

live WISE live HEALTHY

RICHARDSON ISD

JANUARY/FEBRUARY FOCUS

Healthy Relationships

Relationship care is an essential part of all our daily lives. RISD values the importance of healthy relationships and the positive outcomes it produces for all. The months of January and February will concentrate on understanding the value of healthy relationships.

Resources

Common Sense Media:

www.common Sense Media.org

Domestic Violence Hotline:

www.thehotline.org

Dallas Children's Advocacy Center:

www.dcac.org

Hope's Door New Beginnings:

www.hdnbc.org

Random Acts of Kindness:

www.randomactsofkindness.org

Students

Elementary counselors share lessons on friendship and personal safety.

Instructional Technology provides opportunities to learn about Healthy Online Relationships and Digital Privacy.

Weekly announcements and digital citizenship lessons available for campuses to present to students.

Common Sense Media offers **advisory lessons for grades 6-12**.

High School Peer Mediators provide peers and JH campuses activities for healthy relationships, understanding conflict, and tools for managing and resolving conflict.

Campuses celebrate **Random Acts of Kindness Week** on February 14-20.

Staff

The **School Kindness Calendar** provides ideas to consider and share with colleagues.

Common Sense Media offers **Digital Citizenship** learning opportunities.

Community

Parents and community members are encouraged to check out the student announcements and advisory lessons to find opportunities for further discussion with your student. Enjoy these opportunities for **Making Kindness the Norm at Home** activities for all ages!



#liveWiseliveHealthy
www.RISD.org/LiveWise

Community-wide training, programming and opportunities to empower young people through healthy and wise decision-making and meaningful life-changing experiences.