



Brewing a Better Middle School Experience Together

Navigating Middle School

KJHS Coffee with the Counselors - September 24, 2024

Purpose of Coffee with the Counselors

Partner with Parents

Adolescent Mental Health Awareness

Collaborate on Support & Resources



MRS. BUCKLES
A-L COUNSELOR



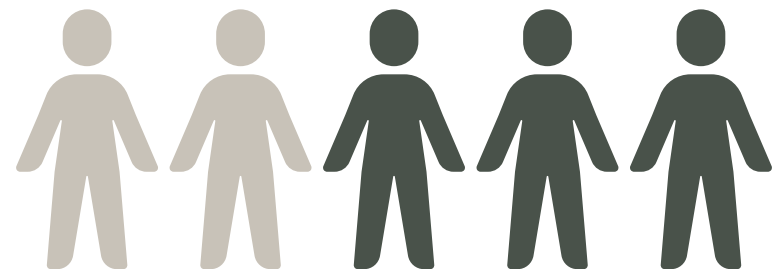
MS. IZAGUIRRE
COMMUNITIES IN
SCHOOLS



MRS. SIMMONS
M-Z COUNSELOR



Growth & Development



In junior high, students go through many physical and emotional changes during adolescence.

Navigating this time between childhood and adulthood can be challenging.

21%

of adolescence experience symptoms of anxiety

17%

of adolescence report symptoms of depression

For youth ages 10-24, suicide is the 3rd leading cause of death.

Source: <https://jasonfoundation.com/youth-suicide/facts-stats/>



Mental Health Awareness

September - Suicide Prevention Month

[Risk Factors & Warning Signs](#)

October - Bullying Prevention & Drug Prevention Month

[Texas School Safety Center](#)

November - World Kindness Day

We promote and encourage acts of kindness.

Risk Factors & Warning Signs

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at [988lifeline.org](https://www.988lifeline.org)

Crisis Text Line
Text "HELLO" to 741741

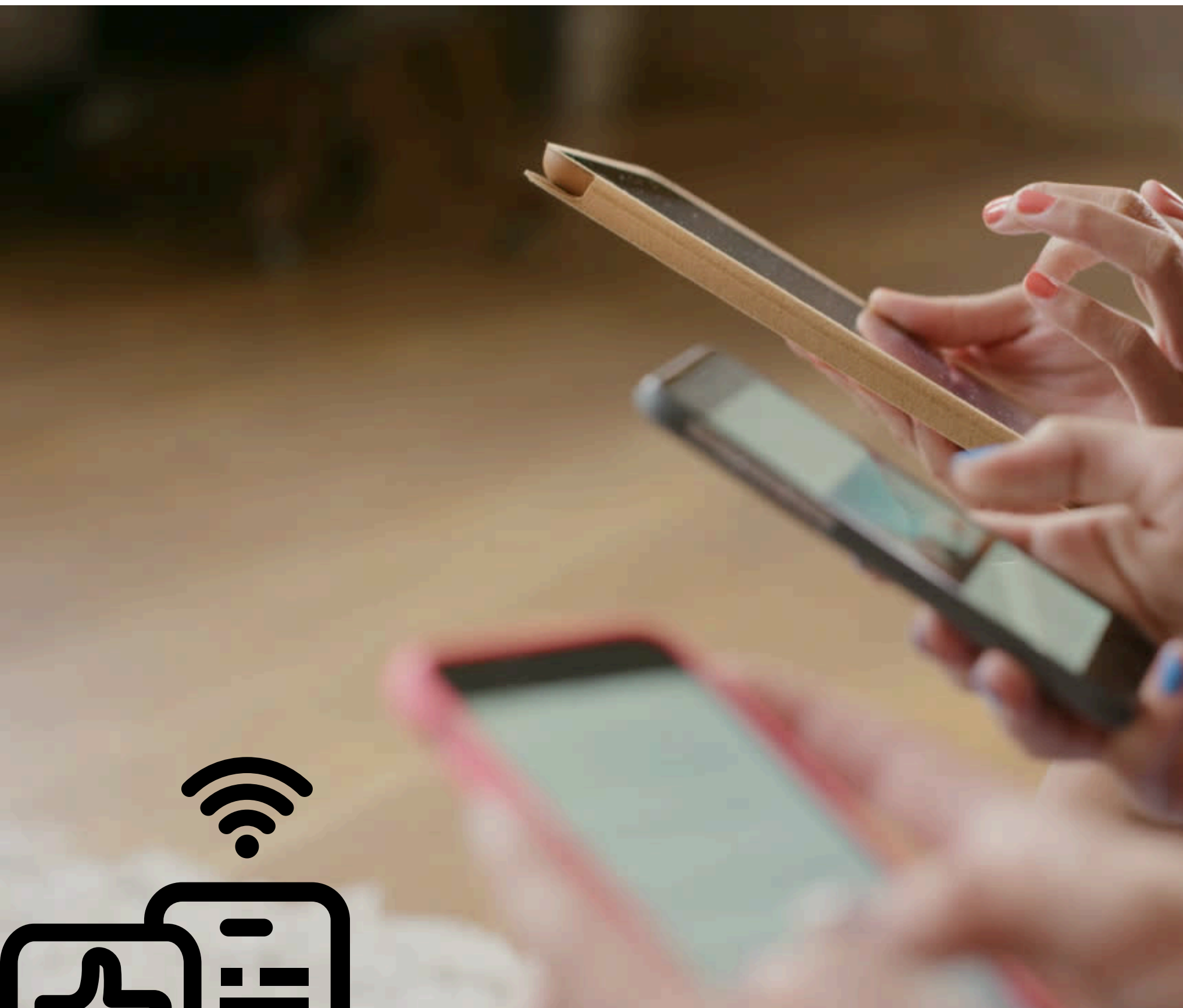
www.nimh.nih.gov/suicideprevention



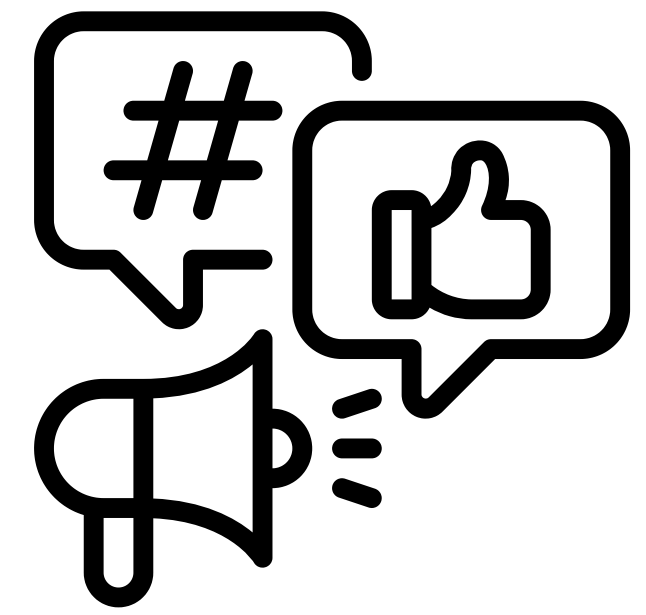
NIH National Institute of Mental Health

NIMH Identifier No. OM 22-4316





Teens & Social Media



Mariela Izaguirre
Communities In Schools



Peer Conflict vs Bullying



THE DIFFERENCE BETWEEN **BULLYING** AND **CONFLICT**



Imbalance of power, not friends

Repeated negative actions

Purposeful

Serious with threat of physical or emotional harm

Strong emotional reaction from victim and little to no emotional reaction from the individual(s) doing bullying

Attempt to gain material things or power

No remorse – blames victim

No effort to solve problem

Equal power or friends

Happens occasionally

Accidental

Equal emotional reaction

Not seeking power or attention

Not trying to get something

Remorse – will take responsibility

Effort to solve problem

Contact Us

Reach out to us via the counselor referral form if you have a concern about your student or another adolescent who may need support.



817.563.8200

Phone Number

bucklesc@kisdtx.net
cistarrantkjh@kisdtx.net
simmons@kisdtx.net

Email Addresses

[KJHS Counselor Referral Form Link](#)

Click the link to access the referral form.