

# 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 at 1-844-55ACCESS.