

what is **be nice.** School?

be nice. is an evidence-based, K-12 systematic approach to behavioral and mental health education and awareness.

The **be nice.** program is a district-wide initiative to be implemented year after year. Repetition creates familiarity, making the **be nice.** action plan common language. The goal is for students, school and support staff, and families to feel comfortable talking openly and honestly about mental health. It's proven that **be nice.** students are more apt to utilize resources if they are struggling or let a trusted adult know if they're worried about a friend.

Once your school has successfully launched the first year of programming, **be nice.** Schools are required to renew their membership each year to have continued access to new tools and supplies for sustaining the program.

What does **be nice.** look like in a school?
Check it out below!



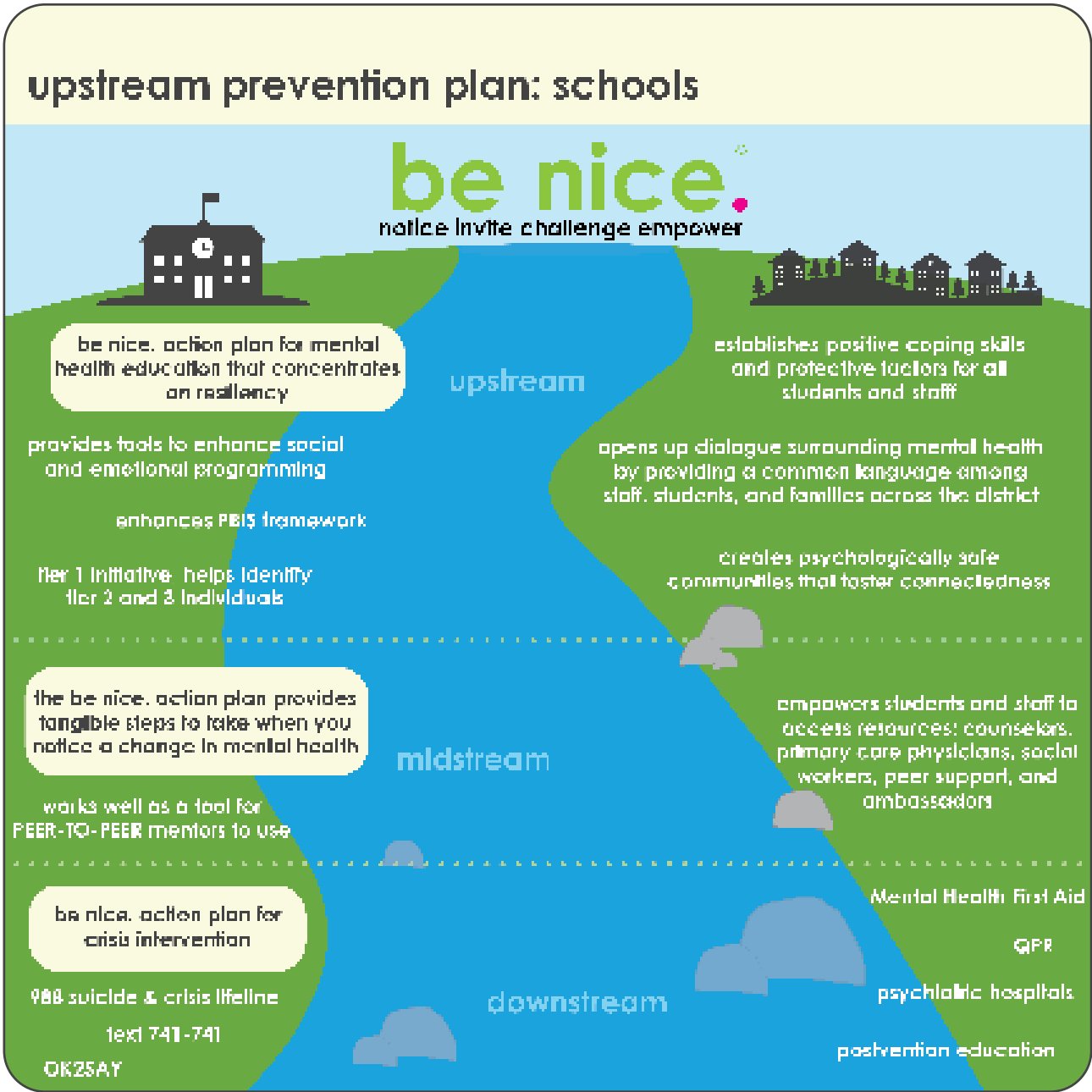
For more information, please contact kandicesloop@benice.org

be nice.
notice invite challenge empower

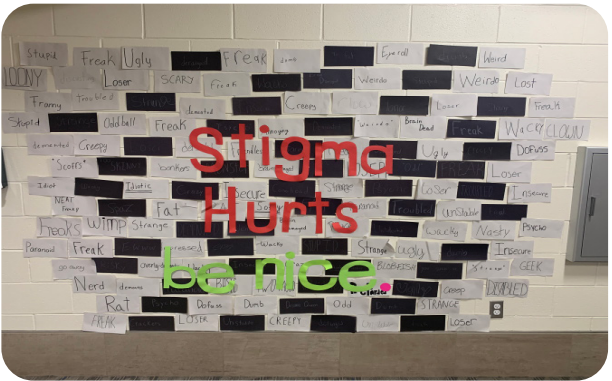
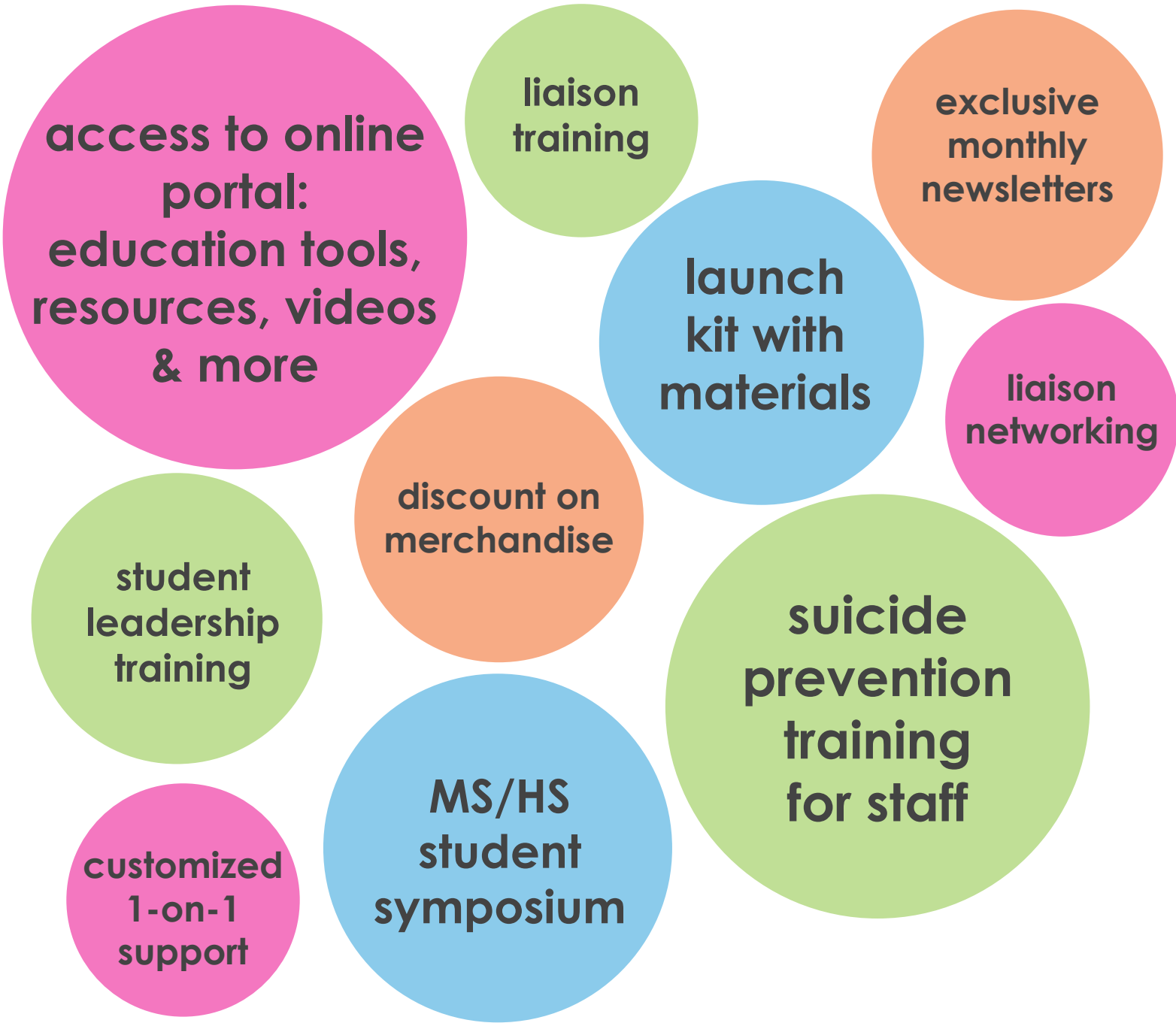
what does it mean to be upstream?

be nice. is proactive. When used effectively, the **be nice.** program uses 4 simple steps for individuals to challenge themselves and others to seek appropriate professional help when they first notice changes in their mental health.

We pride ourselves on being upstream. We know that if everyone has awareness and education with this simple action plan, we can help individuals before they experience a serious mental health condition. By focusing on community engagement, establishing protective factors and positive coping skills, and increasing awareness of resources, we can get individuals help. Although **be nice.** takes a preventative approach, the action plan also works mid and downstream when addressing mental health. When used at these points, the action plan helps direct individuals to the appropriate professional help in their school, business or community.



what's included?



why be nice. School?

Click below to see the impact of be nice. School



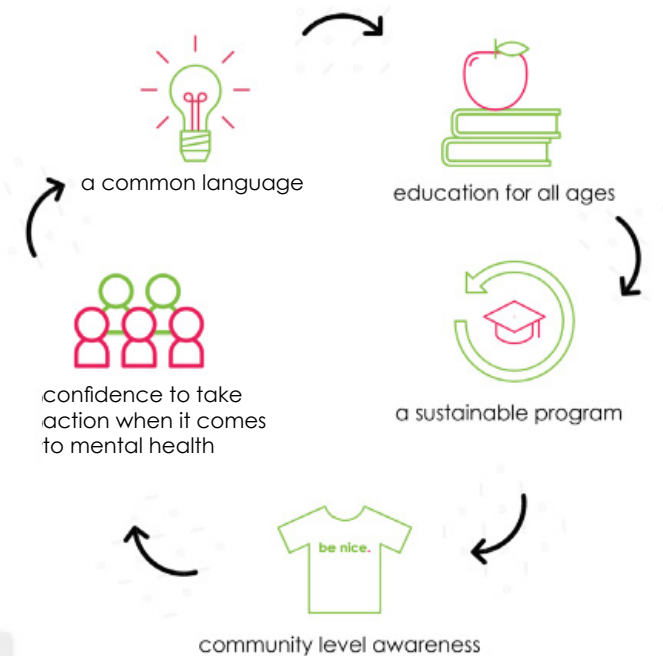
know the facts:

- Half of all mental disorders begin by age 14, and three-quarters by age 24.
- Mental disorders affect 1 in 5 people.
- Suicide is the 2nd leading cause of death for people ages 10-34.
- Males ages 15-24 are 3.5 times as likely as females to die by suicide. Females are 2 times as likely to attempt suicide.

evidence based

A study from Grand Valley State University shows that be nice. programming:

- Increases mental health awareness and resources available among staff, students, and parents
- Decreases the number of referrals and bullying incidents
- Improves climate and connectedness while increasing positive behaviors
- Increase in suicide prevention behaviors



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These statistics highlight results from an evidence-based research study conducted by Grand Valley State University to evaluate the effectiveness of the be nice. education program. The study included 160 interviews with school staff, students, and parents from 74 schools.

100% agreed the program helped address negative behaviors & created mental health awareness

Increased behaviors that prevent suicide.



aggression decreased by a significant amount in elementary, middle, and high schools after the be nice. program was implemented.

Elementary School aggression decreased by

72%

Middle School aggression decreased by

56%

High School aggression decreased by

49%

mental health awareness Increased a substantial amount among high schools and middle schools.



High School awareness increased **70%**

Middle School awareness increased **65%**

kindness increased **60%**



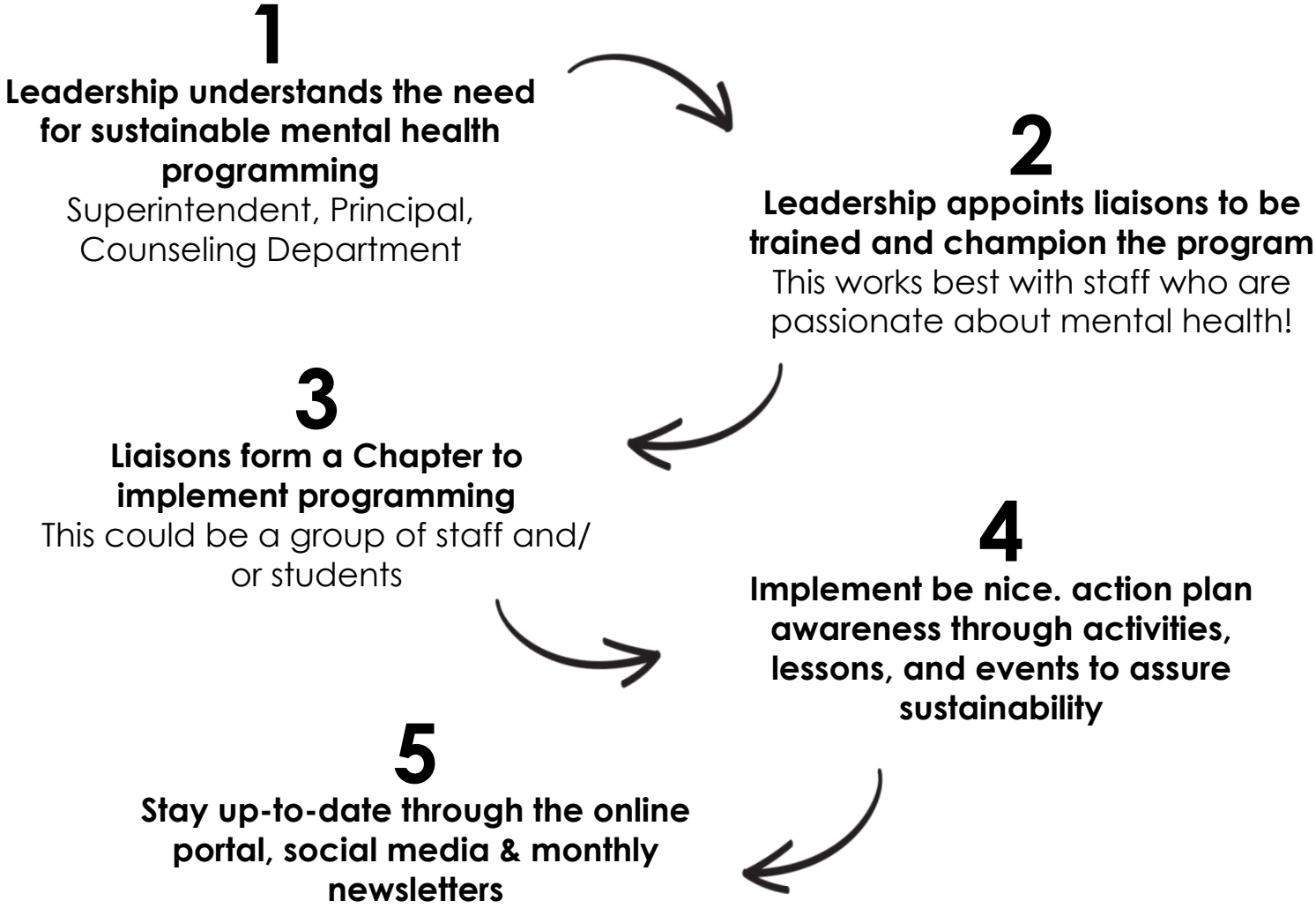
- Increases connectedness
- fosters a common language surrounding mental health



disrespect decreased **50%**



how it works!



why the be nice. action plan?

simple to learn

builds knowledge

easy to use



notice

notice what is right and good about someone so you can notice when something is different about the way that person is thinking, acting, or feeling - their mental health!



invite

invite yourself to reach out and have a conversation about the changes you've noticed.



challenge

challenge stigma and access resources.



empower

empower yourself and others with protective factors for resilience.
feel empowered knowing YOU can have an effect on a person's mental health!

who makes a good be nice. liaison?



With knowledge comes confidence to take action when it comes to mental health.

