

Students, parents, and caretakers,



Unkindness comes in many forms. It could be as simple as leaving someone out, talking about them in a way that might be hurtful, or cyberbullying. In other cases, bullying is obvious and physical. No matter the type of unkindness, we know it can add up and have serious negative effects on others. **We must work together to show that unkindness of any type has no place in our schools.**

These days, we see too much violence in schools and too many teen suicides, which are both tragic and avoidable. We can work together to prevent these devastating events.

- Show acts of kindness to those who may be hurting.
- Avoid unkindness in any form.
- If you see something concerning, say something.

Kindness is free, often effortless, and important. Join us in our work to keep students safe from harm by working to be kind.

Mark Johnson
NC Superintendent of Public Instruction
www.ncsuperintendent.com
@MarkRJohnsonNC



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MARK JOHNSON
NC SUPERINTENDENT



BE KIND.

You are a unique individual with your own pathway to success. No matter what obstacles you may face now, everyone can work hard and be successful.

If you feel rejected, alone, hopeless, or feel that you want to hurt yourself or others, please reach out to someone. You have your entire life ahead of you. No acts of unkindness toward you are too big to overcome. No personal problem is bad enough for you to hurt yourself or others. Don't give up your opportunity to find out your pathway to success that your future holds.

Don't take actions that could prevent you from enjoying the entire life you have ahead of you. And, don't cause harm to others that would prevent them from enjoying their entire life they have ahead, too.

National Suicide prevention hotline:
1-800-273-8255

Have a good day!

Your life is important.

Bad situations are temporary.

You are worth it.

Tomorrow is a new day.

Be kind.