

School safe!!!

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



... to use instead of harmful.

... at school ... like:



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

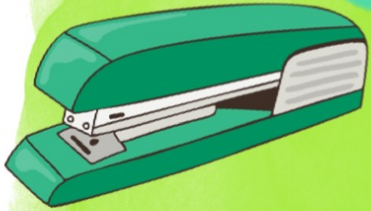
... I see my counselor?

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

you love

problem solving

conflict



Counselors give you the tools to SUCCEED



making smart choices

changes

studying

friends

feelings

test anxiety

college

School Counseling



Name:

Melissa Harrist, NCC, NCSC
3rd - 6th grades

Contact Info:

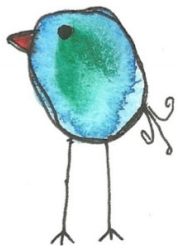
601-845-2127

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:

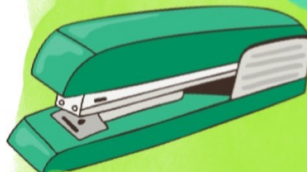
- o following rules
- o using kind words
- o telling adults when you need help
- o using calming tools if you feel upset



How can I see the Psychologist?



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



PSYCHOLOGISTS give you the tools to SUCCEED



MEET THE PSYCHOLOGIST

Add your picture here

Name:

EDIT

Contact Info:

Edit Text

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We don't:

- judge you
- punish you



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SOCIAL EMOTIONAL



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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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