

THE PIC

(Practical Ideas for Counselors)



South Dakota School Counselor Association

October 2018



Julie Nelson

2018-2019 SDSCA President,

School Counselor
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SDSCA

The mission of the South Dakota School Counselor Association is to unite, support, and empower school counselors.

Our Vision:

The South Dakota School Counselor Association supports and unites school counselors through advocacy, leadership, and collaboration. SDSCA empowers our members through professional development opportunities, ethical support, and resources to promote student success in the academic, career, and social/emotional domains.

SDSCA & Partnerships = Better Outcomes for All!

Greetings School Counselor Friends! At the American School Counselor Association Conference, I along with the state leadership team have had the opportunity to meet a variety of state school counselor leaders who share the successes and challenges in their respective home states. This last summer in Los Angeles, my ears perked when I learned of a partnership formed in Indiana between [school counseling programs](#) and the Lilly Endowment Inc. If you haven't been able to follow this partnership, I encourage you to visit [here](#) to learn about how over 26.4 million in grants to 52 public school corporations and five charter schools in Indiana is occurring to **support and strengthen school counseling programs.**

Yes, you read that correctly, support and strengthen school counseling programs! So what can partnerships do for our school counseling programs in South Dakota? I've pondered this question since July and with the help of our board members we have made forming partnerships a priority to make an impact here in South Dakota. We envision partnerships allowing us to reduce school counselor ratios to a respectable manner, filling school counselor vacancies, possibly funding opportunities for social emotional learning trainings & curriculums and/or pathways development, the ideas are endless! Overall, we see forming partnerships allowing for better outcomes for our families and students by ensuring a certified school counselor is operating within SD school districts. To this end I'm happy to report a focus group partnership with Associated School Boards of South Dakota (ASBSD), who is interested in learning more about the mental health needs of South Dakota students. During October, SDSCA members will be visiting with ASBSD Executive Director Dr. Wade Pogany to provide input about the mental health needs of our students across the state. As state president, I will be reaching out to other pertinent school counselor friendly organizations with similar mission & vision statements during the year, to grow better outcomes for our families and students. If you should have input on growing and developing partnerships, please shoot myself or a [board member](#) to discuss further.

On that note, with our October newsletter theme focusing on **Bullying Prevention Month**, please find pertinent information on these topics from two of our board members, Ashley Price and Jackie Pew. All the best in your respective school districts doing work that matters on this important topic. ASCA position statement is [here](#) regarding our role on this topic and the opportunity to acquire an ASCU U Bullying Prevention Specialist Certificate is [here](#).

Sincerely, Julie

SDSCA Mentor Program

Are you new to the school counseling profession or new to South Dakota? Apply to participate in SDSCA's Mentor Program by [clicking here](#). This membership benefit can help connect you with an experienced school counselor who can share wisdom, resources, and experience with you! If you are interested in serving as a mentor, please

[click here](#).

Questions? Contact Mentoring Chair Danielle Schonebaum at: Danielle.Schonebaum@k12.sd.us

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AND MORE!

Bullying Prevention Month

Bullying is an issue that continues year after year in our schools. The students and tactics may change, but the underlying problem still exists and it's happening in every school in some way, shape, or form. As school counselors, we are tasked with addressing bullying and promoting kindness and respect with our students. But, what happens when bullying crosses the line and becomes a legal issue? In many cases, bullying, especially physical or cyber bullying, can become a criminal act. Being the wife of a police officer, I often get asked questions about this type of situation, and I really don't have all the answers. However, I know just who to ask!

First and foremost, each school must follow their respective policies on bullying with zero tolerance. Strict enforcement of anti-bullying policy is one of the best ways to reduce the occurrences and send a message to other prospective bullies that their actions have consequences. In the policing world, strict enforcement and harsher penalties have proven to be successful in deterring crime. The same should be applied to a school's bullying policy.

Beyond that, the first and best thing we can do as counselors to understand when bullying crosses that criminal line is to educate ourselves on applicable laws. This does not mean memorizing the entirety of South Dakota Codified Laws, but rather doing some proactive research on the crimes that are most commonly applicable to the bullying that may occur at an elementary or high school level. Below is a short list of some state laws that are associated with bullying. You can read further details on these by visiting [here](#).

-Simple Assault (SDCL 22-18-1)

-Threatening or Harassing Contacts by Telephone or Other Electric Communication Device (SDCL 49-31-31).

-Stalking (SDCL 22-19A-1)

-Juvenile Sexting (SDCL 26-10-33)

-Disorderly Conduct (SDCL 22-18-35)

However, keep in mind that not all bullying constitutes a criminal act. Certain elements must exist in order to constitute the bullying as a crime, which is why knowledge of the law is important. In many of the above listed statutes, the victim's perceptions of the act are important to know in order to determine if a bullying incident meets the standard to classify as a criminal violation.

For example, a bully grabs another student by the shirt and raises a clenched fist to them in a threatening manner, but does not hit them. This scenario could constitute simple assault if the victim was in fear of imminent bodily harm based on the offender's actions even though they were not physically struck or injured. However another person may be the recipient of the same action from a bully, but if they were not afraid that they were about to be hurt, simple assault would not apply.

The victim's perception of the events play a large role in determining the criminality of such acts. Because of this, it is important for us as counselors to ask the right questions to help determine how best to help them. By educating ourselves on criminal laws and the elements that must be met for a crime to occur, we can empower students by letting them know that what happened to them was against the law and referring them to law enforcement for further investigation. Another way counselors can help is to encourage students to report these incidents. They may need encouragement to come forward and report what happened to them. We can provide them the support they need.

Lastly, school counselors and administrators can build a good working relationship with local law enforcement or your school resource officer. They can be a valuable resource for you to turn to with questions about this dilemma and they have probably handled an incident similar to what you are dealing with. Putting a stop to bullying seems to get more and more difficult, especially with advancements in technology, but if we can come together as a united front with proper authorities, we can make a difference for the students who need us most.



Public Relations
Chair

School Counselor
Castlewood
School District

Ashley Price

Mark Your Calendar:

- ◆ **November 2 & 3**– SDSCA presents the 10th Annual Counselor Connections Workshop in Brookings. [Click here to register.](#)
- ◆ **January 25, 2019**– SDCA Day on the Hill in Pierre. More details coming about this advocacy opportunity with state lawmakers.
- ◆ **February 4th-8th**– National School Counseling Week! Start planning to celebrate and advocate for you, your program, and the profession by [clicking here to visit ASCA's NSCW page!](#)
- ◆ **May 2-4**– 2019 SDCA Conference in Sioux Falls. More information coming soon to the [SDCA Website.](#)
- ◆ **June 29-July 2, 2019**– “Revolutionary Ideas” ASCA Conference in Boston, MA. Online registration opens January 2019.



Jackie Pew

Membership Chair

School Counselor
Harvey Dunn Elementary School

A Note from Ethics & Bylaws Chair

Dr. Daniel DeCino:

SDSCA members: Recently, the executive board decided to revisit and revise the bylaws governing the executive board and SDSCA members.

Per our bylaws, we are going to be reaching out this fall requesting your feedback and approval of the latest revisions. We believe the updated bylaws reflect our current values as an organization and demonstrates our commitment to ensuring our executive board operates with the best interests of its members.

Stay tuned for more information.

Check your inboxes for the ASCA partnered newsletter arriving on Oct. 10th & 24th for articles on success measures!

Warning: Inappropriate Use of the “B” Word

Whether you are new to the profession or a seasoned veteran, there is no doubt that at some point in your career you will hear or you have heard the “b” word. Yes, I am talking about Bullying! The term bullying often elicits a negative feeling in educators not because it stirs up empathic feelings towards the target of such behavior, but because of its misuse and overuse by so many students, parents, and community members.

In my experience, it seems like the “b” word is the first word thrown out when anyone makes an interpersonal mistakes, gets their feelings hurt, says no to a request, or disagrees with another’s opinion. Not all of these unpleasant human interactions meet the definition of bullying. Labeling all of these interactions bullying is a serious mistake by students, parents, and the community because it diminishes the meaning of word. Bullying is serious situation and should be handled as such. When we put the label of bullying on a behavior such as a friend saying no to playing a specific game, we take the focus off the true social learning opportunity for a student and the responsibility to manage our own uncomfortable feelings of disappointment. While at the same time, we inaccurately label a student a bully for being assertive, having an opinion, or simply making a mistake. The distinction between a lack of social skills and bullying needs to be made so that the term bullying keeps it true meaning.

Of course, school counselors should always take reports of bullying serious as we all have seen or have read about cases that have led to devastating mental health outcomes. It is part of our role as a school counselor to help support anyone who feels they are being mistreated. However, we also have a responsibility to help diminish the number of inaccurate claims of bullying and thus preserve the true meaning of the word.

To decrease the inappropriate use of the term bullying, we need to be avid educators of our students, our parents, and our community. Most school districts and/or school counseling programs probably have some way of educating students on the true definition of bullying. We teach students through classroom meetings or lessons, school wide assemblies, and our day-to-day teachable moments that the definition of bullying includes actions that are Repeated, Intentional, and have an Imbalance of Power. Even after using the best teaching methods, we know that some students will continue to misuse the word bullying, but with good instruction most students understand the difference between a single act of meanness and bullying. They start to accurately identify unpleasant behavior with the correct terminology.

The education of our other stakeholders, parents and the community, is just as important and should not be overlooked. Many of you have probably tried to educate these two groups by hosting parent trainings, writing articles in newsletters, doing a community-wide awareness campaign, or some other creative way to reach the adults outside the school walls. Despite our best efforts, the term bullying still gets tossed out by an upset parent whose child has experience one of those unpleasant human interactions. So what do we do differently?

Here is my opinion, we need to widen our education to parents to include other terms and descriptions to use when recounting their child’s unpleasant experience. As a parent, it is not easy to see our children uncomfortable for whatever reason, but we also need to be realistic that they are going to experience unpleasant moments in life. We can’t prevent that no matter how much we try to protect them from them and we shouldn’t try to shield them from every unpleasant moment because doing so does not prepare them for the real world.

As school counselor, we need to continue to teach parents about bullying and how it is defined and what to do when they see signs of bullying, but then we need to expand our teaching to include coping with every day disappointment, how to disagree with someone else’s opinion respectfully, and how to manage uncomfortable interactions. Parents need to understand that labeling an event bullying without aligning it to the set criteria is not preparing our children for the real world. Children need skills beyond being able to identify bullying. They need skills to handle uncomfortable feelings and interactions in a positive way.

While we may never totally eliminate the misuse of the term bullying, educating all our stakeholders is still the best method to protect the meaning of the word bullying and reduce the number of times it gets misused.

If you have not registered for the 2018 Counselor Connections workshop, do so now! This professional development event will take place in Brookings in the SDSU Student Union on Friday, November 2nd and Saturday, November 3rd.

Here are some of the topics covered this year:

- Child Maltreatment Investigations
- Using the Zones of Regulation Curriculum
- School Counselors' Experiences with Testifying in Court
- Adverse Childhood Experiences (ACES)
- Mindfulness
- Opioid Use Prevention
- Technology in School Counseling
- Confidentiality or Privilege?
- School Counselor Advocacy
- AND MORE!!

Register today by visiting the SDSCA website [here](#). You can print and mail in a paper registration or you can register online using a credit or debit card.

Please remember, SDSCA members receive the best rates! Our website also has details on how you can join SDSCA or renew your membership.

We hope to see you in November for SDSCA's Counselor Connections 2018!



Facebook: <https://www.facebook.com/SDSCounselors/>

Twitter: [@SDSCounselors](https://twitter.com/SDSCounselors)



Pinterest: [SDSCA Board](#)

SCHOOL COUNSELOR BEST PRACTICES SHARE SESSION

WHO: School counselors of all experience levels and from any grade ranges (K-12)

WHAT: Collaborate with other school counselors and walk away with practical items you can implement in your own school counseling programs, such as:

- Engaging lesson plans & activities
- Advocacy tips & tricks
- School counselor-approved resources
- And more!

WHEN, WHERE & REGISTRATION LINKS:

October 23, 2018 at Rapid City (9:00am-3:00pm) Register [here](#)

October 25, 2018 at Sioux Falls (9:00am-3:00pm) Register [here](#)

CONTINUING EDUCATION OFFERED: 5 continuing education contact hours

IS THERE ANY PRE-WORK? Yes, but it is a very short survey and to submit a lesson plan, which may take you 5-15 minutes. (It's very short pre-work to help attendees have a quality workshop with practical items they can take away! 😊)

COST: FREE!