



Introductory Letter to Students

Counselor Resource

Hey!

In the next few weeks your teacher is going to be delivering a series of lessons to you on the subject of “Cyberbullying”. Many of you are familiar with this topic; you may have been the target of some kind of bullying or know a friend who has found themselves in that situation. Maybe – you’ve even been guilty of using your phone (texting) or computer (emails or stuff on **My Space**) to say things that were hurtful to someone else. Those of us in education have spent a great deal of time in the last couple of years studying the data and facts around this issue. Guess what? We’ve discovered that cyberbullying is a pretty big problem in your age group. You already know that though. The cool thing is – we’re going to do something about it.

I am excited that the people who have written the lessons that you are going to receive have invited me to have a role. Who am I, you may wonder? I am a “real” middle school counselor who has been a school counselor for over 20 years. I chose to be a counselor because I believe every day I have the opportunity to make a difference in a child’s life. I don’t always know when that happens – but I do always know that I have the privilege of having a shot at it. Believe it or not – I see the chance to write some letters to you and your parents as terribly exciting. I hope that you will be able to tell by the way that I write that I do know kids of your age; that I do know something about the issues you face and the world that you live in. I have listened to the stories of so many students over the years that have been hurt by bullying behavior. Some of the stories have broken my heart; some have made me angry and frustrated. All of them made me want to do something about it. The people who wrote these lessons are doing something about it.

So – I’ll have a little letter that goes to you as part of each lesson. Hopefully, the letters will feel like a bit of a personal note from me encouraging you to listen with your heart, put aside any defenses that you might feel and give these new ideas the best of your attention. You’ll hear me say over and over that you are the one who can make a difference. I’ll remind you of your power and encourage you to stretch yourself – ever so slightly at first – to help make your school and community a kinder place. I’m really excited about this chance and hope to develop a relationship with you over the course of this work.

Best regards!

Mrs. G.