



Global Diversity Awareness Month

We live in such a multicultural society. Understanding and accepting all the different cultures into our every day lives strengthens our appreciation for each other and the world around us. Diversity opens your mind to new views and new ideas. We learn to appreciate cultural differences and enjoy a fresh perspective that may have been missing. It helps you become a true citizen of the world.

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness."

Ola Joseph

HOW TO CELEBRATE

1. Connect with people

Make a friend on the other side of the world. Modern technology allows us to learn almost anything we want to learn about people's lives through social media, and other online channels. Take the time to reach out and connect!

2. Learn about another culture

If you can't experience the 'real thing' through travel or another person, indulge in listening to international music, or watching international movies

3. Make an effort to stay informed.

Keeping up with global happenings and events may be emotionally tragic at times, but it can also be extremely informative in daily life, as we are all connected in one way or another.

5 Ways Diversity Makes Us Better Human Beings at Work

1. Prepares you to work in a global society.

When a workplace is diverse and inclusive, it creates a culture of tolerance where people from various backgrounds can interact freely and safely.

2. Enhances your knowledge

We learn so much more when we surround ourselves with people of various racial and ethnic identities. We open ourselves to new ideas and perspectives in life. Knowledge is diverse and cannot come from people who are similar to us.

3. Leads you to success.

Learning to work with people different backgrounds from you increases your ability to work cohesively. It teaches tolerance and acceptance. As a result, you tend to show better teamwork skills.

4. Enhances social development.

Know and interact with people who belong to underrepresented groups, whether racial or sexual, or ethnic. Doing so widens your social reach and expands the opportunity to attract a diverse talent pool from around the world.

5. Improves self-awareness.

When you work and learn from people who hold various identities and experiences, you enhance your analyzing skills and can learn from their experiences.

Harmonious
Diversity:
The act of learning how to positively understand, accept, and support both multiculturalism and individual differences working together.

- Ty Howard

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Mental Illness Awareness Week 10/2-10/8/23

TOGETHER WE CARE. WE SHARE.

Annual prevalence of mental illness among U.S. adults, by demographic group:

- Asian: 16.4%
- White: 23.9%
- Black or African American: 21.4%
- American Indian or Alaska Native: 26.6%
- Mixed/multiracial: 34.9%
- Native Hawaiian or Other Pacific Islander: 18.1%
- Hispanic or Latino: 20.7%
- Lesbian, Gay or Bisexual: 50.9%

164 MILLION PEOPLE LIVE IN A DESIGNATED MENTAL HEALTH PROFESSIONAL SHORTAGE AREA.

TOGETHER WE CARE. WE SHARE.

1 in 20 U.S. ADULTS EXPERIENCE SERIOUS MENTAL ILLNESS (SMI) EACH YEAR.

47.2% OF U.S. ADULTS WITH MENTAL ILLNESS RECEIVED TREATMENT IN 2021.

National Bullying Prevention Month

Students can be bullied in different ways:

Physical bullying

Verbal bullying -being the subject of rumors, taunting; being called names; being threatened

Relational bullying - being excluded from activities, harming someone's reputation; posting derogatory comments or embarrassing images in a public space or online.

Damaging property

Help your child understand mental bullying. Talk about what bullying is and how to stand up to it safely. Ask questions about bullying they may have witnessed, experienced, or heard about. Keep the lines of communication open. Check in with your child often. Listen to them. Know their friends, ask about school, and understand their concerns. Prepare them for what to do if bullying happens to them. Know who to contact at school when bullying happens.