

# Counseling Connections

## El Cerrito Counseling Newsletter

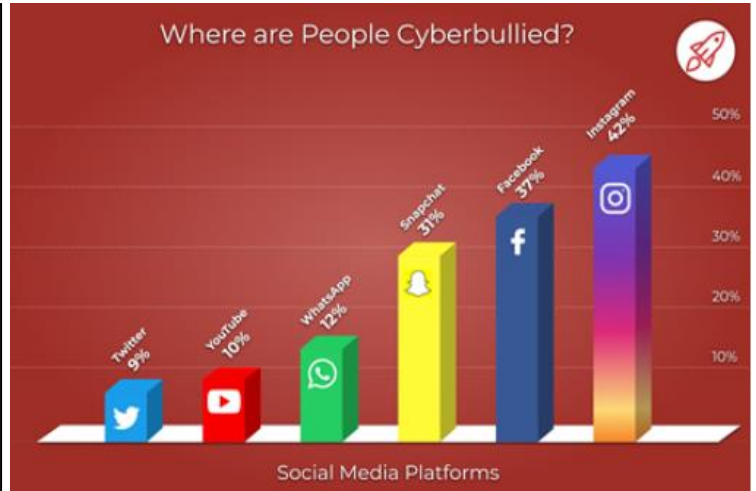


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Office Hours: M-F 11:00-12:00  
Office Hours: M-F 1:00-3:00

### Focus of the Week: Digital Citizenship

Digital citizenship refers to the ability to use technology in a responsible way. A few elements of digital citizenship include digital etiquette, digital laws, rights and responsibilities online, and how to communicate effectively. These are necessary skills for students to have. These tools will help students learn to identify cyber bullying, protect personal information, become responsible users of technology, and the practice of internet safety. Websites such as <https://www.common sense.org/> and <https://www.nsteens.org/> provide resources and activities to help understand the influence of technology. While your child is engaging in distance learning, it's a wonderful opportunity to have discussions about effective digital citizenship.



**BEFORE YOU**

**think** !!!

- t is it true?
- H is it helpful?
- i is it inspiring?
- n is it necessary?
- k is it kind?

Visit the following sites for some great resources:  
<https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying>  
<https://www.stopbullying.gov/resources/get-help-now>

**IN CRISIS?**

**TEXT CNUSD TO 741741**

Free, 24/7, confidential crisis support by text.

**CRISIS TEXT LINE**

Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

**Care Solace**  
Phone: (888) 515-0595  
Email: [weserve@caresolace.org](mailto:weserve@caresolace.org)



**SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)

If you are in crisis, please **CLICK HERE**, or call 911

To calm and support a positive mental health visit CNUSD's Virtual Calming Room, <http://bit.ly/CNUSDvirtualcalmingroom>

For additional grade-specific social emotional enrichment tools, visit **CNUSD Always Learning**