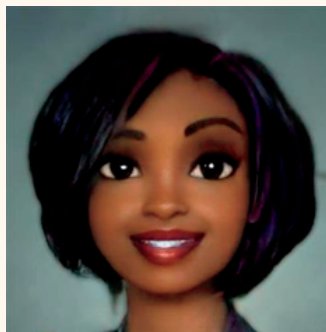


BES COUNSELORS

"All our dreams will come true, if we have the courage to pursue them" - Walt Disney



Confidentiality

Everything a student says in the counselor's office is confidential

UNLESS:

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



Counselors Do:

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

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

Being Safe at School looks like:

- following rules
- using kind words
- telling adults when you need help
- using calming tools if you feel upset

Contact the Counselors

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205-926-4993