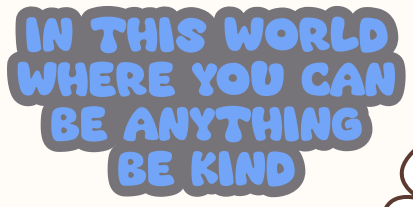
Counselor's Connection

October 2025

Did you know that October is National Bullying Prevention Month? As the counselors, we act as the Anti-Bullying Specialists and want to define what bullying is, since the definition is not always clear. Bullying is defined as any gesture or comment that is written, verbal, physical, or electronic and is motivated by an actual or a perceived characteristic. A perceived characteristic is considered to be any distinguishing characteristic such as race, gender, ability, appearance, culture, or religion.



However, most cases with students are considered to be a conflict and not bullying. A conflict is a disagreement or argument where both sides are able to express their views. This could include name-calling, teasing, and taunting between students. With conflict, we can bring the students together and help them resolve the disagreement.

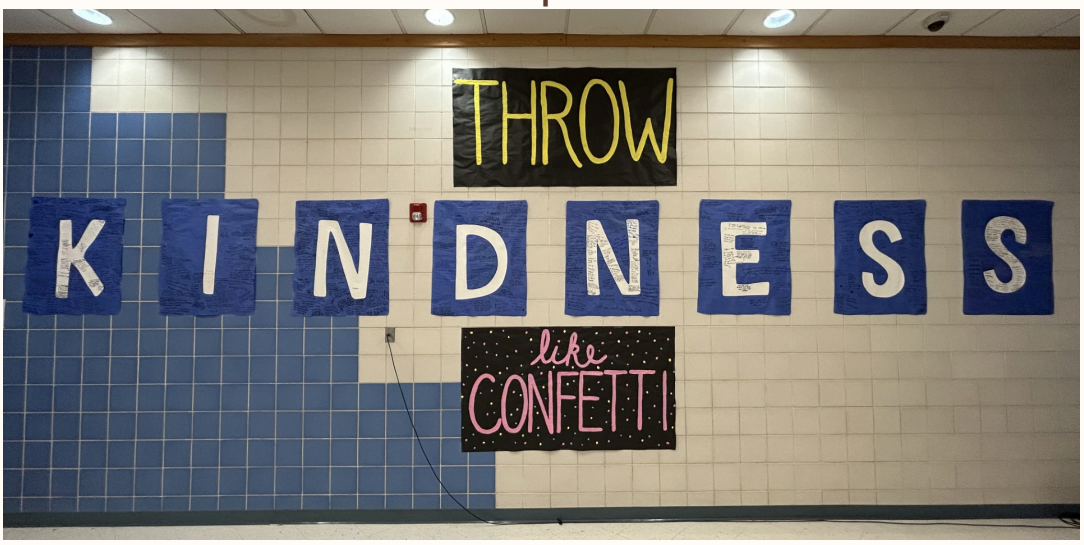
This Month at The UES:

We educated our students on conflict vs. bullying based on our October classroom lessons. See the next pages for our flyer on the topic!

Counselor's Connection

October 2025

The first full week of October is National Week of Respect! To celebrate, students wrote "What Kindness Means to Me" on our posters:



Red Ribbon Week: October 23-31st

Red Ribbon Week is a substance abuse prevention awareness campaign celebrated across the U.S. during the last week of October. This year, we are celebrating with dress up days! Check out Parent Square for more information on the themes for each day!

See More Resources At:

https://samsel.sayrevillek12.net/our-community/counselors-corner

Conflict Vs. Mean Vs. Bullying

Conflict

- Not planned or targeted; in the heat of the moment
- One or both parties are upset; equal power
- All parties have the opportunity to express their opposing views
- Everyone takes responsibility for their actions
- An effort is made by all parties to solve the problem

Mean

- Intentional
- Can hurt others feelings and they can be upset or angry
- Usually thoughtless, poor manners, and based in anger
- Behavior is often regretted
- Needs to be addressed and should NOT be ignored

Bullying

- An actual or perceived characteristic is involved
- The target of the bullying is upset
- May be insulting or demeaning
- Power imbalance between bully and target
- The target wants to stop the bully's behavior

Conflict Vs. Bullying

Conflict can include name calling and teasing. Bullying must be physical, verbal, or written and be targeting a perceived characteristic such as race, religion, or disability. If there is no perceived characteristic being targeted, then the situation may be considered a conflict.