

October is Bullying Awareness & Prevention Month

- We invite the Conant Community to participate in Kindness Month.
- Show your true colors against bullying by wearing **ORANGE** on **Thursdays** in **October**.
- Our united actions help to promote *kindness, acceptance, and inclusion*.
- For more information, visit the [National Bullying Prevention Center](#).

If you or someone you know is struggling with bullying behaviors or mental health concerns, there is help.



- Access a trusted adult. At CHS our team room staff are here to listen and help you problem solve.
- You can report an anonymous concern through the Report a Safety Concern link on your iPad or on the CHS website.



- Utilize mental health hotlines. Both resources can be accessed 24/7 and connect you to trained professionals.
 - Suicide & Crisis Hotline.
 - BC2M Crisis Hotline.