A FRIEND IS THE FIRST TO KNOW

Leilani Ahina, PsyD
Sarah Slater, MSW
Bennett Valencia, LCSW

Punahou School
Honolulu, Hawaii
SUPPORTING A SCHOOL CULTURE OF....

• Prevention
• Consultation
• Empowerment
• Empathy
• Self-awareness
• Clear channels of support
Psychosocial Education Department
Courses & Camps

- 9th Grade Guidance
- Introduction to Counseling (ICP)
- Peer Helping
- Psychology
- AP Psychology
- Sports Psychology
- 9th Grade Camp “Kuleana”
- 10-12 Grade Camps
Our Counseling Model

Issue

(Counseling Skills)

Attending
Empathy
Questioning
Summarizing

Resolution Phase

Goal Statement

Exploration Phase
Peer Helping
SOMETIMES A FRIEND IS THE FIRST TO KNOW...
Questions to further the Discussion

• What might make it hard to seek out help from an adult?
• What if your friend’s safety or someone else’s safety was at risk?
• Which concerns would warrant an immediate response, one that could not wait until tomorrow?
Questions to Further the Discussion

• What about situations involving serious and foreseeable harm that require an immediate response (suicide, homicide, abuse, sexual assault, etc.)?

• What are some resources on campus you can use if you are concerned for a friend?

• What does seeing a school counselor look like? How might the conversation go? What might happen?

• What are the limits of confidentiality?