

Counseling Happenings October 2019 September

Online Safety Lessons

Mrs. Moravec and Mrs. Teijaro visited every social studies class to do a lesson about being safe and appropriate online. Topics included:

- ✓ Teenage brain development and how this affects behavior online.
- ✓ Cyberbullying
- ✓ Risk factors associated with use of technology.
- ✓ How to manage these risk factors.

Advisory Counseling Groups

Counseling groups occur Tuesday-Friday during advisory. Topics include:

- ✓ Study habits
- ✓ Coping skills
- ✓ Growth mindset

Academic Success Workshop

Students and parents attended Academic Success Workshop on Wednesday October 23. Students worked with their parents to develop a plan for academic success. Thank you to all who attended!

**End of Grading Period 2 is Friday
November 15!**

Wellness Tip

- ✓ Parents play a very important role in monitoring teen's use of smartphones, tablets, gaming, social media, apps, and other websites. Common Sense Media provides a lot of helpful information for parents on this topic:
<http://www.commonsensemedia.org>.
- ✓ Parents are encouraged to set parental controls and screen time limits on your child's phone/tablet. For more information, visit
<https://www.commonsensemedia.org/blog/how-to-use-apples-screen-time-feature>