

Counselor Corner - November 2018



Staff and students at GOMS have welcomed Fall with a mission to Stomp Out Bullying! Some of the activities our students participated in to support October anti-bullying awareness month included:

- Bully prevention assemblies by administration
- Morning announcements to inspire students and encourage positive behavior
- ASB students created chalk art drawings and inspirational messages around campus
- Poster signing: students pledged to Stomp Out Bullying by signing their name and writing positive messages on a poster created by Mrs. Lema’s amazing artists
- Each student at GOMS received an orange and blue “Dude, be Nice/Stomp Out Bullying” wristband to wear every day in October
- On Mondays, students and staff were encouraged to wear blue or orange to help raise awareness for anti-bullying month.
- Students took a bullying survey
- ASB lead activities during lunch, including games and painting fingernails orange and blue
- 7th and 8th graders created their own grade-level poster with inspirational and uplifting messages written on post-it notes.
- Elective teachers showed various videos in class that focused on bullying prevention and encouraged interactive class discussions.
- All students in P.E. classes wrote anti-bullying messages and kind thoughts on cut out footprints to signify that it only takes one step to make a difference in the lives of fellow classmates.

The following graph can be used to help your student determine the difference between a conflict, rude and mean behavior, or bullying. Talk to your child about what they learned about bullying and encourage them to talk to a teacher, counselor, or administrator if they feel that they, or someone they know, is being bullied. We can all work together to create a kind and inclusive culture of students at GOMS.

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous; unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior; the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/ should NOT be ignored	CANNOT be resolved through mediation

Source: Jennifer Astles, DASA Newsletter, January 2014, TST BOCES

<https://www.stopbullying.gov/>

<https://www.stompoutbullying.org/campaigns/national-bullying-prevention-awareness-month/>

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