

Children's Assent for Counseling

I agree to see Debbie for counseling. I know that I get to be **BOSS** during our time together. That means if I don't want to talk about something, she will respect my wishes. Deb and I will work together to help me grow to be a **Stronger** and happier me. Deb will keep what I say private.

She will update my parents about how I am growing and developing, but most stuff I tell her will stay between us. If I know of someone who might get hurt, she will need to make sure that person is safe, even if that person is me.

When children talk about their feelings, sometimes it **awakens feelings** that have been very quiet for a long time. This is normal and happens for many children. Deb and I will talk about what I can do to help my feelings heal and grow.

I want to see Debbie for counseling and my name is

Date: