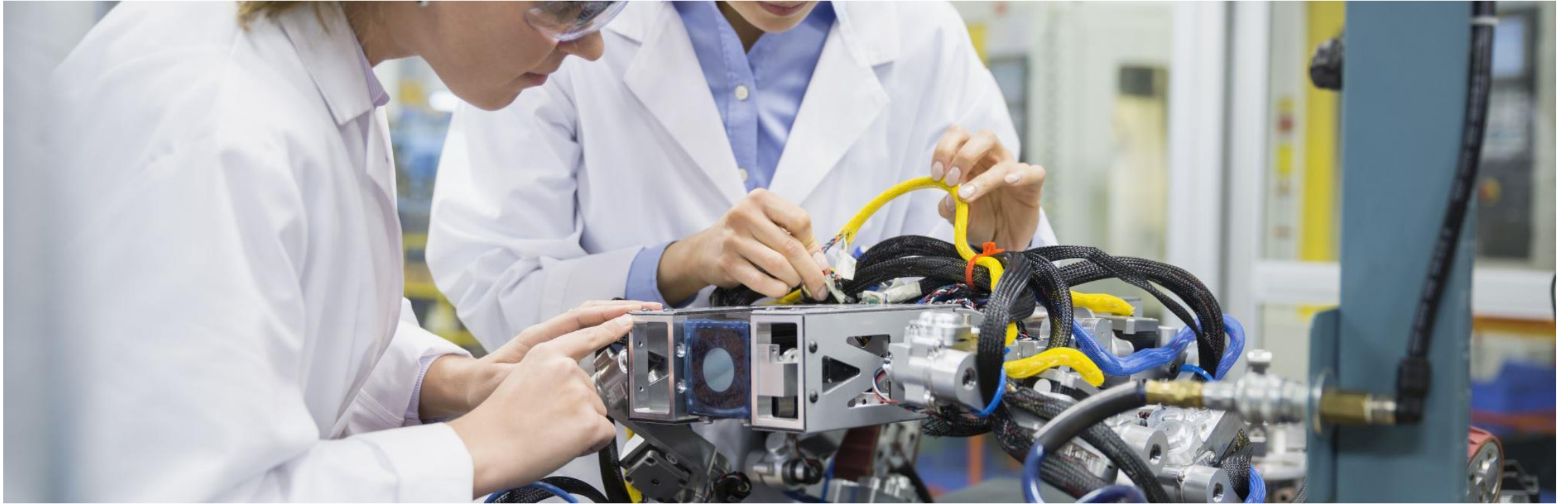




SOCIAL AWARENESS.

CITIZENSHIP



TOGETHER WE ARE STRONGER!

Part of developing Healthy Relationships involves developing good citizenship skills.

Being a good citizen means looking after yourself and helping others.

HEALTHY RELATIONSHIPS.

- Looking after each other involves Healthy Relationships in our KEC community.
- Healthy relationships mean that you are not trapped by distrust and secrets.
- Social awareness means that using our healthy relationship skills we can work together to respect the needs of others.
- Social awareness also means being respectful of the rules that guide us.





WHAT CAN I DO TO BE A GOOD CITIZEN?

- Follow mask protocol.
- Follow your cohort.
- Practice using protocols from school in your community – lead by example.
- Be involved and active – live your best life.

REMEMBER TO LOOK AFTER YOURSELF

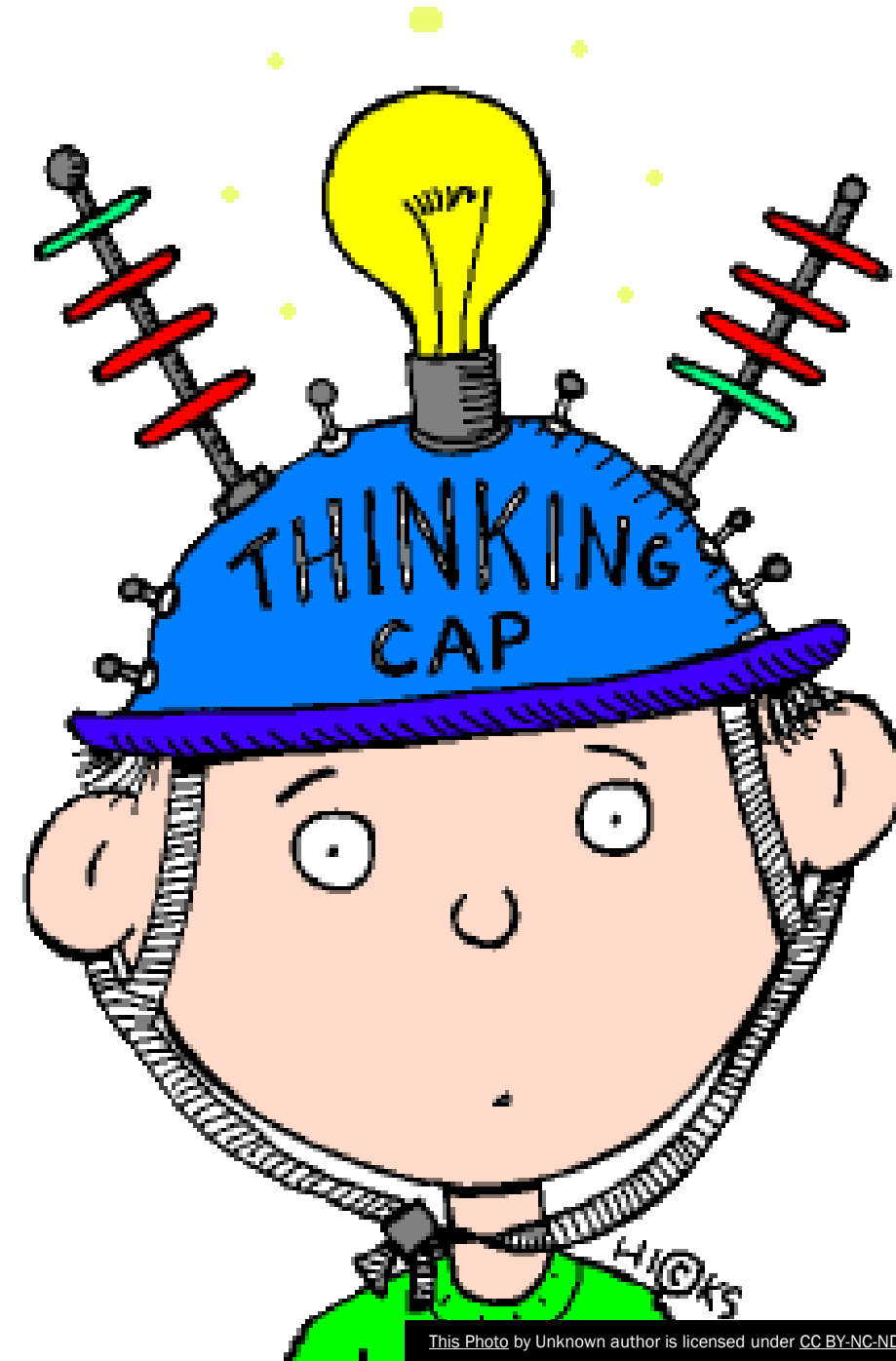
- Arts
- Nature
- Physical Activity
- Talk with Friends and Family
- Eat healthy – but don't forget to treat yourself once in a while
- Rest – make sure you are sleeping
- Reach out if you need anything!

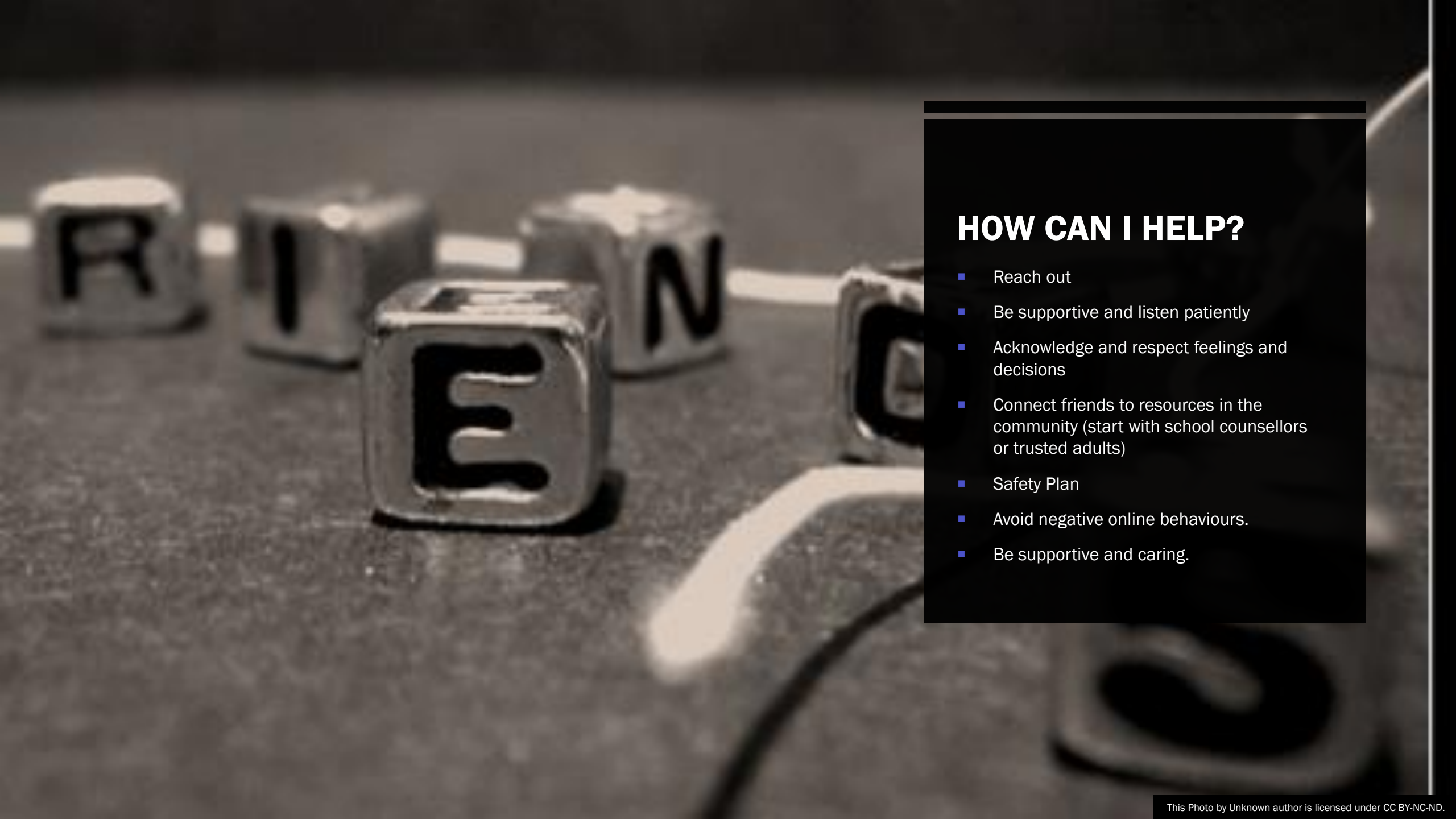


This Photo by Unknown author is licensed under [CC BY-SA](#).

HOW CAN I HELP OTHERS?

- Look after yourself!
- Smile – even with your eyes. Practice your smizing technique!
- Say 'Hello' - a simple opening to conversation can work wonders for people.
- Ask how someone is doing and wait for their reply!





HOW CAN I HELP?

- Reach out
- Be supportive and listen patiently
- Acknowledge and respect feelings and decisions
- Connect friends to resources in the community (start with school counsellors or trusted adults)
- Safety Plan
- Avoid negative online behaviours.
- Be supportive and caring.

RESOURCES

- Your community (family, friends, school counsellors, trusted adults). Grade 12 Ms. Hocken-Attwell shockenattwell@retsd.mb.ca, Grade 11 Mr. White dwhite@retsd.mb.ca, Grade 10 Ms. Sands dsands@retsd.mb.ca, Grade 9 Mr. Proskurnik sproskurnik@retsd.mb.ca
- <https://kidshelpphone.ca/>
- <https://stresshacks.ca/>
- <http://klinik.mb.ca/>
- <https://www.mys.ca/>
- <https://www.mamawi.com/>
- <https://rainbowresourcecentre.org/>
- <https://www.ircom.ca/>
- <https://wemattercampaign.org/>