

Mental Health Moment

Presented by the Counseling Department

Kindness and Inclusion

October is Bullying Prevention and Awareness Month and we will learn more about the topic all month long.

Our school's community is diverse and varied, which lends itself to many people of varying life experiences, perspectives, and cultures. At this time in the world, we can easily get caught up in divisive behaviors, conversation, and ideas that restrict the existence of others. Regardless of our differences, it is important to learn how to embrace the differences, learn about others and their lives, as well as ensure all community members know they belong. Kindness and inclusion go a long way in ensuring all people know and feel that they are safe in a community.

In this month's edition, we will share some ways you can be sure you're engaging in behaviors that support others and create a culture of belonging in our school community. Throughout this month, we will also share some resources about bullying and how to report bullying behaviors. We want all people to be safe in our school.

~The Counseling Team

You matter!

You belong!

You are enough!



is it
BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**

Scan the code to take a copy:



Kindness is the
language that
*the deaf can hear and the
blind can see.*

MARK TWAIN

#HONORJORDAN

ONE
KIND
WORD

CAN CHANGE
SOMEONE'S
ENTIRE DAY

@itw_visions

Diversity is being
invited to the
party.

Inclusion is being
asked to dance



A beautiful heart
will bring things into your
life that all the money in
the world couldn't get you.

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WE ARE ALL
DIFFERENT
AND THAT'S
BEAUTIFUL

Karen Salmonski

When we're talking
about diversity, it's not
a box to check. It is a
reality that should be
deeply felt and held and
valued by all of us.

Ava DuVernay

trvst

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Our diversity is our
strength. What a dull
and pointless life it
would be if everyone
was the same.

Angelina Jolie

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KINDNESS IN WORDS
CREATES CONFIDENCE.
KINDNESS IN THINKING
CREATES PROFOUNDNESS.
KINDNESS IN GIVING
CREATES LOVE.

LAO TZU

RANDOM ACTS OF KINDNESS
FOUNDATION



have a
kind heart
fierce mind &
brave spirit