

# CHARACTER CHATS

..... *Monthly Overview* .....



## September

- Pillar of Fairness
- Bullying Prevention
- Internet Safety Education
- Resources for getting help for self and others
- Trusted Adults

## October

- Pillar of Responsibility
- Awareness of signs and symptoms correlating to substance use and abuse
- Resources for getting help for self and others

## November

- Pillar of Citizenship
- Mental Wellness Basics
- Stigma and Support
- Risk and Protective Factors
- Developing healthy activities
- Gratitude

## December

- All Pillars
- Suicide Awareness and Prevention
- Getting help for self and others
- Volunteering/Acts of Generosity

## January

- Pillar of Respect
- Effective Listening Strategies
- Child Trafficking
- Resources for getting help for self and others

## February

- Pillar of Caring
- Healthy relationships
- Empathy
- Forgiveness
- Positive Friends

## March

- Pillar of Trustworthiness
- Managing strong emotions
- Have the courage to do the right thing
- Build a good reputation

## April

- All Pillars
- Stress management
- Developing healthy coping skills
- Importance of self-care
- GRIT/Perseverance

