

# BULLYING AND MENTAL WELLNESS

The topics of this action card are bullying and mental wellness. Depending on your child, you may hear all about their inner world or you may not get more than a few words, but often times you can sense a difference in behavior and mood. If you have concerns, let your child's teacher know. Maybe they have noticed little cues, too. Together, you can take steps to make sure your kid is supported through any challenging times.



## Language

Even as adults, it can be hard to confront a friend or co-worker who uses words or makes comments that can be harmful. This guide is for educators but the content is helpful for any adult who wants to role model what it looks like to stand up for the dignity of all people (and, in doing so, being the change you wish to see).

### Speak Up Guide:

[https://www.tolerance.org/sites/default/files/2019-04/TT-Speak-Up-Guide\\_0.pdf](https://www.tolerance.org/sites/default/files/2019-04/TT-Speak-Up-Guide_0.pdf)



## Try This!

**Books:** 23 Must-Read Anti-Bullying Books for Kids

<https://www.weareteachers.com/14-must-read-anti-bullying-books-for-kids/>

**Movies:** Bully, Wonder, Inside Out

**Video:** Bullying a Hamburger

<https://www.youtube.com/watch?v=YNnHdR9DQDA>

**Website:** Nationwide Children's Hospital: On Our Sleeves

<https://www.nationwidechildrens.org/giving/on-our-sleeves>

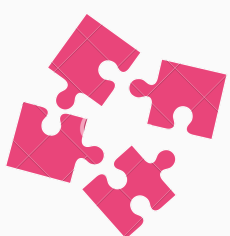


## Kid Challenge

Watch this video:

<https://www.youtube.com/watch?v=eeqQCyQOCPg>

Practice the ways you can be an upstander



## Adult Challenge

Are we heeding our own advice to be an upstander?

This month, set an example for your kid by speaking up or stepping in when you see or hear unkind behavior.



## Events

**March 27th:** Tremont Family Night

**January 20th:** Tremont DEI Committee Meeting

**January 13th and 21st:** America to Me screenings at Hastings