

# COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

## Car Conversations

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



- Help kids develop responsibility by learning who is impacted by their choices. Help them learn "What's at Stake" and who the stakeholders are for their choices, or who will be impacted and who will care. Discuss different situations and who will be impacted by their choices/words/effort/ etc. For example: Not doing a chore, Walking the dog, Littering, Doing someone else's group work, Giving a compliment, Skipping sports practice, Helping a peer, etc. Discuss ways they can be in charge of things they are responsible for in their lives.



## Responsibility

Dictionary.com defines responsibility as

***the state or fact of being responsible, answerable or accountable for something within one's power, control or management.***

Young kids can think of this trait as

***being in charge of something.***

When we think about building this trait in children or teenagers we can begin to help hone in on what is in their power, control or management. Keeping developmental phases in mind, even young children can begin to see what they have control over, sometimes with help. Helping children and teenagers (or even ourselves as adults) to recognize what is in our responsibility is the first step.

- o Others' words
  - o Other's behaviors
  - o Others' efforts
  - o Others' mistakes
- My words
  - My behaviors
  - My efforts
  - My mistakes
  - Consequences + or - from my actions
- o Others' opinions
  - o Consequences of others' actions
  - o Others' ideas

We also need to recognize what is outside of our responsibility or control. Shifting focus to what is in our control or what we are in charge of allows us to mobilize our energy to where it can make a difference and to take pride in the outcome. Consider the words of Spider-Man:

***With great power comes great responsibility.***

As teachers and parents, our roles give us great power to influence the kids in our lives, which is an important

- Give kids a chance to be “the boss of” something. Parents/teachers give details on the main outcome sought and the kids decide how to achieve that outcome. Older kids can be given additional resources, such as money, an adult’s time or physical materials needed, to direct their use. Discuss how it feels to have responsibility over something.
- For those with too many areas of responsibility, write them out on a paper plate. Similar to the stakeholders above, discuss the impacts of each area on others and self (physically, emotionally, spiritually). Discuss if some areas of responsibility need to be shifted to keep a balanced plate.
- Consider Romans 12:18: ***If it is possible, as far as it depends on you, live at peace with everyone.*** Discuss how this applies to responsibility & bullying. What is in each person’s control to support positive school/home environments? With older kids, discuss how much responsibility they have over their own peace. Others’? The worlds’?

responsibility. Build this trait in your classrooms and families with the activities highlighted in this newsletter.

In America, October is National Bullying Prevention Month. We know that we can all take responsibility for our actions, behaviors, and words, and that doing so can make a big difference in our communities. This can take the form of working with our students and children in helping deal with a bully, or dealing with your child being a bully. The impact of being bullied (increased anxiety, fear, poor concentration, social isolation, etc), or bullying others (increased aggression, criminal activity, depression, etc.) is long lasting and highly damaging. Safe Adults taking the responsibility to intervene is often the most powerful intervention to prevent or stop bullying.

**References:**

Gruener, B. (2016) Teaching Kids the Importance of Responsibility. Free Spirit Publishing, [accessible here](#).  
 Monique Burr Foundation for Children Prevention Education Programs.  
 Images courtesy of [Pexels](#).



**Get more info or sign up to participate here:**

<https://runsignup.com/Race/FL/Longwood/LCSWeCare5k>

LCS presents the 3rd annual 5K fundraising event:

**5 K Run & Walk**

**Saturday, October 22, 2022**

Checkin @ 8:00 a.m.

Race starts @ 8:30 a.m.

**St. Stephens Lutheran Church in Longwood, FL**

Virtual option available!

**Proceeds benefit our Older Adult programs**



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

**Sign Up!**

MISS A MONTH? Find previous [newsletters here](#).

**Support our program! How to Help**



(407) 644-4692 ext.104    [www.lcsfl.com](http://www.lcsfl.com)    [schools@lcsfl.com](mailto:schools@lcsfl.com)