



## Parent Chat from the Counselor's Corner

### Take a **STAND AGAINST BULLYING!**

Throughout the year our administration, teachers and staff are committed to preventing and providing interventions against bullying. Earlier this year I sent home a letter explaining the ways here at Lake Forest East we help students identify bullying and ways to handle such situations. Unfortunately, bullying has become more prevalent and more intense within our society. It can be very destructive to the well-being of students, creates unsafe schools and can hinder academics. These are the many reasons why it is important to be proactive! Throughout the year guidance lessons are taught to help students develop empathy toward others, ways to use self-control, and coping strategies to deal with a bully. Students also learn what it means to be the innocent bystander and the correct ways to help the victim by "Taking a Stand Against Bullying."

### Reporting

Please remember to keep the lines of communication open with your child because they really do look to parents and caregivers for advice and help on tough decisions! If at any time your child complains of a situation that happened at school. Please encourage him/her to speak to an adult at school. Your child may also fill out a student-friendly referral form located outside the counselor's office. If at any time a parent/guardian has a concern they may contact the school or fill out the form located on our school website. Please remember we are all working together to make school a safe, fun and exciting place to learn!

#### Characteristics of a "BULLY"

**Repeated** = bully targets same victim over and over again

**Deliberate** = the intention is to hurt someone

**Power Play** = bully chooses a victim he/she perceives as vulnerable

