



Cardiff JH



COUNSELOR CUES

6th Grade: Mrs. Casillas

7th Grade: Ms. Polk

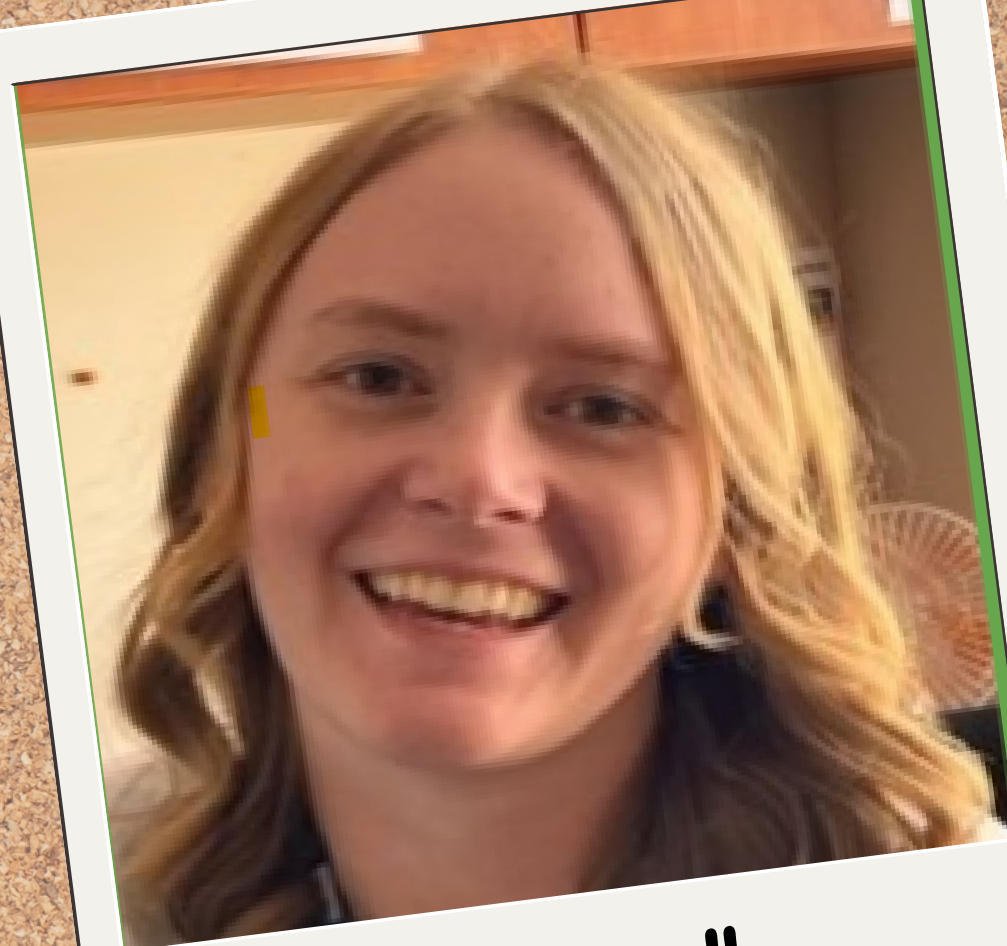
8th Grade: Mr. Morgan





Welcome

Each six weeks, the counseling team will be sending out updates and information through our "Counseling Cues" Presentations. We want to make sure that our Cardiff family has information and tools to help support them as they journey through our School!





Mrs. Casillas




Mr. Morgan



Ms. Polk




Tips for Success



Junior High can be a time full of changes and challenges for students. Many are trying to find where they “fit,” navigating new rules & new people, as well as finding more independence.

Here are a few tips we think may help your student as they transition through this space and time.





1 Advocate, but DON'T Instigate

Now, that students have established some friendships, we can tell that sometimes during conflicts they want to stick up for each other! However, we want them to know that during conflict, there is a difference between advocating & instigating! Below are our go tips for students!

- If you see that your friends cannot find a solution or drop it, let a trusted adult know. (Counselor, Favorite Teacher, Parent/Guardian)
- Do NOT go between friend groups to share messages. This can often be confused for starting drama. It can also make the situation grow into a bigger miscommunication than when it started.
- Just because you see it, you don't have to share it. This applies to Social Media and in person interactions. We understand that most times, there is a loyalty that friends want to keep. However, we want them to think: Is this going to help my friend or hurt them?



2 It's Okay to Speak Up!

Sometimes students struggle with boundaries and may hold in feelings of being uncomfortable or simply not knowing what to say. We want students to know that it is perfectly fine to say things like:

“Hey, I don’t like that.”

“I don’t really want to be friends anymore.”

“I don’t want to be involved in this.”

We will often reassure your students that you can set a boundary for yourself and it doesn’t have to be mean or a conflict, with raised voices. It is simply the way you feel and that’s okay. Learning to speak up and set boundaries is a part of growing up!



3 It's Okay to Ask for Help!

School is the place where students get to learn and grow!

This is the best place to learn to ask for help when you need it. Often, students are afraid to look "dumb" or "lame" or whatever new word they may be using.

However, they also forget that they are their biggest advocates! As much as adults know, we sometimes need a cue from the student to know when they need help. We want to encourage them to find an adult that they trust, regardless of the job description and ask for the help that they need. If they aren't sure how, their counselors are a great place to start!



4 Try Parental Controls!

Many of our students LOVE their social media! And sometimes as parents, it can be a little scary knowing that they are online with not only their friends, but the world! DID YOU KNOW that many sites and phones have systems to monitor your child's activities?!

Check out these links below for information to help you set it up!

[TikTok](#)

[Instagram](#)

[Snapchat](#)

[iPhone](#)

[Android](#)