

# YOU have the power to keep our school safe!!!

Counselors help you make better choices to keep everyone healthy and safe.

**YOU CONTROL** what **YOU SAY** and how **YOU TREAT** others. **YOU CAN CHOOSE** to use **HELPFUL WORDS** instead of harmful.

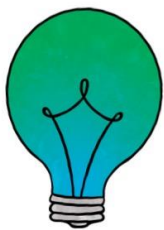


## Being safe at school looks like:

1. Following Rules
2. Using Kind Words
3. Telling Adults When You Need Help
4. Using Calming Tools If You Feel Upset



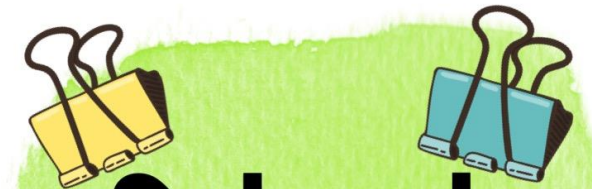
## How do I see my counselor?



- ✓ Fill out a check in slip
- ✓ Ask a teacher or trusted adult

worry organizing new sibling goal setting  
 lost someone you love problem solving grades conflict  
 making smart choices  
 changes studying friends feelings  
 careers test anxiety college

# Counselors give you the tools to SUCCEED



# School Counseling

Clyde Erwin Elementary Magnet School



Name: **MS. ORROCK**

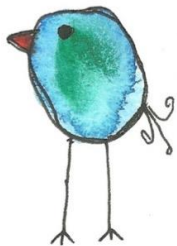
Contact Info:  
 Email: [kathleen.orrock@onslow.k12.org](mailto:kathleen.orrock@onslow.k12.org)  
 Phone: (910) 347-1261  
 Fax: (910) 989-2031  
 Address: 323 New River Drive  
 Jacksonville, NC 28540

## Social Emotional Support

- Classroom Guidance Lessons
- Group Counseling
- Individual Counseling
- Conflict Resolution

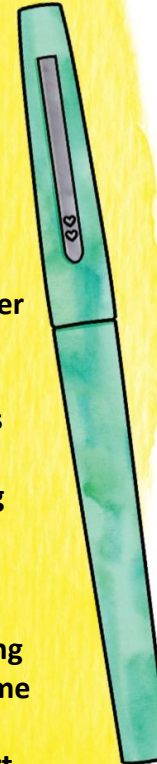
"Life is 10%  
what happens  
to you and  
90% how you  
react to it."

~Charles R. Swindoll



## Reasons to see the counselor

- worried about something (school, family, work)
- want help making choices or solving a problem
- having trouble with another kid or adult
- need help focusing in class
- confused about something
- big changes in your life
- concerned about something you heard at school or home
- saw somebody getting hurt
- somebody is hurting you
- you feel like hurting yourself or others
- you want to help others or volunteer



## Counselors Do:

- help you help yourself
- guide you to find resources when you have a need at home or school
- teach you how to cope with life and be your best self
- help you stay safe
- care



## Counselors Don't

- judge you
- punish you



## Confidentiality

Everything a student says in the counseling office is confidential UNLESS:

- someone is hurting the student
- the student wants to hurt someone else
- the student wants to hurt self

