**INFORMED CONSENT FORM FOR**

**SECONDARY COUNSELLORS**

**What to expect from counselling:**

* Counselling is expected to be a voluntary, confidential relationship (see limits below) and involves developmentally appropriate and evidence - based strategies to explore specific goals as identified and agreed upon by the counsellor and student.
* A counsellor has an obligation to ensure that students understand the goals of the counselling session(s), limits to confidentiality, and the potential risks and benefits of counselling.
* A student has the right to end counselling at any time.

**Potential Benefits to counselling:**

* Improved problem solving strategies for areas of concern in one’s life.
* Better understanding of self and others, and increased mental health and wellness.
* Understanding of options available in school, community and home for continued support.

**Potential Risks to counselling:**

* Unanticipated and/or strong emotions that may arise from remembering and discussing upsetting events.
* Limits to confidentiality may lead to unforeseen consequences.

**Limits to Confidentiality:**

* Concerns about abuse (sexual, physical, emotional), and/or neglect of a student legally require a report to the Ministry of Children and Family Development.
* If a student has knowledge regarding criminal activities, and/or knowledge of someone being harmed, the counsellor must inform the police.
* If a student has a plan to harm themselves or others, confidentiality may be breached to ensure safety.
* When subpoenaed to court, a counsellor must share relevant information as requested by legal authorities.

**Parent/ Guardian Consent:**

* If a student is not able to fully understand ongoing informed consent, parental/ guardian permission for counselling is required.
* It is most often in the best interest of the student to have parents/guardians informed about counselling (while content remains confidential), with the child/youth’s consent.

**Date:**

**Student Name**: **Signature**:

**Counsellor Name**: **Signature:**

**Parent/ Guardian Name (if applicable, see above):**

**Parent/ Guardian Signature:**