sure no one is being bossy or intimidating.
- Build self-confidence in kids - acknowledge areas of strength.
- Teach children how to be assertive - plan what to say to a bully, role play responses, and identify good times to address the bully
- Encourage kids to stay away from the bully. Tell the child it's OK to walk away or run from a bully - It doesn't make them weak.
- Encourage kids to go to an adult for help.
- If problems continue, plan a meeting with teachers and parents to get together. Because many children do not tell others about bullies, not all parties may be aware of a problem.
- Seek additional support from a school counselor if the child's emotional well-being continues to decline, school performance declines, or bullying continues to happen.

Join the [Webinar Bullying Basics, Battles and Building Bridges](#) for more tips.

Students, parents or school staff
can sign up for counseling online.

[Sign Up!](#)

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