



Mr. Gilmore

# Counselor Connection

Mrs. Barbee



## March: A Caring Heart

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

The Character Trait for March is Caring




### Trait of the Month:

Caring

- . being kind
- . being generous
- . helping others




### Quick Tip:



**Empathy**

- E** - Everbody needs somebody
- M** - Model and mirror
- P** - Put yourself in their shoes
- A** - Ask if you can help
- T** - Treat others the way you want to be treated
- H** - Hurtful or helpful
- Y** - You feel better and they feel better.



### Spring Break:



March  
14-18



### Contact the counselors

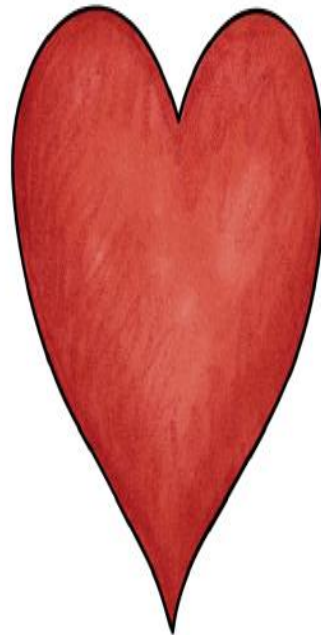


[abarbee@lcisd.org](mailto:abarbee@lcisd.org) or [torey.gilmore@lcisd.org](mailto:torey.gilmore@lcisd.org)  
 832-223-5305 (Barbee) 832-223-5314 (Gilmore)  
 Office Hours: 7:40 AM – 4:00 PM



We are

Caring.





Want to attend a career fair on your own? Check out our Virtual Career Fair to learn about all types of careers for the different pathways and endorsements.

This course has enabled open enrollment. Students can self-enroll in the course once you share with them this URL: **<https://lcisd.instructure.com/enroll/N3FXHE>**

Parents-

Instead of place mats, use a “Compli”-Mat (below) and write compliments about each person on his or her mat. You could also write on paper plates.

Encourage caring statements:

During a meal, have each person tell all of the good things/deeds from their day.

# My Compli-Mat

Name: \_\_\_\_\_





# Self-Esteem Mirror Labels



I AM <i>enough</i>	I look great	I'M PROUD OF MYSELF
I CAN DO HARD THINGS	I am important	I am <u>smart</u>
I make the world BETTER	I AM STRONG	I can do anything
I love that I'm unique	I am loved	I am BEAUTIFUL
I won't give up	I can make good choices	I can make a difference
I am BRAVE	I will learn and grow	I WILL REACH MY GOALS

# Caring

I will be kind.

I will forgive others.

I will help people in  
need.

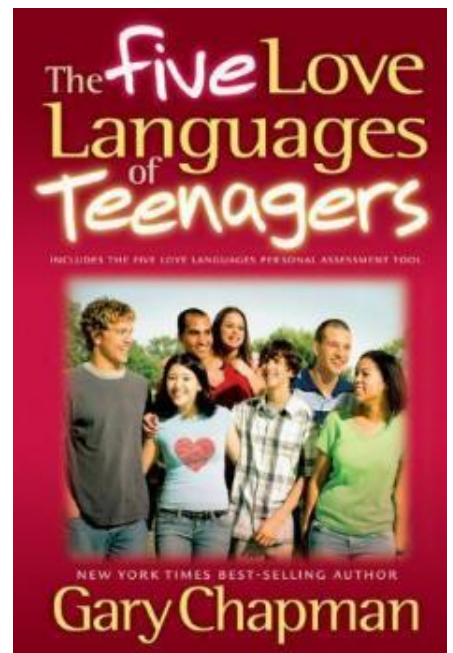




What is  
your love  
language?



Do you know your child's love  
language? Determining love  
languages can improve  
communication in the family.



# Mom's Guide to the Five Love Languages of Children

Inspired by The Five Love Languages of Children by Gary Chapman and Ross Campbell

Touch	Words	Quality Time	Gifts	Service
<p>Describes your child: Receive hugs Kisses High Fives Cuddle Asks to be carried Physical activity: racing, wrestling, tag, climbs in your lap</p>	<p>Describes your child: Likes for others to tell them they did a good job.  Favorite words include: Terrific! Good job! You're #1! Awesome kid! You did it!</p>	<p>Describes your child: Loves to do things with you: watch a movie, yard work, go out to eat, run errands, play a game. Tries to get your undivided attention. Wants to sit next to you or have you watch them while they're playing.</p>	<p>Describes your child: Feels good when someone gives them something. Enjoys a special present or surprise. Enjoys: birthday presents, surprise treats, earning a treat, having their favorite food made for them.</p>	<p>Describes your child: Likes it when people do nice things for them: helping with chores, school projects, driving places, making meals and snacks</p>
<p><b>Mom Tips:</b> Hold hands, Hug often, Bean bag chairs, Tight spaces / swaddle, Family cuddles, Sing action songs, Tickle fun, Read stories together on the couch or your lap</p>	<p><b>Mom Tips:</b> Write notes on the mirror, Compliment, Speak positively about them, Always say I Love You, Praise them aloud around others, Write a letter to them, Come up with a cheer or song with their name in it, Be specific in your praise</p>	<p><b>Mom Tips:</b> Run errands 1:1 together, Date night/breakfast 1:1, Make eye contact, Ask about day, Pay attention to details, Plan special events/trips, Eat together as a family, Read together, Bedtime Routine</p>	<p><b>Mom Tips:</b> Keep a small stash of inexpensive gifts, Give them a flower or stone you find outside, Leave gifts for them when you're out of town, Shop with them for a special gift, Send them on a gift treasure hunt</p>	<p><b>Mom Tips:</b> Practice sports together, Work together on a project, Check homework, Pick them up on time, Surprise them by doing a chore for them, teach them how to serve others</p>

*The #1 job of parents is to meet their child's need for love. A child with a full love tank = a healthy, emotionally stable child.*

Books Resources: The Five Love Languages of Children by Chapman and Campbell (2012 edition)

Websites: [www.5lovelanguages.com](http://www.5lovelanguages.com), Assessment: <http://www.5lovelanguages.com/assessments/love/>







# Emoji Code

A- 😂 B- 😭 C- 😐 D- 😎 E- 😊  
 F- 😄 G- 🤔 H- 😞 I- ❤️ J- 😇  
 K- 🧐 L- 🤨 M- 🤢 N- 😬 O- 🙄  
 P- 🤪 Q- 😏 R- 😊 S- 😬 T- 😐  
 U- 😡 V- 😈 W- 😊 X- 😱 Y- 🤪  
 Z- 😐

1- 😊 2- 😱 3- 🤨 4- 😊 5- 😱  
 6- 😊 7- 😱 8- 🤨 9- 😊 0- 😊

## Snapchat

...defined and dethroned.

### THE STATISTICS:

**30** times Snapchat is used every single day **MILLION**

**20%** of teenagers that have sent nude or semi-nude images via cellphone or online.

**4<sup>th</sup>** Snapchat is the most popular free iPhone app!

**ONE** in **SIX** teens have received nude or semi-nude photos via text message.

**1,000** photos sent EVERY second on Thanksgiving day alone

**What is Snapchat?**  
 Snapchat is a **PHOTOSHARING** application where users can send photos to friends, acquaintances or even **PERFECT STRANGERS**. The user can choose how many seconds the photo will be visible until it **SELF DESTRUCTS** (from one to ten seconds, maximum)

**So, what's the big deal?!**  
 Because of the self-destruction design of the app, users think it is a safe medium to send nude and semi-nude pictures. And with the majority of the users of Snapchat being teens and tweens, this creates a huge problem, exposing young people to the dangers of sexting.  
 The CEO Evan Spiegel has said that this app was not created with the intention of sexting, but teens will be teens...

**HEY!** There are many ways users can prolong the life of a picture that is sent via Snapchat. Users can take a screenshot of the image that you are sending (you will be notified) or they can take a picture with a camera or another phone.

### Short Term Consequences

- Unintended people seeing your photos
- Humiliation at school
- Suspension or expulsion from school
- A bad reputation

### Long Term Consequences

- The image going viral
- Denial of college admission or job prospects
- Conviction and jail time
- Possibly registering as a sex offender for life
- Restrictions on living situations

## The **BOTTOM** Line

Sending **ANYONE** inappropriate pictures is a **RISK** teens should **NOT** take. Even with the built in safeguards that Snapchat has, there are still ways for people to spread and keep a permanent copy of pictures that could **RUIN** a reputation.

# PARENTAL WARNING:



Monitor children's activity on these popular social media apps and games.



Adam4Adam



Badoo



Chat Roulette



Facebook



Fiesta



Grindr



Hot or Not



Holla



Houseparty



Instagram



KiK



Live.me



Meet.me



Omegle



Paltalk



Skout



Telegram



Tik Tok



Tinder



Tumblr



Whatsapp



Whisper



Wishbone



Yubo



Discord



Fortnite



Minecraft

To report Sexual Abuse or Child Endangerment, call:

**888-648-6007**

# Calm Down Tool Box Ideas for Older kids

## Activities:

- Puzzles
- Drawing materials/journal
- Zentangles
- Favourite books
- Mental Health colouring
- Brain quest cards
- Activity books
- Comic life
- Bubbles
- Mad libs

[www.solvingbehaviour.com](http://www.solvingbehaviour.com)

## Sensory audio/visual/oral support:

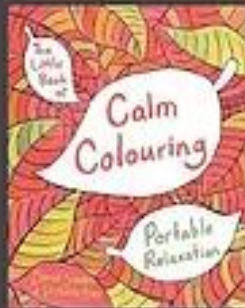
- Noise cancelling headphones
- Calming space/area for retreat
- Music - audio sounds or books
- Sound machine
- Gum, hard candies
- Chewlery (necklace, bracelets)
- Snacks that vary in texture
- Lava lamp

## Items for busy bodies:

- Stress balls
- Wiggle Cushion
- Thera-band on furniture
- Lego/building materials
- Wooden or metal logic puzzles
- Craft kits
- Pipe cleaners to twist
- Fidget toys such as tangles

## Promoting calming:

- Visuals for breathing practice
- Books with yoga poses
- Essential oil defuser or rescue remedy spray
- Aps such as Headspace or Calm
- Bubbles
- Soft lighting
- Nebula plasma ball
- AP - fluidity or bubble popping



## Reducing frustration/energy:

- Punching bag or bop bag
- weighted lap toy/cushion
- Warm or weighted blanket
- Body break - any sport enjoyed
- Massager
- Thera band (on chairs or to pull)
- Stress balls
- Wiggle cushion
- Box to kick around
- Kinetic sand
- Play dough or clay



Social media has become a health education tool for our students. Tik Tok, Snapchat, and YouTube are providing a lot of information about sexual identity and reproductive health to adolescents.

Gender Identity is complex, and people are defining themselves in new and different ways. Some terms may mean different things to different people. The chart below provides information about each of the gender identity terms.

Our goal for this review is to provide an update of terms for parents and guardians in order to help navigate conversations when you hear these words/see them written in your child's texts.

<b>L</b>	<b>G</b>	<b>B</b>	<b>T</b>	<b>T</b>	<b>Q</b>	<b>Q</b>	<b>I</b>	<b>A</b>	<b>A</b>	<b>P</b>
<b>Lesbian</b>	<b>Gay</b>	<b>Bisexual</b>	<b>Trans-gender</b>	<b>Transsexual</b>	<b>Queer</b>	<b>Questioning</b>	<b>Intersex</b>	<b>Ally</b>	<b>Asexual</b>	<b>Pansexual</b>
A woman who is primarily attracted to women.	A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	An individual attracted to people of their own and opposite gender.	A person whose gender identity differs from their assigned sex at birth.	An out-dated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.





Join the Counseling Canvas Course:

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- Fundraisers
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- Guidance lessons
- Character Education & much more

Students can self-enroll in the course once you share with them this URL: <https://lcsd.instructure.com/enroll/KEN6LJ>