

THE Counselors' Corner

Be Kind. In life and online.

October 19, 2017

October: Anti-Bully Awareness Month

Is It Bullying?



<p><u>Joking Around:</u></p> <ul style="list-style-type: none">▪ Everyone is having fun.▪ No one is getting hurt.▪ Everyone is participating equally.	<p><u>One Time Thing:</u></p> <ul style="list-style-type: none">▪ Someone is being mean on purpose.▪ It's a reaction to a strong emotion or feeling.▪ It happens once and doesn't repeat itself.▪ Both parties are able to move on from the incident.
<p><u>Conflict:</u></p> <ul style="list-style-type: none">▪ Two people with a balance of power that have a fight, argument, or disagreement.▪ A solution can usually be found.	<p><u>Bullying:</u></p> <ul style="list-style-type: none">▪ Repeated, unwanted, aggressive behavior towards someone.▪ Someone is being hurt on purpose.▪ Can be social, verbal, physical, or cyber. <p>*It can also be a single, <u>significant</u> event.</p>

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