



Counselor's Corner

October 2015

How to help your child if he/she is mistreated by another student.

New Jersey schools kick off the month of October with the Week of Respect. During this time students discuss bullying and how they can handle a situation in which they feel a student is bullying them or others. We stress the importance of respect, discuss the power of a bystander and encourage students to be mindful of the way they are treating others and of how their actions impact others.

It is important to build resiliency in children in order to make them less likely to be hurt if they are mistreated or bullied. Resiliency builds strength, self-confidence and coping skills. Here are some things you can do to help your child.

- Spend time together as a family. Research shows that children who spend time with their parents are more resilient. Take time to talk to your child about his/her day, have dinner together, and play a game or sport together. This will increase their ability to handle difficult situations.
- Have your child participate in an activity he/she enjoys. The joy and learning that comes from a hobby, sport, art or other activities can counteract the negative effects of others behavior.
- Encourage positive relationships with other adults outside of the family. It will also help foster resiliency.

- Encourage your child to make a positive difference by helping others. When children build authentic self-esteem, it helps buffer them from mean or excluding behaviors of others.
- Help your child develop problem-solving skills. Encourage them to learn self-regulating strategies (breathing, exercising etc.). In addition, have them think of three possible solutions for a problem. It will encourage them to look at all their options and possible outcomes for each. It will also give them a second option to fall back on if their choice didn't work. It is important that your child understands it is ok to ask an adult for assistance.
- Teach your children that if someone says or does something mean to them, it is not their fault. These behaviors are the choice of the individual and not a reflection of anything they did wrong.
- Help your child build friendships, through multiple extracurricular activities, which will allow him/her to have different groups of friends with similar interests.

Please do not hesitate to contact us if the need arises; we are here to help your child to be successful.

Adopted from Stan Davis' *Advice for Parents and Guardians* at stopbullyingnow.com.

For further details or information, contact your child's guidance counselor:

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