



CHILDREN'S MENTAL HEALTH WEEK

May 3-9, 2026

wired for belonging

Everyone can promote youth belonging!

Belonging is the feeling of being welcomed, accepted, respected, and valued within one's social environment, including family, friends, school, and community.

Belonging is important because:

- It is critical to both physical and mental health.
- It is foundational to child well-being.



3 Things **SCHOOLS** Can Do to Promote Youth Belonging

- 1** Center bullying prevention initiatives.
 - ▶ Believe students when they say they are bullied.
 - ▶ Hold bullies accountable.
- 2** Hold uplifting school-wide activities.
 - ▶ Prioritize small daily activities that create a positive school culture.
 - ▶ Welcome students into every space, say hello in the hallways.
- 3** Build time in the school day for student clubs and organizations to meet.

See what [youth say makes them feel connected](#) to their school.



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