



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

January 2017
Celebrate the New Year with Acts of Kindness

Now that the New Year is here, many of us are busy thinking of ways to stay healthier. We promise to exercise more and to diet, but what about focusing on acts of kindness to eliminate bullying? Did you know that one out of three teens is bullied each year, resulting in truancy, physical symptoms such as headaches and stomach pains, shame, anxiety, irritability, aggression, and depression. Take control of your new year by having YScreen help your child identify stressors that prevent them from staying happy and healthy.

Acts of Kindness to Eliminate Bullying

- Be kind to those bullied; include them in activities
- Listen to them, offer your support
- Educate those in your community about the seriousness of bullying
- Stand up for those bullied
- Advocate for safer schools
- Learn more about bullying; the more informed and better educated you are, the more effective you can be on impacting the problem
- Be a positive role model for youth; model empathy, respect, and tolerance through your communication and actions

YScreen staff helps connect teens and their families to the appropriate community resources that can address these concerns and help them cope with their stress. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.