

YOU have the power to keep our school safe!!!

Counselors help you make better choices to keep everyone healthy and safe.

YOU CONTROL what **YOU SAY** and how **YOU TREAT** others. **YOU CAN CHOOSE** to use **HELPFUL WORDS** instead of harmful.



Being safe at school looks like:

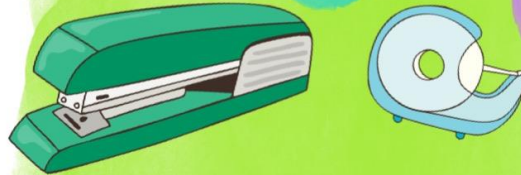
- following rules
- using kind words
- telling adults when you need help
- using calming tools if you feel upset



How do I see my counselor?



- Ask a teacher, adult, or parent.
- Fill out a request.



Counselors give you the tools to SUCCEED



School Counseling

Elementary school counselors are professionally trained and are liaisons that identify students needs, to ensure academic, personal, social and emotional success.

Students and parents should feel free to talk with the counselor to seek help or obtain information.

Counselors create early awareness, knowledge and skills that lay the foundation for the academic rigor and social development necessary for academic planning and goal setting

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Social Emotional Support

- Classroom Presentations
- During small groups & lunch bunch
- In individual sessions by appointment
- Parent Consultations
- Brief Solution-Focused Counseling

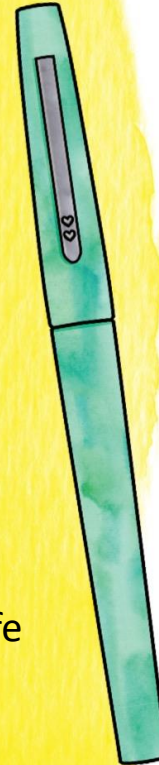
"Life is 10%
what happens
to you and
90% how you
react to it."

~Charles R. Swindoll



Reasons to see the counselor

- worried about something (school, family, work)
- want help making choices or solving a problem
- having trouble with another kid or adult
- need help focusing in class
- confused about something
- big changes in your life
- concerned about something you heard at school or home
- saw somebody getting hurt
- somebody is hurting you
- you feel like hurting yourself or others
- you want to help others or volunteer



Counselors Do:

- help you help yourself
- guide you to find resources when you have a need at home or school
- teach you how to cope with life and be your best self
- help you stay safe
- care



Counselors Don't

- judge you
- punish you



Confidentiality

Everything a student says in the counseling office is confidential UNLESS:

- someone is hurting the student
- the student wants to hurt someone else
- the student wants to hurt self

