



Counselor Connection

Mrs. Barbee & Mr. Gilmore

Citizenship: Regal

<https://www.lcisd.org/campuses/roberts/home>

The Character Trait for April/May: Citizenship

Examples of Citizenship:



- Do your share to make your home or school a more enjoyable place to be.
- Cooperate
- Stay Informed
- Respect authority
- Protect the environment
- Be a good family member
- Obey laws and rules

Citizenship Definition:

Citizenship

- Follow the rules.
- Treat others and environment with respect and dignity.

H.O.P.E. line:



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Citizenship Quotes:

"Volunteers are not servants. Volunteers are partners working together for improving the country's future."

—Richard Daly

"Be the change that you wish to see in the world."

—Ghandi



Citizenship

- . following rules
- . making your
community a better
place
- . keeping promises



Do You Know The Difference?

Healthy
Boundaries & Limitations

1

2

3



List 3
examples in
each box.

Unhealthy
Boundaries & Limitations

1

2

3



TIPS FOR TALKING ABOUT **INTERNET SAFETY**

ESTABLISH EXPECTATIONS

- Talk with your child about the websites/apps he/she is allowed to use.
- Talk with your child about privacy. Remind them of the importance of not sharing information like their full name, address, passwords, phone number, or even their upcoming plans.
- Discourage your child from talking to strangers online.
- Help your child set up their privacy settings on devices, websites and apps.

MONITOR INTERNET USE

- Talk to your children about what apps or websites they are using. Research the apps to see what potential dangers there are for those specific apps. Talk to your child about ways they can stay safe. Keep in mind that apps change frequently, so stay up to date on the information.
- Use the internet together. Model the behavior you want them to practice when using the internet.

SET UP A PLAN

- Talk to your children about cyber bullying, and things to watch out for on the internet. If anything they see makes them feel unsafe or uncomfortable, remind them to tell you or another adult immediately. The internet is just like any other place – if they see something, they should say something.
- Create a contract or agreement together regarding internet safety and usage.

THINK before you...



T - is it true?

H - is it helpful?

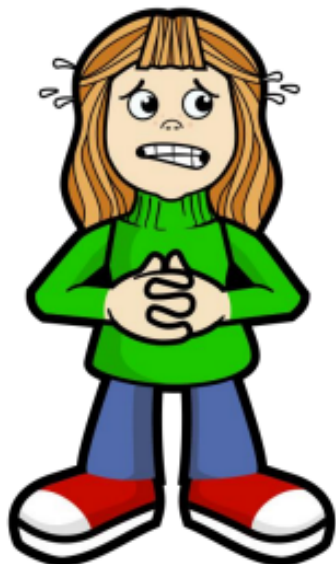
I - is it inspiring?

N - is it necessary?

K - is it kind?

WHAT IS...PTSD?

PTSD stands for Post Traumatic Stress Disorder. People with PTSD can feel anxious, scared, or nervous when they're reminded about something terrifying that happened in the past. It might be something that happened to them or something that they saw happen to someone else.



TYPES OF TRAUMATIC EVENTS

- Death of a loved one
- A natural disaster
- War
- Seeing violence
- Abuse or neglect
- Serious accident
- Being taken away from home
- Bullying
- Serious illness
- Family member in jail

SYMPTOMS

- Feeling really uncomfortable when something reminds you of the event
- Not wanting to be around anything or anyone that reminds you of what happened
- Having flashbacks or nightmares about the event
- Having strong body reactions when you're reminded about the event (shaking, sweating, fast breathing, upset stomach, fast heartbeat, etc.)
- Having feelings of fear, anger, worry, guilt, hopelessness, or helplessness about the event

TREATING PTSD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with PTSD learn how to cope with the symptoms. A therapist can help them learn different ways to calm their body when reminded about the event. In therapy, a person can also learn how to talk about the event and change their thoughts so that they can cope with the PTSD feelings that occur.

MEDICATION

There are many different types of medication that are helpful for PTSD. Medication might not always be needed, but it can help some people feel happier and less worried about what happened.

PTSD CAN SOMETIMES MAKE PEOPLE FEEL LIKE THEY WANT TO HURT THEMSELVES. IF YOU EVER HAVE THOSE FEELINGS OR THOUGHTS, TELL AN ADULT IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.



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WHAT IS...ANXIETY?

Anxiety is when something causes us to feel nervous and afraid. People who have an Anxiety disorder have a more intense reaction. It can start to impact their grades, behaviors, and relationships with others.



ANXIETY CAN BE CAUSED BY A NUMBER OF THINGS. SOME PEOPLE EXPERIENCE IT FOR NO REASON. OTHERS ARE TRIGGERED BY TESTS, BEING ON STAGE, OR BEING AROUND OTHER PEOPLE. SUFFERING FROM ANXIETY CAN MAKE YOU WANT TO AVOID CERTAIN SITUATIONS AND PLACES.

SYMPTOMS

- Worrying a lot
- Feeling very nervous and afraid
- Trouble breathing
- Numbness or tingling in your hands or feet
- Feeling dizzy
- Feeling very weak
- Sweating
- Headache or stomach ache
- Heart beating really fast
- Muscles feel really tight
- Having a lot of thoughts going through your head

TREATING ANXIETY

MENTAL HEALTH THERAPY

A therapist can help someone suffering from anxiety learn how to better cope with their symptoms so that they are not as intense. It can also be helpful to talk about the triggers to see why they cause anxiety for that person.

MEDICATION

Medication won't cure anxiety, but it can help to decrease the symptoms.

SELF-HELP

Someone suffering from anxiety can help lessen some of their symptoms by doing certain things on their own. Doing relaxation, eating healthy, and getting sleep are helpful ways to decrease anxiety.

IF YOU FEEL LIKE YOUR ANXIETY IS MORE THAN IT SHOULD BE, OR IF IT STARTS AFFECTING CERTAIN AREAS OF YOUR LIFE, TALK TO A PARENT OR A TRUSTED ADULT!



Something Made Me Feel **ANGRY!**

What happened to make you feel angry?

How angry did you get? 1 2 3 4 5 6 7 8 9 10

Besides anger, how else were you feeling when it happened?

How did you respond?



Were there things that you said or did that you wish you didn't?

What do you think you should do differently next time to help you cope?



CONSTRUCTIVE vs. DESTRUCTIVE

Constructive criticism is when you are giving feedback to someone in a respectful and thoughtful way. It is meant to help the other person improve their skill or performance. Destructive criticism is feedback that is not helpful and is often times hurtful to the other person. Color in the feedback that you think is constructive!

That was probably the worst shot I've ever seen anyone take!

That was a good try, but you're not quite there yet. Try this and see if it works!

I can't think of a single thing you did right during the game.

You're really good at passing, but your dribbling could improve a bit.

You must be out of shape because you're so slow. Keep up!

Show me what your shot looks like and I can give you some pointers.

Even though you didn't catch it, you were close! Open your glove a bit wider next time and you've got it!

There are a few things you can start doing differently. Let me know if you'd like me to help.

You can't catch or throw very well. I don't know why you came in the game. You made us lose!

You're really not as good as everyone thinks you are!

You've got a long way to go! It's like you don't even want to get better.



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