

YOU have the power to keep our school safe!!!

Counselors help you make better choices to keep everyone healthy and safe.

CONTROL what
Y and how
EAT others.
N CHOOSE to use
L WORDS instead of harmful.



g safe at school
looks like

- o following rules
- o using kind words
- o telling adults when you need help
- o using calming tools if you feel upset



Ask a teacher,
adult, or parent.
Fill out a request.

How do I see my counselor?



Counselors give you the tools to SUCCEED



changes

studying

friends

601-845-2127
making smart choices

School Counseling



Melissa Frazier, NCC, NCSC
PreK-2nd and 6th grades

Name:

601-845-2127

Contact Info:

Social Emotional Support

- Twice a month in classroom lessons
- During small groups & lunch bunch
- In individual sessions by appointment

"Life is 10%
what happens
to you and
90% how you
react to it."

~Charles R. Swindoll



Reasons to see the counselor

- worried about something (school, family, work)
- want help making choices or solving a problem
- having trouble with another kid or adult
- need help focusing in class
- confused about something
- big changes in your life
- concerned about something you heard at school or home
- saw somebody getting hurt
- somebody is hurting you
- you feel like hurting yourself or others
- you want to help others or volunteer



Counselors Do:

- help you help yourself
- guide you to find resources when you have a need at home or school
- teach you how to cope with life and be your best self
- help you stay safe
- care



Counselors Don't

- judge you
- punish you



Confidentiality

Everything a student says in the counseling office is confidential
UNLESS:

- someone is hurting the student
- the student wants to hurt someone else
- the student wants to hurt self





YOU have the power to keep our school safe!!!

Counselors help you make better choices to keep everyone healthy and safe.

YOU CONTROL what **YOU SAY** and how **YOU TREAT** others. **YOU CAN CHOOSE** to use **HELPFUL WORDS** instead of harmful.



Being safe at school looks like:

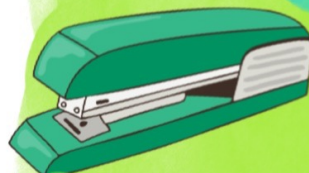
- following rules
- using kind words
- telling adults when you need help
- using calming tools if you feel upset



How can I see the Psychologist?



Ask a teacher, adult, or parent.
Fill out a request.



PSYCHOLOGISTS give you the tools to SUCCEED



making smart choices



MEET THE PSYCHOLOGIST

Add your picture here

Name:

EDIT

Contact Info:

Edit Text

Social Emotional Support

- Twice a month in classroom lessons
- During small groups & lunch bunch
- In individual sessions by appointment

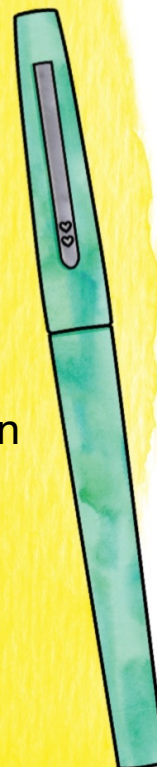
"Life is 10%
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~Charles R. Swindoll



Reasons to see the **Psychologist**:

- worried about something (school, family, work)
- want help making choices or solving a problem
- having trouble with another kid or adult
- need help focusing in class
- confused about something
- big changes in your life
- concerned about something you heard at school or home
- saw somebody getting hurt
- somebody is hurting you
- you feel like hurting yourself or others
- you want to help others or volunteer



Psychologists Do:

- help you help yourself
- guide you to find resources when you have a need at home or school
- teach you how to cope with life and be your best self
- help you stay safe
- care



We don't:

- judge you
- punish you



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- the student wants to hurt self



Want more brochures?

This bundle includes 20 common social emotional topics for your office or classroom. Perfect for grab and go counseling when the counselor is busy.

SOCIAL EMOTIONAL



Tri-Fold Brochures

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About the Author

I am a school counselor at a middle school in Germantown, TN. My department was awarded RAMP from the American School Counseling Association for being a Recognized ASCA Model Program.



I have worked in a K-8 setting since 2007. Before becoming a counselor, I taught 2nd grade, 4th grade, 8th grade Social Studies, 8th Grade Language Arts, and 8th grade Science. I enjoy creating products that will empower students and help them to become the best version of themselves.

Questions / Comments

Please contact me, Brandy, at thecounselingteacher@gmail.com

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