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Boost Your Child's Connections: Strategies For Campus And Community Engagement

 Students smiling while sitting at a table. A Speak Up, We Care logo and banner overlaid.

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IUSD's [Speak Up, We Care](#) campaign is our commitment to promoting positive mental health and well-being for all students. As a part of the quarterly theme, "Be Connected," we are encouraging students to build connections to help create a supportive environment where students feel valued, understood, and empowered.

As our educational partners, we ask parents and families to encourage students to "Be Connected," as building connections is essential for



lifelong success and plays a vital role in developing the whole child.

What can you do to help your child "Be Connected"?

» Encourage active involvement: Encourage your child to participate in school activities that align with their interests, whether it's sports, clubs or the arts. This not only provides opportunities for socialization but also helps build self-esteem and a sense of belonging.

» Foster community connections: Explore community activities that your child might enjoy, such as volunteering, joining local sports teams or participating in cultural events. These experiences can broaden their horizons, introduce them to new people, and strengthen their ties to the community.

» Prioritize social connections: Arrange playdates or meet-ups for your child, especially if they're struggling to make friends or maintain existing relationships. These social interactions can be invaluable for their emotional well-being and development.

» Nurture family bonds: Create opportunities for family bonding through activities like game nights, movie nights, or shared outings. These experiences can provide a sense of security, support and love, which are essential for a child's mental health.

» Familiarize them with school resources: Talk to your child about the various adult resources available on campus, such as counselors, psychologists, nurses, Wellness Coordinators, psychologists, Project Success, coaches, and school resource officers. Knowing who to turn to in times of need can provide a sense of reassurance and support.

By actively supporting your child's connection to their peers, community and family, you can play a crucial role in promoting their mental health and well-being.

Visit the [Mental Health and Wellness](#) and [Counseling](#) web pages for more resources and information.

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