Mental Health Moment

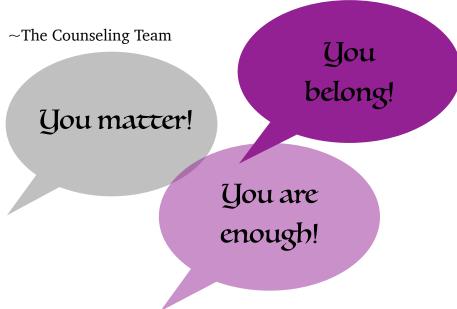
Presented by the Counseling Department

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.







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

RIDE

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 iteven when you tell them to stop or show them that you're upset—that's

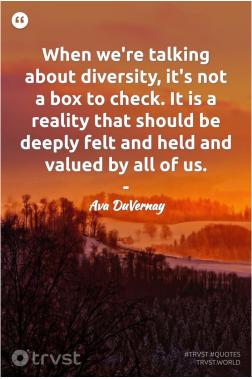
BULLYING.

Scan the code to take a copy:



OCTOBER 2021 MENTAL HEALTH MOMENT

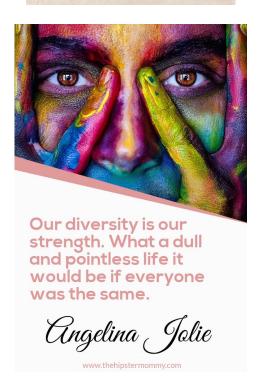




ONE KIND WORD CAN CHANGE SOMEONE'S ENTIRE DAY

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

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have a kind heart fierce mind & brave spirit