



# OCTOBER COUNSELING NEWSLETTER

LET'S  
JUST  
BE  
KIND.  
STOP BULLYING

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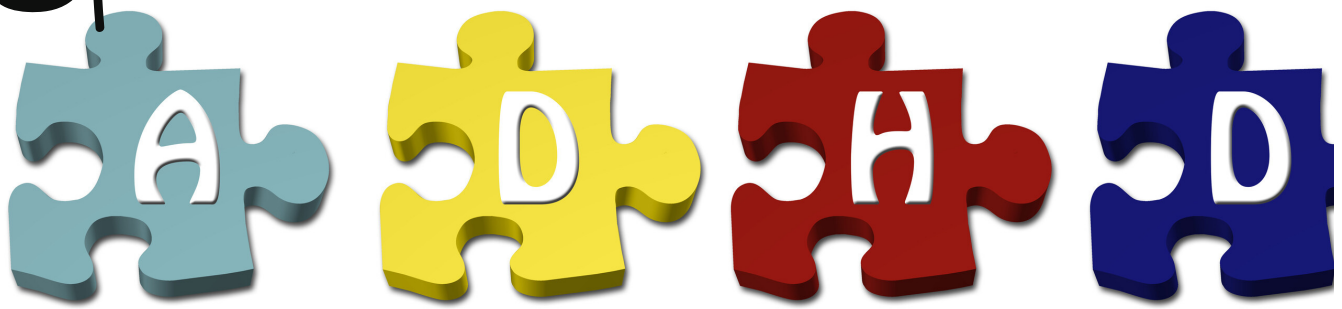
## National Bullying Prevention Month

October is World Bullying Prevention Month! During this month, students, schools, and communities worldwide go **BLUE** together against bullying.

What is bullying? Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. It is normal and ok to disagree with other people's ideas or actions, but bullying people you disagree with is not okay. The number one risk factor for a child being bullied is that they are perceived as different from their peers. That "difference" can be things like race, ethnicity, weight, LGBTQ, being new at a school, having a disability, and being an immigrant.

Research shows that children really do look to parents and caregivers for advice and help. Spending 15 minutes a day talking with your child reassures them to speak to you if they have a problem. In addition, parents play a protective role in guiding their children's digital lives. As a parent, there are things you can do to protect your child while they're online.

Did you know children who bully others could use support to learn healthier social-emotional skills? If they are involved in bullying, get them the help they need now.



## ADHD Awareness Month

October is ADHD Awareness Month! That is a whole month devoted to sharing reliable information about ADHD. What is ADHD? Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting both children and adults worldwide. Difficulty with attention, concentration, memory, impulsivity, hyperactivity and social skills are among the signs of attention deficit hyperactivity disorder, affecting millions of Americans.

It is estimated that approximately 7.2 percent of children worldwide have ADHD. In the United States, approximately 9 percent of children have been diagnosed with ADHD, and 4 percent of adults are estimated to have either diagnosed or undiagnosed ADHD. ADHD is one of the most common neurodevelopmental childhood disorders. For about half of the children with ADHD, the condition continues to clearly exhibit symptoms into childhood, presenting a range of challenges across the lifespan.

We encourage anyone affected by ADHD to seek appropriate treatment and share resources.





# Resources

## Anti-Bullying

What is Bullying?

Bullying Prevention Training

VLCS Bullying Report Form

What to do when no adult is around video

Teasing and bullying are different video

To Be or Not to Be Seen video

One Good Friend video

It's Not About Me video

Getting Into the Game video

## ADHD

Let's Talk ADHD

ADHD In Teenagers

ADHD Basics

ADHD and Motivation

