



presents **be nice.**<sup>®</sup>  
benice.org

# be nice.<sup>®</sup> Training

## WHAT IS be nice.<sup>®</sup> ?

There is an increased nexus between mental health and crime. Created by the Mental Health Foundation of West Michigan, be nice.<sup>®</sup> is a mental health education, bully and suicide prevention initiative that creates a positive cultural change through simply daily actions. Through a four-part action plan, participants learn how to notice those around you, invite change, challenge yourself and others to be kind and empower yourself to take action.

### Become a be nice.<sup>®</sup> Facilitator

be nice.<sup>®</sup> presentations are available for students ages Pre-K - 12th grade. Due to the high demand of these presentations and our limited Safe School staff, **we are seeking volunteers** to help present to our younger Elementary school groups (Pre-K – 5th grade).

Elementary presentations are 30 minutes long. The facilitator will read an illustrated book to explain the four-part action plan and lead the group in a set of activities that further demonstrates how students can notice, invite, challenge and empower their peers.

If you enjoy working with children and would like to become a volunteer facilitator, we ask that you attend a training at our Crime Stoppers of Houston headquarters located in the heart of Midtown.

### Training for Licensed Mental Health Professionals

Additionally, we are seeking volunteers and training for **licensed mental health professionals** who would like to present to middle and high school students.

Middle and high school presentations are approximately 45 minutes long. A worksheet and video are used to connect the be nice. action plan and to discuss mental illnesses such as depression and anxiety.

\*Limited to licensed mental health professionals



FACILITATORS:

**February 27th**  
**8am – 12pm**

MENTAL HEALTH  
PROFESSIONALS:

**March 27th**  
**8am – 12pm**



**3001 Main Street**  
**Houston, Texas 77002**



TRAINING FEE IS \$25

**Facilitator fee includes a copy of the book and materials needed to lead group activities. Mental Health Professional fee includes Includes a copy of the video and materials needed to present.**

**\*Facilitators will be subject to a background check**