

Counselor's Corner

It is important to understand that students will have conflicts between one another. Conflicts are a part of life and teach the child important problem solving skills as well as critical thinking. Let's now examine the difference between a Normal Conflict and Bullying:

| <u>Normal Conflict:</u> | <u>Bullying:</u> |
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| <ul style="list-style-type: none">• Equal power or friends• Happens occasionally<ul style="list-style-type: none">• Accidental• Not serious• Not wanting power or attention• Not trying to get something<ul style="list-style-type: none">• Feels sorry• Tries to solve problem | <ul style="list-style-type: none">⇒ Not friends⇒ Repeated over time⇒ On purpose⇒ Serious with threat to harm⇒ Wanting power, control or things⇒ Trying to get things or power<ul style="list-style-type: none">⇒ Does NOT feel sorry⇒ Does NOT want to solve problem |

***"It's not what happens to you,
but how you react to it that matters."
-Epictetus***

Strategies to Empower Students to Become their Own Problem Solvers

There are several strategies that we can empower the students to tap into in order to solve the conflict or bullying situation they may be having with a particular student. First, we will look at Dowdall's school wide program called the **B-Code Steps**. There are 5 steps the students can use to help put an end to the problem and take control of the issue at hand. These steps are posted around the building and have been presented to the students. We encourage the students to try out steps 1-4 first depending on the situation.

B-Code Steps:

- 1) Ignore
- 2) Turn or Walk Away
- 3) Talk firmly- assert yourself with an "I Message" or "Bug & a Wish"
- 4) Ask to use the Peace Table to talk it out with the student
- 5) Get adult help

HA HA SO

3rd grade guidance is solely dedicated to six weeks of learning the ins and outs of bullying. The students learn the HA HA SO acronym in order to remember different ways they can handle a bully:

H- Humor (be funny to distract the person who's trying to be mean! Break out in a dance or tell a funny joke.)

A- Avoid (surround yourself with positive friends)

H- Help (learn when to get help from an adult)

A- Assert Yourself (stick up for yourself and say something, call the person out for being mean)

S- Self- Talk (remind yourself of the things that make you feel good and make you happy. You are in charge of your self-esteem)

O- Own It (you own the put-down in order to defuse it quickly)

And More Strategies:

- ❖ **Put-Down, Put Up-** If another student makes fun of you or is mean in any way, you come back saying
- ❖ **Calling It-** This one is pretty simple; you call the person out right on the spot. Tell them that they are being mean or ask them.... "Why did you just say that to me? That was pretty mean."
- ❖ **Spotlight Question-** The student who is being targeted for the meanness, comes back to the person with a "why" question and puts them on the spot saying, "Why did you say that to me?" "Why are you being mean?" The student does not have to wait for a response back.

Two Important Human Traits When Talking About Mean Behavior



What is Empathy?

To show empathy is to identify with another's feelings. It is to emotionally put yourself in the place of another. The ability to empathize is directly dependent on your ability to feel your own feelings and identify them.



What is Self-Esteem?



Self-esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, and our work - nearly every part of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection. Self-Esteem is taught during 2nd grade guidance.

One of the TOP ways to decrease bullying incidents is to teach our children what it means to be empathetic towards others. "Increasingly, neuroscientists, psychologists and educators believe that bullying and other kinds of violence can indeed be reduced by encouraging empathy at an early age. Over the past decade, research in **empathy** — the ability to put ourselves in another person's shoes — **has suggested that it is key, if not *the* key, to all human social interaction and morality.**" Ways to develop empathy:

- 1) Volunteer in the community with your child
- 2) Model the caring behavior
- 3) Read books like "Just Because" with your child.

How can you help your child grow their self-esteem?

- Teach your child to use positive self-talk
- Use words of encouragement for your child often
- Have your child tell you things they like about themselves (things that they are good at)
- Have your child tell you the people in their lives that love them
- Spend quality time with your child
- Involve your child in extracurricular activities

