

## The School Counseling Connection

HCPSS Middle School Counseling Monthly Newsletter

### We're Here to Help!

**Welcome Back Students and Families!**

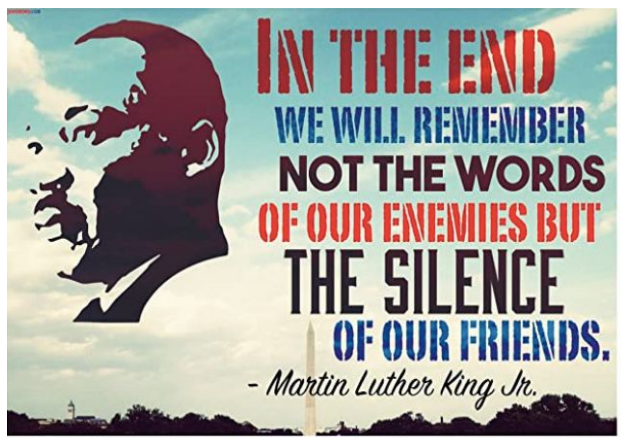


Image retrieved 10/15/2020 from  
<https://www.amazon.com/End-Will-Remember-Words-Enemies/dp/B07BSNQM2W>

### October is National Bullying Prevention Awareness Month

#### Are you a bystander or an upstander?

A bystander is someone who witnesses bullying but doesn't get involved. We have all been a bystander at some point in our lives. **Next time you witness bullying or an unkind act against another person be an upstander.** An upstander is a person who knows what's happening is wrong and does something to make things right. It takes courage to speak up on someone's behalf.

Citation: <https://capsli.org/kids/are-you-a-bystander-or-an-upstander/>

**Below are some ways you can safely support a classmate/friend who is being bullied.**

- Don't join in the bullying
- Support the victim —show your concern and offer kindness
- Stand with the victim and say something
- Mobilize others to join in and stand up to the bully
- Befriend the victim and reach out to him/her in friendship
- Alert an adult. Note that reporting is telling to get someone **out** of trouble. It is not snitching.

*In a world where you can be anything, be kind.*

*-Caroline Flack*

## Cyberbullying Prevention:

As we spend more time online, it is important to know how to prevent cyberbullying, consider these tips while you are interacting with others virtually, and remember to reach out to your school counselor if you need any support.



Image retrieved 10/15/2020 from <https://www.asecurelife.com/cyberbullying-prevention-guide/>

## STUDENT WELL-BEING:

### Coping Skill Spotlight: Mindful Art

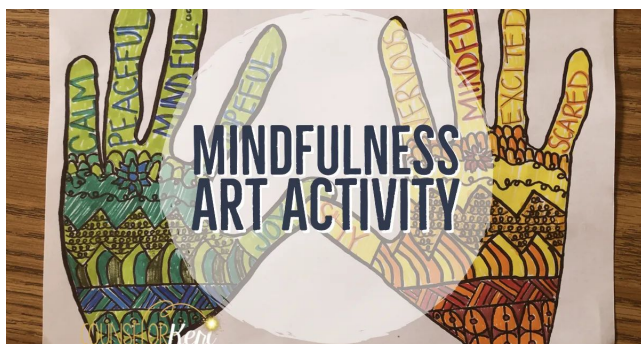


Image retrieved 10/15/2020 from <https://www.counselorkeri.com/2019/05/21/mindfulness-group-art-activity/>

Creating art is a type of meditation. It is an active training of the mind that increases awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind. Not sure about mindfulness? Consider exploring mindful art when you are feeling stressed, frustrated, unmotivated or would like to try something new.

[4 Easy Art Projects to Help You Relax & De-Stress](#)

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## COUNSELOR CONNECTION:



Image retrieved 10/14/2020 from  
<https://www.brandywineschools.org/domain/5091>

**YOUR SCHOOL COUNSELOR IS HERE FOR YOU!** Email your school counselor if you have any questions or concerns.  
#BetterTogether