



# GOWANDA CENTRAL SCHOOL

Engaging students in learning through the development and use of communication, collaboration, creativity and critical thinking.

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## PAWS For Your Mental Health

December 2018 Edition

### Beyond the Golden Rule

December is a time where we can remind ourselves to be kind to ourselves and others. This month is also “Human Rights” month. Let’s take a moment to embrace our differences and uniqueness and practice acceptance.

When we talk about the Golden Rule, we think of “treat others how you would want to be treated”. Since this answer is different for everyone, we try to remind kids to “treat others BETTER than you want to be treated”.

How wonderful it is to be a part of a world where we may know people that come from different cultures and experiences? Here are some ways to help your child embrace difference:

- **Be Honest:** Discuss differences amongst other groups of people openly, and highlight diversity by choosing picture books, toys, games, and videos that feature diverse characters in positive, non-stereotypical roles.
- **Embrace Curiosity:** Be careful not to ignore or discourage your child’s questions about differences among people, even if the questions make you uncomfortable.
- **Broaden Choices:** Be careful not to promote stereotypical gender roles, suggesting that there are certain games, sports or activities that only girls or boys can do.
- **Foster Pride:** Talk to your child about your family heritage to encourage self-knowledge and a positive self-concept.
- **Lead by example:** widen your circle of friends to include people from different backgrounds, and experiences.

**Do you have additional questions about mental health supports in the area or concerned about your child? Please contact your child’s school counseling office and ask to speak with a counselor or social worker.**

#### **For More Resources:**

[http://www.tolerance.org/sites/default/files/general/beyond\\_golden\\_rule.pdf](http://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf)

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