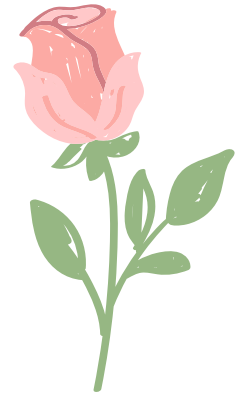


LAKEFOREST ELEMENTARY SCHOOL COUNSELOR NEWSLETTER

FEBRUARY 2024

GRADES 3-5

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CAPTURING KIDS HEART FEBRUARY CHARACTER TRAIT: KINDNESS

One of the best ways to show love is through kindness. Kindness is the ability and willingness to express care and compassion for others. Kindness is a choice to use our time, talent, and resources to better the lives of others and the world through genuine acts of love, compassion, generosity, and service.

Why focus on Kindness?

- Kindness boosts positive emotions. Acts of kindness create neural pathways that enhance feelings of well-being and the natural flow of feel-good endorphins and neurotransmitters.
- Kindness is self-replicating. When we perform an act of kindness, it is likely to encourage others to act in a similar way.
- Kindness reduces stress and anxiety. Kindness promotes positive relationships with other people. Anything that helps you to build bonds with other people helps decrease anxiety.

Kindness in Action:

- Celebrate small things. Start each day with Good Things as a class. Publicly and privately affirm kind and thoughtful actions and attitudes.
- Create opportunities for students to regularly affirm each other. Once a week, dedicate time for students to write notes of affirmation to classmates and school staff members.
- Model Kindness. Be mindful of body language, tone, and mindset. Kindness is learned by example.

FEBRUARY CLASSROOM COUNSELING LESSONS: RESPONSIBLE DECISION MAKING WITH SOCIAL MEDIA SAFETY

This month's classroom counseling lessons are focused on making responsible decisions while on social media. We will review fake social media slides and discuss whether it is safe or unsafe. Some of the key points of this lesson are:

- Get parent permission to have social media accounts
- Only accept followers that you personally know
- Never agree to meet people you don't know
- Never share your exact location
- Never share your password
- Do not post or send negative messages

Guidelines for *Kids and*
SOCIAL MEDIA

AGE GUIDELINES		
Platform	Age	Restrictions
Beats	13+	13+
Facebook	13+	13+
File	13+	13+
Instagram	13+	13+
LinkedIn	17+	17+
Nextdoor	13+	13+
Periscope	13+	13+
Roblox	13+	13+
Skype	13+	13+
Twitter	13+	13+
WhatsApp	16+	16+
YouTube	13+	13+

Each platform has terms of service to look into.
Ratings come from the app store and are based on what is included.

BEFORE YOU POST:

T
Is it true?

H
Is it helpful?

I
Is it inspiring?

N
Is it necessary?

K
Is it kind?

SOCIAL MEDIA TIPS:

- Don't post anything that you would be embarrassed for others to see.
- Assume that everything you post or post anywhere, that anybody can see it.
- Even though you can delete something you can never permanently erase something that has been published on the internet.
- Be careful about phishing.
- Good friends shouldn't be "social" but you don't need to share every detail all of the time.
- Regularly set up privacy settings.
- Make sure your profile is secure.
- You don't want anyone to be able to log in to your account or get hacked.
- Go outside and in when possible.
- Be considerate of others.
- Use your manners online, just like you would in person. Just because you can't see people face to face doesn't mean you can be impulsive.
- Don't hate or complain.
- Specifically when it comes to organizations, people, religion- you need to know that others are looking at what you post and will judge you accordingly.
- Be cautious of friend requests.
- Don't accept anyone and everyone. Make sure that you know the people you are accepting.
- Avoid using random profiles.

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