

January's Healthy Habits Campaign Message is:

Healthy relationships are honest relationships.

Honesty is one characteristic of healthy relationships. Learning about healthy relationships at a young age helps kids learn to be better friends and to have positive and healthy relationships throughout their lives.

Turn this page over to find ideas for including messages about healthy honest relationships in your morning or afternoon announcements and in other ways around your school.

The key points to focus on this month are:

Healthy relationships are full of honesty and other good qualities.

A “healthy relationship” makes you feel safe and respected. It also makes you feel good about yourself. Honesty is one characteristic of a healthy relationship.

Honesty is an important part of being a good friend.

Learning to be a good friend is an important part of learning about healthy relationships. Friendships are one kind of relationship. Honesty helps both friends feel that they can trust each other and rely on each other.

Healthy relationships help us feel great! Having good friends makes us happy and can actually keep us healthy!

Resources for promoting healthy relationships with your students:

- Southern Poverty Law Center-*Teaching Tolerance*: <http://www.tolerance.org/activity/examining-your-schools-climate>
- Centers for Disease Control-*Choose Respect*: <http://www.cdc.gov/chooserespect/index.html>
- National Center on Domestic and Sexual Violence- *Links*: http://www.ncdsv.org/ncd_links.html

Thank you for your help promoting the health of Chatham County's students!

Morning/Afternoon Announcements Ideas

Use these announcements throughout the month to call attention to January's healthy habit. Use the messages below or ask your students to write some for you!

- This month our Healthy Habits Campaign message is: *Healthy relationships are honest relationships.* We'll be talking all about how to have happy honest friendships.
- What is a healthy relationship, anyway? Healthy relationships are those in which people show respect, trust, honesty and fairness to each other.
- Everyone needs someone they can count on! Being honest with friends is important because it shows them that you are trustworthy and that they will be able to count on you in a time of need.
- Among other things, being a good friend means showing respect, being honest, and settling disagreements in a kind way. What else do good friends do?
- Having good friends is not only fun, friends can actually help keep you healthy and happy.
- If a friend isn't treating you right, it's important to speak up! Respectfully tell that friend how their actions make you feel and ask them to stop. The same goes for bullying, speak up if you see someone being picked-on.

Other School-wide Promotion Ideas

- Ask K-2nd grade teachers to submit the lists of characteristics or some of the pictures that their students have created related to being a good friend and use these on a bulletin board about how to be a good friend.
- Ask 3-5th grade teachers who have completed the "Put-downs and Put-ups" lesson from their Healthy Habits Campaign packets to submit a list of put-ups for a bulletin board about how students can encourage and support each other.
- Highlight and recognize admirable acts of honesty among students and staff.