

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Resilience Building

For the 2020-2021 school year, Counseling Corner will focus on **RESILIENCE!**



Bullying Basics, Battles and Building Bridges:

- Types of bullying
- Bullying & being bullied
- Building resilience
- What to do next

October 20, 2020 @ 12 noon

[Join here](#) to attend live or receive the recording.

Car Conversations

In the car, classroom or dinner table, try some of these ideas to promote resilience in yourself,



your family or your class.

- ◆ Throughout the month, school counselors will help students focus on how to promote kindness. At home or in the classroom, create a challenge to fill a container with items (pennies, candy, cotton balls, etc.) by placing one item in the container for

Special Edition: Anti-Bullying

October is National Bullying Prevention month throughout America. At Lutheran Counseling Services, we are joining with schools, parents, and kids to bring awareness to this issue, and to take steps to stop and prevent it. In line with the yearlong focus on resilience, we know that building this trait can decrease instances of bullying and can help victims to bounce back from it.

When talking about bullying, it's important to define this term, as this word gets used more often than it applies and can be confused with rude or mean behavior. The American School Counseling Association defines these terms as follows:

RUDE: Inadvertently saying or doing something that hurts someone else

MEAN: Purposefully saying or doing something to hurt someone once, usually based on angry feelings

BULLYING: Intentionally aggressive behavior, repeated over time, that involves an imbalance of power

Talking with your children or students about these differences is an important step in seeking help and building resilience. Rude or mean behavior can often be handled by the child with minimum support from parents, teachers, or other adults. Bullying may be addressed with trusted adults such as teachers, parents, and counselors. Helping children to understand which category a behavior fits in is the first step to addressing it. And it is important to address behavior that is done to us and to be honest about our own behavior as well.

Children who are resilient are more able to bounce back from any negative experience in their lives including rude, mean, or bullying behavior they experience. To promote this quality during the month, encourage kindness in any age appropriate way. Encourage kids to think about others and find a way to make a difference by showing their care in a kind act, word, or gesture.

each kind thing someone did for someone else. At the end of the month, discuss each person's favorite kindness act of the month. Talk about how the focus on kindness made the giver and the receiver feel.

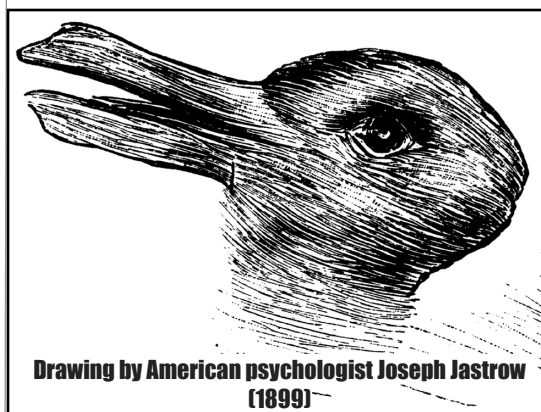
◆ Foster a sense of acceptance of different perspectives in your home or classroom. Use the drawing to the right and other similar images to discuss what each family member or classmates sees. Notice that there are at least 2 ways to see this drawing. Note that each are correct at the same time, yet different. Consider displaying this type of image in your home or classroom to continue to foster varying opinions and ways of seeing things.

◆ Monitor kids' use of social media or the internet, sitting and discussing examples of actions that are kind, mean, rude, or bullying in online settings. Monitor your children's comments, as well as received comments. Foster an open dialogue about various types of comments and what the outcome may be for each.

Want to join the LCS Virtual 5K, 10/25 -11/1, to support our Older Adult ministries? Sign up [here](#).



Understanding the differences in each term can help kids understand their own behavior as well as behavior towards others. Wonder if your kid is being bullied? Have them fill out [this checklist](#). Use this as a starting point to talk about what is going on and make a plan to address it. At home or in the classroom, keep [these 13 strategies](#) in mind to build resilience and help the child come through this experience more resilient. Also find your



school counselor to set up additional support services for your child or as support for parents and teachers to best address these situations at home and in the classroom.

Wonder if your kid is bullying others? Have them fill out [this checklist](#). The results

can be an important starting place to address behavior. Often, kids who bully are struggling themselves with their own challenges, past events, difficulty regulating emotions or modeling behavior they have seen/experienced. Your school counselor can also support skill building here, such as emotional regulation, coping skills, self-esteem building, or other needed skills. And parent/teacher support is also available to help these kids be their best at home and school.

[Continue this conversation through the online seminar Bullying Basics, Battles and Building Bridges](#) on October 20 @ 12 noon. This seminar is for parents, teachers, and other supportive adults to find ways to recognize, prevent, and help kids bounce back from bullying behavior, their own or others'. Sign up to attend live or to receive the recording afterward. Learn how to be part of making a positive change!

Lutheran Counseling Services, Inc.,
a nonprofit organization, has a
mental health crisis fund.
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