

## **Be nice. Program at Williamston Middle School:**

The be nice. program at WMS was implemented in the spring of 2019. This program was created by the Mental Health Foundation of West Michigan, and is 'a mental health education, bully and suicide prevention initiative that creates a positive cultural change through simple daily actions.' The be nice. Action Plan teaches people to notice, invite, challenge, and empower themselves and others. How you treat someone can have a direct effect on how they think, act, and feel - their mental health. The be nice. education program creates awareness and can save lives. (<https://www.benice.org/be-nice>).

We encourage parents to become familiar with the action plan and talk with their children about how to support themselves and others.

### **What is be nice.?**

**be nice.** is an Action Plan that helps individuals understand that they can have an effect on how others think, act and feel. **be nice.** is a proactive initiative designed to spread awareness of the importance of noticing, inviting, challenging and empowering community-wide. At the core of **be nice.** is the understanding that someone's mental health (how they think, act and feel) can be affected by how others treat them. **be nice.** reduces the devastating effects of mean behavior as it happens in school climate, which can include low self-esteem, depression and suicide. **be nice.** creates a positive cultural shift in your school and community.

**be nice.** educates students and community members about how simply "being nice" is an effective way to promote a safe and civil environment within the school and community.

We all have the ability to save a life by simply being nice.

### **be nice. Action Plan**

#### **notice**

What is good, what is right, changes in someones behavior

#### **invite**

yourself to initiate a conversation

#### **challenge**

the stigma; communicate important resources

#### **empower**

yourself with the knowledge that you can have an effect on how someone thinks, acts and feels

# be nice.<sup>®</sup> Action Plan



## notice

- notice what is good
- notice what is right
  - notice what is different about how someone is thinking, acting and feeling.



## invite

- invite yourself to start a conversation.
- "I've noticed that..."
- "Have you spoken to anyone else about how you are feeling?"
- "It's okay to get help."



## challenge

- challenge the individual to reach out for help if they need it.
  - challenge stigma surrounding mental health.
  - challenge yourself to communicate important resources.

## empower

- empower yourself and others to concentrate on and engage in protective factors.
- empower yourself with the knowledge that you can have an effect on how someone thinks, acts and feels

