



# 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 **YOUTH** Can Do to Promote Youth Belonging

- 1** Join an organization or activity that interests you.
  - ▶ Ideas include after school clubs, music lessons, sports teams.
- 2** Look for ways to build people up and be kind.
  - ▶ Be an upstander – interrupt bullying and unkind behaviors when you see them.
- 3** Connect with other kids.
  - ▶ Don't be afraid to talk to people you don't know.



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**Children's  
Mental Health**

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