

HOUSTON COUNTY HEALTH & WELLNESS



OCTOBER 2022 EDITION

SAY BOO TO BULLYING & HALLOWEEN SAFETY



OCTOBER MONTHLY AWARENESS

- **BULLYING PREVENTION**
- **HALLOWEEN SAFETY**

DID YOU KNOW?

- **BULLYING AFFECTS ALL YOUTH, INCLUDING THOSE WHO ARE BULLIED, THOSE WHO BULLY OTHERS, AND THOSE WHO WITNESS BULLYING. THE EFFECTS OF BULLYING MAY CONTINUE INTO ADULthood.**
- **THE MOST DANGEROUS DAY OF THE YEAR FOR CHILD PEDESTRIANS IS HALLOWEEN.**

DON'T BE A BULLY

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

HALLOWEEN SAFETY TIPS

- Always have a parent check your candy before you eat it,
- Wear reflective markings or carry a flashlight.
- Make sure your costume fits to avoid tripping or falling.
- Always have an adult accompany or go with a group of friends.
- Use non-toxic make up on your face instead of a mask so you can see.
- Always walk on the sidewalk or path.
- Eliminate distractions and put electronic devices down.