



Merced City
School District

Coffee with the Counselors

MCSD School Counselors





**Merced City
School District**

Comprehensive School Counseling Program

Tier 1

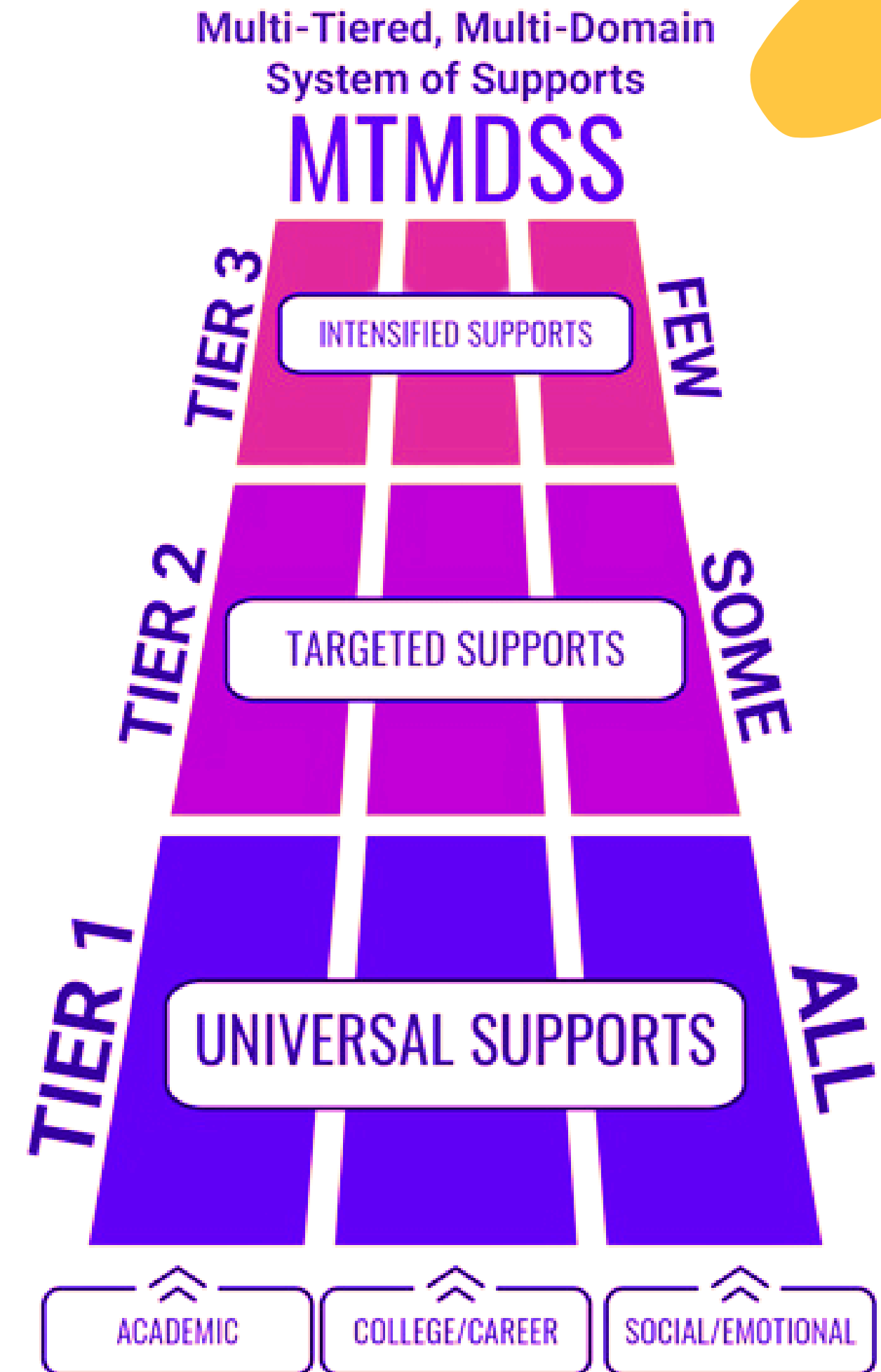
- Classroom Lessons
- Schoolwide Activities aligning with ASCA student standards
- Parent Workshops

Tier 2

- Instructional Individual/Small Groups
- Individual Counseling Sessions
- Advisement and Appraisal
- Consultation & Collaboration

Tier 3

- Responding to intensive academic, behavioral and mental health
- Consultation, Collaboration, and Refer Out



MCSD **Resources**

Counseling Brochure



Scan the QR Code below
for your school counselor's
contact information.



Social Workers

- Connect families with resources
- Case Management

Restorative Justice League

- Behavior Support
- Restorative Circles

CALCPI

- Tier 3: Outside Clinical
Counseling

STOP

BULLYING!



**UNITED FOR
KINDNESS**

Anti-Bullying Campaign Goals

1. Understanding Bullying

- Know the difference between bullying and normal conflict.

2. Build a Safe Community

- Help everyone feel included and respected.

3. A Community of Caring

- Encourage students to show compassion and support.



Intro to Bullying

What is Bullying?

Warning Signs

Differences in Bullying

How to Report a Bully

Types of Bullying

How YOU can help!





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What is Bullying?

Bullying is **unwanted, aggressive behavior** that involves a **real or perceived power imbalance**. The behavior is **repeated**, or has the potential to be **repeated**, over time. Both children who are bullied and those who bully others may have serious, lasting problems.

Differences



Rude

Rudeness is saying or doing something hurtful – not meant to harm but still inconsiderate or disrespectful

vs

Bullying

Bullying is repeated, intentional aggressive behavior.

vs

Mean

Being mean is purposefully saying or doing something hurtful one or two times, usually in reaction to anger, jealousy, or frustration.



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Types of Bullying

✓ **Cyber**

Bullying that happens through digital devices like phones, computer, or tablets- using social media, texting, gaming platforms, emails, or websites

✓ **Verbal**

Using words or statements to hurt, threaten, or insult someone

✓ **Social**

Hurting someone's reputation or relationships; its often emotional or indirect

✓ **Physical**

Using physical actions to harm or intimidate someone. It involves hurting a persons body or possessions.

Warning signs your child may be bullied:

- Avoiding or fear of going to school
- Sudden failing grades
- Frequent health complaints– headaches, stomachaches
- Withdrawing or losing interest in activities with friends
- Feeling, sad, moody, anxious, depressed, withdrawn, helpless
- Unexplained injuries
- Trouble sleeping– or frequent nightmares
- Changes in eating habits
- Avoiding or spending excessive time on computer
- Significant mood changes after using the computer
- Become aggressive or disruptive
- May begin to bully other kids or siblings



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How can Students Stop Bullying?



an students
stop Bullying

Speak up and say it's not okay

Support the person being bullied

- ✓ **Be kind and include others**
- ✓ **Report bullying to a trusted adult.**





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How to use **STOPit App**

- Download the app on your phone or tablet
- Create an account or use a provided access code from your school
- Follow prompts to report incidents of bullying or unsafe behavior
- Your report goes directly to school officials for quick action

✓ **Remember: Reporting helps protect you and others. Be someone's hero by speaking up!**





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What can Parents do to Help?

- Start open conversations about bullying and online safety.
- Watch for changes in mood, behavior, and school attendance.
- Monitor phone and social media use.
- Support your child—listen, empathize, and reassure.
- Encourage positive friendships and activities.
- Stay in touch with teachers, admin, and counselors.





Conclusion



- Counselor Support
 - Tiers 1-3
- MCSD Resources
 - Social Workers, RJL, CalCPI
- Defining and Understanding Types of Bullying
- Warning Signs of Bullying
- How to Stop Bullying
- Reporting via the StopIt App
- How Parents Can Help



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Thank You



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