



# Character Chats Monthly Overview

## Sept

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



## Oct

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



## Nov

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



## Dec

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



## Jan

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



## Feb

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



## Mar

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



## Apr

- All pillars
- Stress management
- Developing healthy coping skills
- Importance of self-care
- Resiliency/GRIT

