

# WORDS CAN BE WEAPONS

Think before you speak - kindness is stronger than negativity.



## BE THE HERO, NOT THE VILLAIN

Step up and show that bullying won't be tolerated.

## DIFFERENT IS COOL

Embrace Uniqueness. Celebrate diversity and compassion.



## KINDNESS COSTS NOTHING

A small act of kindness can save a life.

## JOIN THE MOVEMENT!

Speak up, spread kindness, and make a difference!



If you or someone you know is struggling, please reach out to your primary care provider or contact ACCESS.

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[akhb.theismailiusa.org/mental-health-fitness](http://akhb.theismailiusa.org/mental-health-fitness)