

# December Counseling Newsletter

Iroquois CUSD Unit #9

Katie Coulter, 9th-12th Guidance Counselor  
RaDonna Hasselbring, 5th-12th Guidance Counselor  
Amy Forbes, K-4th Grade Guidance Counselor



Watseka Community High School 815-432-2486  
Glenn Raymond School 815-432-2115  
Wanda Kendall Elementary 815-432-4581  
Nettie Davis Elementary 815-432-2112

**Bullying** *is the theme for the December Newsletter.*

"Blowing out  
someone else's  
candle  
doesn't  
make yours  
shine  
any brighter."

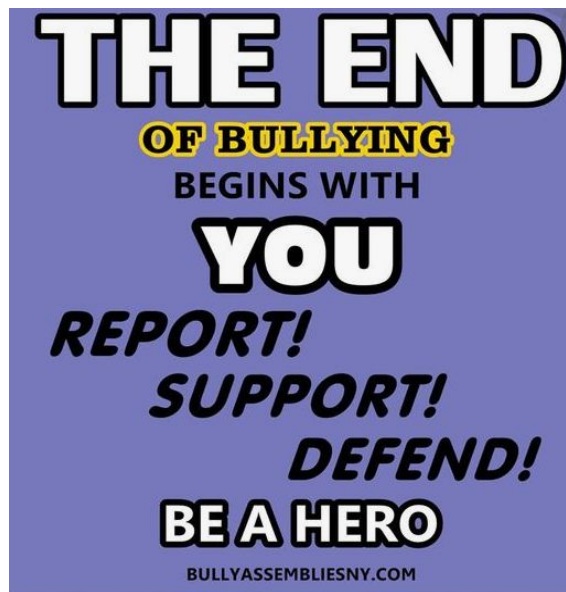
thisislovelifequotes.net

## Kids Involved in Bullying

The roles kids play in bullying are not limited to those who bully others and those who are bullied.

- **Kids who Bully:** These children engage in bullying behavior towards their peers.
- **Kids who are Bullied:** These children are the targets of bullying behavior. Sometimes, these children may need help learning how to respond to bullying.
- **Kids who Assist:** These children may not start the bullying or lead in the bullying behavior, but serve as an "assistant" to children who are bullying. These children may encourage the bullying behavior and occasionally join in.
- **Kids who Reinforce:** These children are not directly involved in the bullying behavior but they give the bully an audience. They will often laugh or provide support for the children who are engaging in bullying. This may encourage the bullying to continue.
- **Outsiders:** These children remain separate from the bullying situation. They neither reinforce the bullying behavior nor defend the child being bullied. Some may watch what is going on but do not provide feedback about the situation to show they are on anyone's side. Even so, providing an audience may encourage the bullying behavior.
- **Kids who Defend:** These children actively comfort the child being bullied and may come to the child's defense when bullying occurs.

**Most kids play more than one role in bullying over time. In some cases, they may be directly involved in bullying as the one bullying others or being bullied and in others they may witness bullying and play an assisting or defending role. Every situation is different. Some kids are both bullied and bully others. It is important to note the multiple roles kids play. (Bullying.org)**



## Digital Awareness for Parents...

The digital world is constantly evolving with new social media platforms, apps, and devices, and children and teens are often the first to use them. Some negative things that may occur include [cyberbullying](#), sexting, posting hateful messages or content, and participating in negative group conversations. If your child posts [harmful or negative content](#) online, it may not only harm other children; it can affect their online reputation, which can have negative

implications for their employment or college admission

- Monitor a teen's [social media sites](#), apps, and browsing history, if you have concerns that cyberbullying may be occurring.
- Review or re-set your child's phone location and privacy settings.
- Follow or friend your teen on social media sites or have another trusted adult do so.
- Stay up-to-date on the latest apps, social media platforms, and digital slang used by kids.
- Know your child's usernames and passwords for email and social media.
- [Establish rules](#) about appropriate digital behavior, content, and apps. (stopbullying.gov)

## Bullying Help Hotlines

Toll-free hotlines that kids and teens can call to anonymously discuss bullying problems.

- [121help.me](#): 1-855-201-2121 | Crisis counselors are available to help kids dealing with bullying.
- [National Hopeline Network / Kristin Brooks Hope Center](#): 1-800-SUICIDE.
- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [The Trevor Lifeline](#): 1-866-4-U-Trevor (1-866-488-7386) | Crisis intervention for LGBTQ youth.

