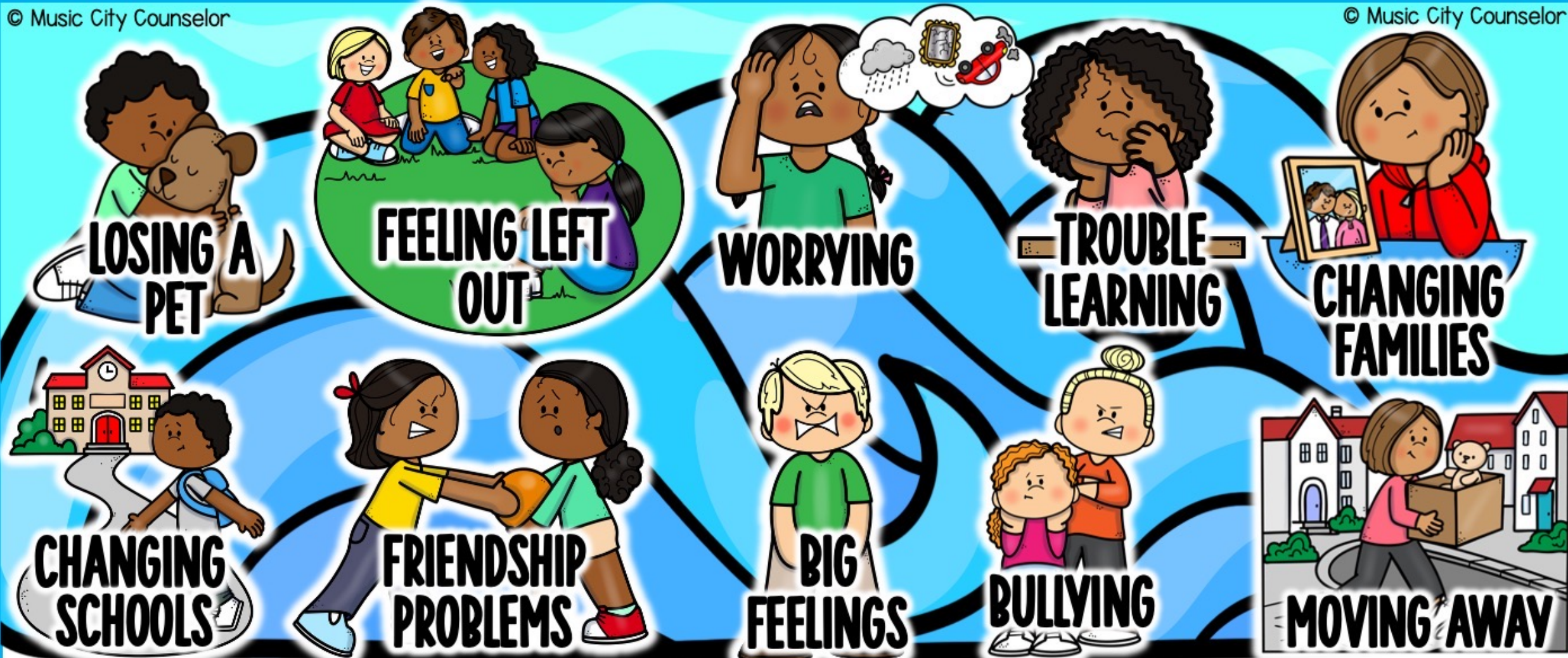


SCHOOL PSYCHOLOGISTS HELP YOU SURF THE WAVES OF LIFE!





LIFE COMES WITH WAVES!

Some waves are small and easy to handle. Others are bigger and can pull you underwater if you try to ride them alone.



School psychologists help you learn to surf by supporting, helping, and encouraging you through the waves of life.



3 TYPES OF WAVES:

RIPPLES



WAVES

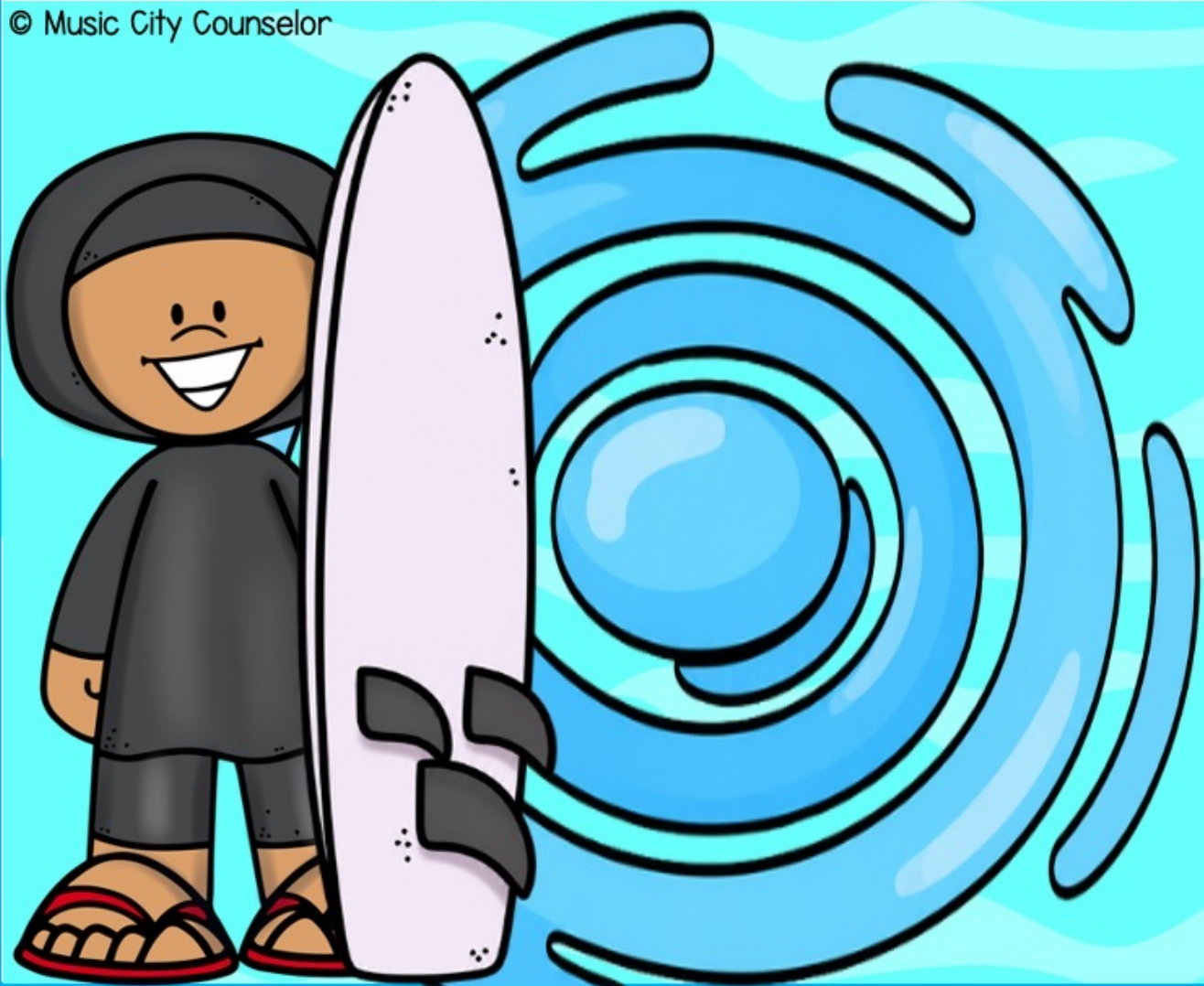


TIDAL WAVES



RIPPLES: SMALL PROBLEMS

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- May bug you, but they're **no big deal**
- Can make you feel annoyed, frustrated, or upset
- You can **ride them on your own**, without support from a grown-up you trust

EXAMPLES OF RIPPLES



A FRIEND
IGNORING YOU



DROPPING YOUR
ICE CREAM



BEING LEFT OUT ONCE



BEING LATE
FOR SCHOOL



SKIPPING IN
LINE



HAVING A
MESSY DESK

WAVES: MEDIUM PROBLEMS

© Music City Counselor



- Feel **heavier, last longer**
- Can affect your learning, friendships, feelings, and choices
- **Some you can ride alone, but others need help** from a grown-up you trust

EXAMPLES OF WAVES



**SOMEONE SENDING
MEAN TEXTS**



**BEING EXCLUDED
OFTEN**



**GETTING IN
TROUBLE A LOT**



**PARENTS ARGUING
AT HOME**



**PLAYING ALONE
AT RECESS OFTEN**



**BEING NEW
AT SCHOOL**



**BEING TEASED
OFTEN**

WHEN TO ASK FOR HELP:

IT HAPPENS OVER AND OVER AGAIN



IT HURTS SLEEP, FRIENDSHIPS, LEARNING



YOU TRIED AND CAN'T SOLVE IT YOURSELF



TIDAL WAVES: BIG PROBLEMS

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- SO BIG that you need help RIGHT AWAY from a grown-up you trust
- Make you feel scared, hopeless, stressed, overwhelmed, trapped, or unsafe
- Emergencies, crises, dangerous situations

EXAMPLES OF TIDAL WAVES

© Music City Counselor



BULLYING



**BEING APPROACHED
BY A STRANGER**



**LOSING A
LOVED ONE**



**BEING HURT
AT HOME**



DIVORCE



FIGHTING



HITTING



**RUNNING INTO
A BUSY STREET**



**GRABBING A
KNIFE**

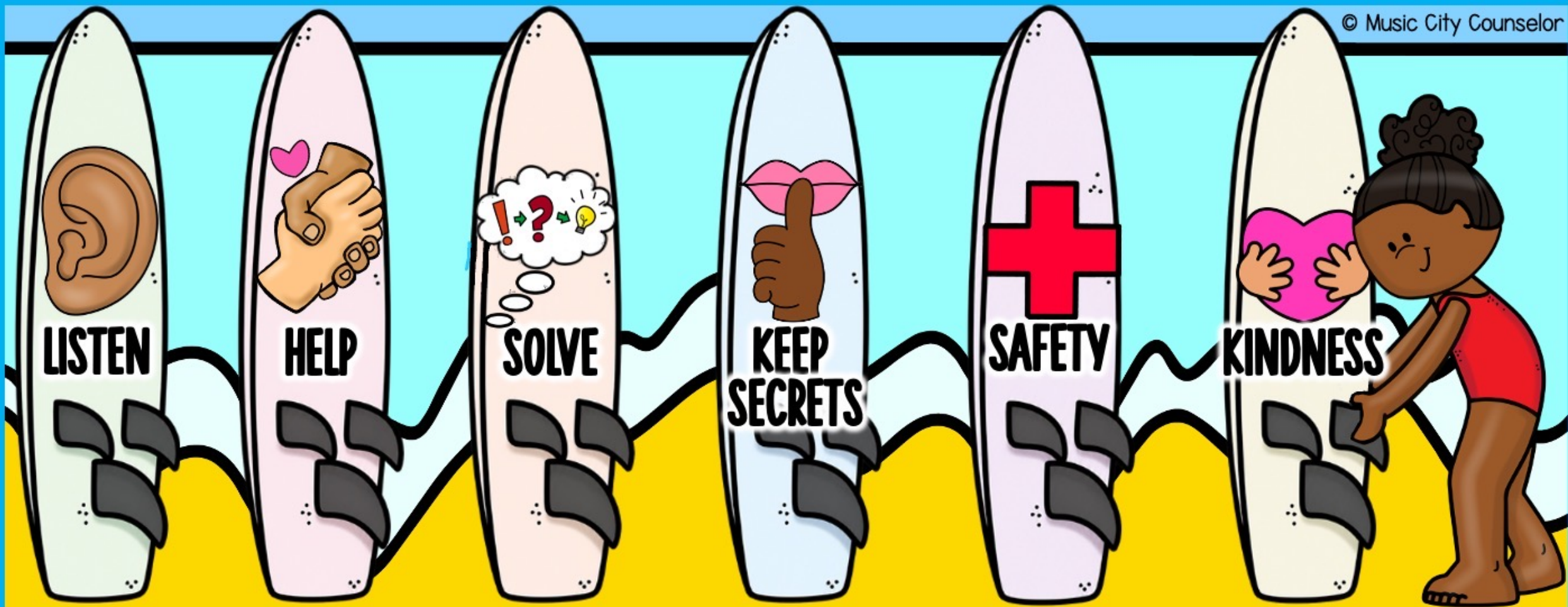
MEET YOUR SCHOOL PSYCHOLOGIST



hello MY NAME IS
MRS. HUDSON

I love being your school psychologist and know that I have the best job in the world! My favorite food is Mexican – especially tacos and quesadillas.

I love listening to country music and going to concerts. My favorite colors are pink and blue. I love to spend time with my husband and two sons.



**SCHOOL PSYCHOLOGISTS TEACH STUDENTS
HOW TO SURF THE WAVES OF LIFE!**



We all need someone to talk to sometimes. School psychologists are great listeners! We listen without judgment and care about *every* student. **We're ready to listen when kids have BIG feelings, worries, trouble with friends, or hard things happening at home or at school.** We want our students to feel safe, supported, and loved.

SCHOOL PSYCHOLOGISTS LISTEN



School psychologists are helpers at school. We help students solve problems, learn coping skills, make friends, and handle big feelings. We also make sure every student has what they need to be successful at home and at school. When you have a problem, school psychologists are here to help!

SCHOOL PSYCHOLOGISTS HELP



School psychologists are problem-solvers who **help students work through challenges at school and at home.** We help kids think of safe and healthy ways to handle problems with friends, feelings, behavior, and schoolwork. School psychologists are there to help and support students when life feels hard.

SCHOOL PSYCHOLOGISTS **SOLVE**



School psychologists keep students' secrets **confidential or private**: we don't share them with your friends, families, or teachers. We do this so **counseling is an open, safe, and honest place**. The only times we have to share is if you or others are in danger. **If you're being hurt, hurting yourself, or hurting others, we'll tell other helpful grown-ups to keep you safe.**

SCHOOL PSYCHOLOGISTS **KEEP SECRETS**



School psychologists are **safe people** **students can go to** when they need help, support, or someone to talk to. We care about students' feelings and want everyone to feel safe and respected at school. School psychologists are there to help students feel calm, supported, and understood.

SCHOOL PSYCHOLOGISTS ARE SAFE



School psychologists are kind and caring people at school. **We treat students with kindness and respect at all times.** School psychologists help students through hard days, celebrate their achievements, and remind kids that they are important and valued. We see the best in every student and want them all to succeed.

SCHOOL PSYCHOLOGISTS **ARE KIND**



Even the strongest surfers
need support from a school
psychologist sometimes!

**Remember, no one surfs
alone.** Your school

psychologist is here to help!

**HOW CAN YOUR SCHOOL
PSYCHOLOGIST HELP
YOU LEARN TO SURF?**