



# MENTAL WELLNESS MATTERS

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## A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

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Vol. 3

Hello,

I work with each Door County school district to offer education on ACEs (Adverse Childhood Experiences), their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we may not be able to remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Each month (October-May) your school will distribute this newsletter to share mental wellness information with you.

Better Together,  
Melissa Andrews  
Mental Health Navigator



Upstander: Any individual who stands up & takes action toward inclusion & acceptance in their school, home, and/or community.

- 1) Help others who are being bullied by being their friend - walk & talk with them; support them.
- 2) Stop untrue or harmful messages from spreading.
- 3) Tell your friends & encourage them to become Upstanders too.
- 4) Make friends outside your immediate circle.
- 5) Be aware of the bullying policy at your school, and if there is not one - advocate for its' creation.
- 6) Reach out to new people at your school or organize a welcoming committee.
- 7) Refuse to be a bystander, take action & speak up.
- 8) Respect others' differences & help others to respect differences.
- 9) Form a peer group, with the help of a principal or teacher, to develop an anti-bullying program.
- 10) Educate yourself & your community on ways to work toward becoming an Upstander.



### 10 Tips for Children & Cell Phone Safety

We strive to provide our children with the tools & resources they need to be successful, but are we ensuring their safety when providing them with these tools? Below are 10 helpful ideas to get you started. Do you have any you would add?

- 1) Start simple - point out basic phone features & ensure they have crucial contacts in phone (parents, grandparents, etc.).
- 2) Limit usage - designate specific times the phone may be used & where (ex: after homework is complete, not at the dinner table).
- 3) Teach responsibility - the phone is not a toy & help them understand the associated costs.
- 4) Privacy expectations - not publicly sharing phone number online, when to share with others, & how to respond if they are not comfortable sharing their number.
- 5) Think before answering - not a number they know, encourage them to let the caller leave a voice message & then call back & teach them how to block unwanted numbers.
- 6) Ensuring etiquette - teach your children when & where to silence their phones & explain your expectations for limited usage at school functions, on the bus, etc.
- 7) Organization - ensure phone accessories are kept in the same place & always accessible, also help them understand when your plan is reaching the data limits.
- 8) Protection - purchase a case & screen protector, help your child understand discreet use as well.
- 9) Landlines - some families keep their landlines so that cell phone usage remains a luxury to be had outside the home.
- 10) Caution on the download overload - show them how to keep their phone clutter-free & how to uninstall apps they do not use.

