

SUICIDE PREVENTION AWARENESS WEEK - September 9th-13th

MONDAY - START WITH HELLO DAY

Wear something yellow &/or bright to show that you have the power to be a bright spot in somebody else's day. This day is about being dedicated to making new social connections and creating a sense of belonging.

Quote for Announcements:

You never know what kind of impact you can have on someone by just saying hello. -Manti Te'o

Share/Reflection Question: What is something that you can do to brighten someone else's day. Make sure you say hello throughout the day.

TUESDAY - HAVE HOPE DAY

Wear neon &/or sparkles to remember to look on the bright side, practice positive self-talk, and add joy to your life.

Quote for Announcements:

Hope is being able to see that there is light despite all of the darkness. - Desmond Tutu

Share/Reflection Question: What is something that brings you joy?

WEDNESDAY - LOVE YOURSELF DAY

Wear your favorite color &/or something you love.

Quote for Announcements:

You yourself, as much as anybody in the entire universe, deserve YOUR love and affection.

Your greatest responsibility is to love yourself and to know that you are enough.

Share/Reflection Question: What is one way you can show yourself love?

THURSDAY - SHOW SUPPORT DAY

Wear purple to show support for those who are hurting.

Quote for Announcements:

Encourage, lift, and strengthen one another. For the positive energy spread to one will be felt by us all. For we are connected, one and all. - Deborah Day

Share/Reflection Question: What is one way to show support for someone who is sad?

FRIDAY - YOU ARE NOT ALONE DAY - Team Up and Be Supportive

Wear your favorite team, college, &/or sports apparel.

Quote for Announcements:

Just remember, you are not alone, in fact you are in a very common place with millions of others. We need to help each other and keep striving to reach our goals. -Mike Moreno

Share/Reflection Question: Who is one of your trusted adults?

