



HELPING COUGARS COPE

#KMSCOUGARPRIDE

Start a Conversation & Reassure Them

- I'm here for you.
- How do you feel about what's going on?
- What are your friends thinking/talking about?
- I'm interested to hear what you think.

Listen & Validate

- That's interesting. Can you tell me more?
- I hear you say...
- It makes sense that you may feel...

Focus on the Good but you don't have to "fix it"

- Is there a positive way to respond to this situation?
- What is in your control?

KINGWOOD MIDDLE SCHOOL
COUNSELING TEAM

