

Mission:

be nice mission is to increase awareness of treating people with civility community-wide. You can call it what you want: respectful, courteous, polite, mindful, caring, nurturing, graceful, civil. But it all adds up to being nice.

Objective:

Our objective is to create an awareness surrounding the issues of bullying. By creating awareness, it will help to minimize and reduce the effects caused by bullying such as depression and suicide.

Nearly one out of three kids in the United States - over 5.7 million - are directly impacted by bullying.

Children and youth who are bullied are more likely than other children to be depressed, lonely, anxious, have low self-esteem, feel unwell, and think about suicide. (Limber, 2002; Olweus, 1993).



The Mental Health Foundation of West Michigan is dedicated to our mission to create and sustain a community that supports and understands people with mental illness.

We support individuals overcoming their mental illness and shape our community's understanding of mental health through our education program: Live Laugh Love: Educating Youth About Mental Health.

restore civility

be nice.

www.themhf.org

you can call it what you want:

respectful	caring
courteous	nurturing
polite	graceful
mindful	civil

but it all adds up to *being nice*.

be nice.

Live Laugh Love: Educating Youth About Mental Health
Live Laugh Love: It's Good for Your Mental Health
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What is be nice?

be nice. day is an anti-bullying day designated to create awareness about the devastating effects of bullying.

To *be nice.*

- is more than just saying don't bully.
- is a strengths-based perspective, and a positive way to minimize bullying. We have learned over the years that just telling someone to **Stop or Don't** is negative and often ignored.
- is a proactive way to encourage kindness among kids, parents, co-workers etc.
- is all-encompassing. It goes further than just an action. *be nice. - It's Good for Your Mental Health.*

When?

The fourth Friday in February or YOU CHOOSE your *be nice.* day!

Who can participate?

Businesses, schools, community members, anyone!

How can I participate?

Bring *be nice* to your school, business or community!

- Designate a chair (teacher, parent, department head *or other*) to lead in your *be nice* day.
- Designate a day for *be nice.*
- Contact the Mental Health Foundation of West Michigan for your *be nice* packet.
- In your packet you will have the option to choose your level of participation.
- You will also have the option to purchase *be nice* items.
 - ✓ t-shirts
 - ✓ silicone wrist bands
 - ✓ buttons
 - ✓ stickers
 - ✓ car magnets
 - ✓ pep rally/presentation



How can this program be effective?

- There are serious implications for those being bullied and those doing the bullying. This issue can create long-term problems with depression, anxiety, feelings of worthlessness and in the end can lead to suicide.
- Adopting a comprehensive approach to reduce bullying in schools can change students' behaviors and attitudes.
- In a study done by Vreeman and Carroll in 2007, they found that school wide programs were far more effective in reducing bullying and victimization than just classroom curriculum programs alone.
- Bullying programs cannot only target bullying in schools-but educate students and encourage the bystanders to tell a trusted adult about it.

For more information on how you can participate contact the Mental Health Foundation of West Michigan at:

(616) 389-8601 or www.themhf.org