
be nice. research

be nice. is a mental health education and suicide prevention program that creates a positive culture change through simple daily actions.

be nice. is a systematic approach to behavioral and mental health awareness. In schools, **be nice.** is a year-long, K-12 initiative. In secondary, **be nice.** is student led and activated with help from a trained Liaison staffed by the school. Elementary programming takes a classroom and all-school activity approach to mental health education.

be nice. is a mental health education and suicide prevention Action Plan. It uses an acronym that gives people of all ages the tools to notice, invite, challenge and empower themselves and others who may be experiencing a change in their mental health. **be nice.** provides the knowledge and confidence to take action when it comes to changing, improving and saving lives.

Evidence reports the implementation of **be nice.** Programming:

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

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