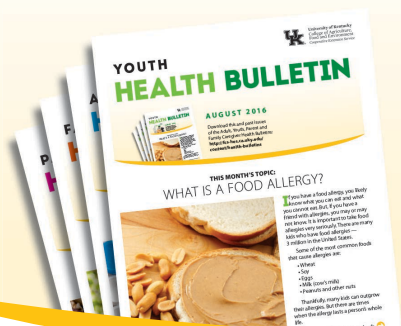




YOUTH HEALTH BULLETIN

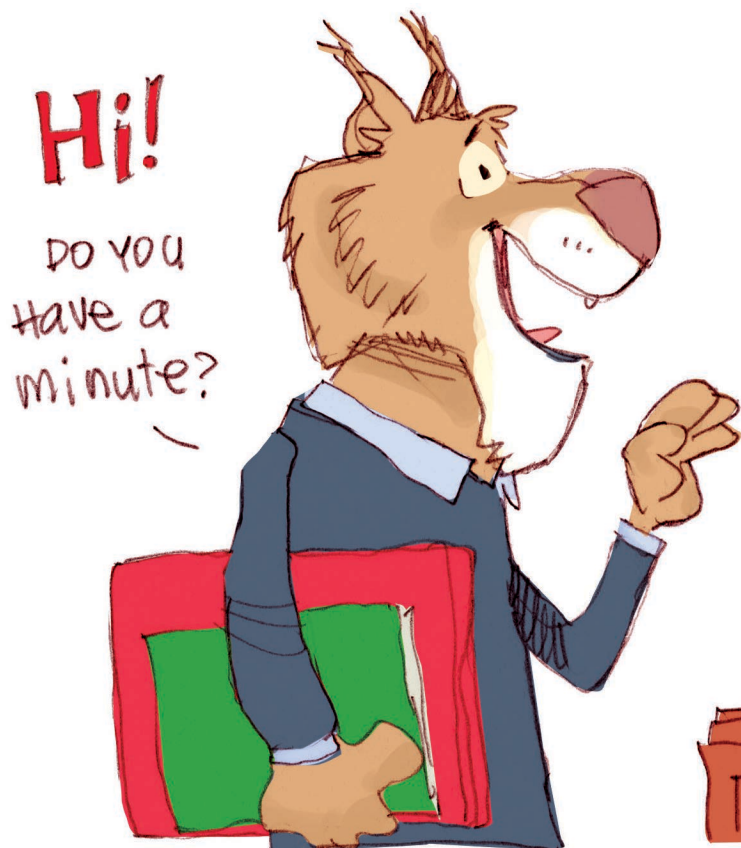


NOVEMBER 2016

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

HAVE YOU MET YOUR SCHOOL COUNSELOR?



Do you know your school counselor? School counselors are people at your school who help you when you are having a problem. They are great listeners and can be your friend when you need support. Wally Cat wants to make sure you know who your school counselor is and know all that he or she can do for you.

Where do you meet the school counselor?

In many schools, the school counselor makes many classroom visits. He or she can come to the classroom and talk about things like bullying, friendship, goal-setting and even study skills.

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If you want to talk to your school counselor, ask a parent or guardian, a teacher or a person who works in the school office.

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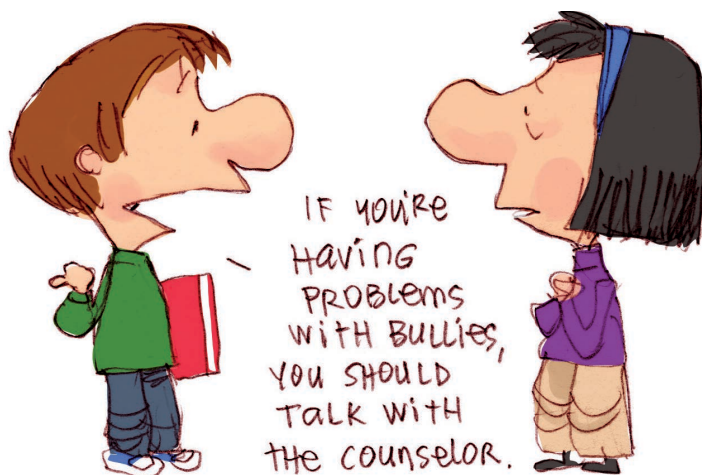
The school counselor does many different activities to help you understand good ways to talk to friends, teachers and even your parents.

School counselors work to make sure that you feel good about your school, yourself, your friends and your family.

How can a school counselor help you?

There are many ways a school counselor can help a student. Besides all of the times the school counselor visits the classroom, he or she may sometimes meet privately with students to discuss issues such as:

- Bullying
- Needing extra help with school work
- Needing help with an issue with a friend
- Feeling upset about something happening at home
- Being worried about something happening at school



Sometimes, a school counselor will have a small meeting where a few students meet and talk about an issue together. These are usually support groups with a specific topic like kids whose parents are not together anymore or if there is a loss of a loved one in the family.

A school counselor can talk to students about many different things. He or she wants you to be the best student you can be. If you feel like you want to talk to your school counselor privately, you can ask a parent or guardian, a teacher or a person who works in the school office. The school counselor is a great person to talk to!

SOURCES:

- American School Counselor Association <https://www.schoolcounselor.org/school-counselors-members/careers-roles/why-elementary-school-counselors>
- Nemours Kids Health <http://kidshealth.org/en/kids/school-counselors.html>



YOUTH
HEALTH BULLETIN

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

