

Community Partnership grant

# LOVE YOURSELF

Jared's keepers in-classroom support

## WHAT STUDENTS LEARNED

Not to overkeep my feelings  
Bullying is not something to mess around with  
talk to someone when you are feeling down  
To be kind ....how to ignore rude people



## BE KIND TO YOUR MIND

72% of participants think are kinder than when they started the class  
55% of participants better understand their feelings  
72% of participants now look at things from another person's perspective

## BE GENTLE

83% of students feel they respect other people more

61% of students feel they can help others be more respectful



## THE BEST TIPS

Not to overkeep my feelings  
Bullying is not something to mess around with  
talk to someone when you are feeling down  
To be kind ....how to ignore rude people

Love what you do

Treat yourself

Stay positive

Exercise

Healthy lifestyle



ASK FOR HELP  
FIND A KEEPER  
TALK TO AN ADULT  
TALK TO A FRIEND  
TEXT SAFE TO HELP  
(SAFE2) OR 72332

<https://jaredskeepers.com/>