

SVMS

Counselor Newsletter

October 2023



REMINDERS:

You can contact your **school counselors, Mr. Baldo and Mrs. Hicks**, if you need assistance with building, repairing, or maintaining relationships. We are happy to help by just listening, giving support, or facilitating conflict resolution conversations.

SAVE THE DATE:

October 10th

[World Mental Health Day](#)

October 18th

[Unity Day](#) - Wear orange!

October 23rd-31st

[Red Ribbon Week](#)

Be kind to your mind. Live drug free.

RELATIONSHIP RESOURCE:

Understanding the [4 Types of Social Cues](#)

Let's talk about:

POSITIVE RELATIONSHIPS

Healthy relationships involve honesty, trust, respect, and open communication between two people. It takes effort and compromise. Relationships might be with friends, classmates/colleagues, teachers, significant others, family members, or other individuals you frequently interact with. **Who do you want to have a positive relationship with and how will you build it?** Remember, it is equally important to have positive relationships with people who you have difficulty getting along with.

BULLYING PREVENTION:

October is National Bullying Prevention month. Check out these [Fast Facts about Bullying Prevention](#) from the CDC. **What role do you play in preventing bullying behavior at SVMS?**

PEER PRESSURE:

Peer pressure means going along with something you don't agree with, just to feel like you fit in. It can be hard to say no in these situations. Take a look at these [Tips and Info](#) to deal with peer pressure.

DATING:

Exploring romantic relationships can be complicated. Here are [17 Safe Dating Tips for Teens and Parents](#). If you aren't sure if you're ready to start dating, check out these [Pros and Cons of Dating in Middle School](#). **Are you ready for dating?**