

LINK UP

The official e-newsletter of IUSD Speak Up, We Care



WHAT DOES 'LINK-UP' MEAN?

The Speak Up We Care program was developed to increase awareness of, access to and use of resources that build positive mental health and wellness, an essential component to lifelong success. The first program theme 'Link-Up' refers to the importance of relationship skills, connection and having a sense of belonging.

IMPORTANCE OF CONNECTION AFTER A TRAUMATIC EVENT

Studies report that humans need each other and need to connect. We yearn for feeling supported, appreciated, and loved. Having deep connections and good relationships will lead to feeling happier and healthier lives. Social media may make us feel like we are able to connect to others with ease, but these connections are mostly superficial. We need to get back to basics.

PARENT CHALLENGE

This year has been unsettling and chaotic for everyone, especially for children. The COVID-19 pandemic has created trauma, isolation, stress, and panic for our children.

Talk with your child how they have been staying connected with peers while at home.

Share your stories and use the hashtag #speakupwecare



TIPS ON HOW TO CONNECT

- Creating traditions and rituals together is a really great way to bond and have fun together
- Connection starts with listening without comment
- Follow their lead- It's important to support your child's interests and get involved when and where you can.
- Easily connect through affection and praise by saying I love you and telling them when you are proud of them
- Cook or take your child out to dinner with no talk on school or future
- Take turns choosing books to read together as a family

CONNECTED, BUT AT HOME



STUDENT CORNER

Are you looking for some extra support, or need someone to talk to? Explore these options below!

- [School Counselors](#)
- [Mental Health Specialists](#)
- [Optimistic Household](#) (password: iusdhappy!)
- [Irvine Family Resource Center](#)
- [Activity-50 Ways to Take a Break](#)



8 TIPS TO HELP YOUR CHILD WITH PEER RELATIONSHIPS

- Model healthy relationships with others
- Encourage positive friendships
- Teach friendship skills
- Know your child's friends
- Do not jump to conclusions based on appearances
- Pay attention to warning signs
- Connect with your child's friends parents
- Practice peer pressure resistance strategies

