

# Counselor Newsletter

## October

### Conflict or Bullying

#### What we are learning!

During the month of October students will be learning about **Conflict, Mean Moment, & Bullying**.

It is important for parents and students to understand the difference between a mean moment, conflict, and bullying.

Our goal is to prevent bullying and help students learn to stand up for themselves and others. We can help our children learn to identify repetitive, deliberately hurtful, and targeted behaviors that are considered bullying. Students should always know it is ok to ask an adult for help when needed.

In all cases, our intention is to protect students. This is done not only through classroom and administrative intervention, but also by teaching our students how to address normal conflict with peers. Learning to say “stop,” “breathe,” and “walk away” are great starting points to address difficult situations.

Respectfully,  
Mr. Augustine Torkornoo  
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#### Talk about it!

Ask your children if they have witnessed or experienced bully behavior. Together with your child talk about ways they can stand up for themselves and others.

We can empower our students to be an upstander, rather than allow bullies to exert their power. An upstander can encourage all students to be kind and stop bullying.

Reflect on the differences between a mean moment, conflict, and bullying. Discuss how bullying can be physical, verbal, or mental. Talk about cyberbullying and the serious consequences of this behavior.

#### Read about it!

Here are some books to help you learn more about and understand bully behavior.

[My Secret Bully](#) by Trudy Ludwig

[The Recess Queen](#) by Alexis O'Neill

[Juice Box Bully](#) by Bob Sornson

[Jungle Bullies](#) by Steven Kroll

[Llama Llama and the Bully Goat](#)

by Anna Dewdney