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October 2021

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# School Counselor Newsletter

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October is National Bullying Prevention and that means it's time to let everyone know why it's important to be kind. Every day thousands of young people experience bullying from their peers while at school, after school in their neighborhoods, and even when they are at home, through social media and texts. Most recently, students have also experienced cyber bullying. There are many ways to support bullying prevention as an individual or with friends and family, and within your school or community.

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## Tips

If your child is experiencing cyberbullying:

- Document and report behavior
- Block user
- Inform school

Help your child to use the phrase TAG:

- Tell the person you don't like what they are doing
- Ask them to stop
- Get help from an adult

Encourage your child to talk to an adult they trust like a teacher, yard duty, counselor, principal or vice principal.



## **Ms. Tovar**

The month of October I will be presenting in the 3<sup>rd</sup>-6<sup>th</sup> grade classrooms about bullying and choosing kindnesses. Please reach out if you have any questions or concerns about your child's emotional wellbeing. If you would like to refer you child to counseling, please talk to your child's teacher.

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## **Kindness:**

Your actions — big or small — can make a difference! Remember, kindness is something everyone can give.

Encourage your child to promote kindness at school.

- Pick up trash
- Sit by someone who is sitting alone
- Hold the door open for other people
- Smile at everyone
- Give someone a compliment
- Help a classmate when they are confused or need help