Key Findings of Evidence Based Study

Evidence reports the implementation of the be nice. program:

• Increases mental health awareness and resources available among staff, students, and parents.
• Decreases the number of behavioral referrals and bullying incidents.
• Increases behaviors that prevent suicide.
• Increases feelings of school connectedness.
• Movement of school district towards a more positive school climate.

Evidence also proves this program works the best from the top down.

Concluding Statements

Based on the interviews conducted and data that has been analyzed for phases one and two, it is concluded by the researchers that the be nice. program:

• Fits well with other character-based programs and provides an opportunity for student leadership development.
• Is flexible in development from system to school and works in grades K - 12.
• Flows from being a classroom mental health education program at the elementary level to mental health awareness in high school.
• Provides a common language for everyone to talk about mental health.
• Is elemental in developing a positive culture and climate with an emphasis on compassion, understanding, and awareness among students.
• Has been strengthened by training and support from the MHF through online curriculum development and portal support for teachers and administrators.

All interviewees agree they should continue using be nice. in their schools.