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# E-Communiqué

September 26, 2025

## October is National Bullying Prevention Month



**Join Alexander the Brave Knight on his Quest for Kindness**

We are proud to present our **6th annual I Care We Care** campaign. Join us as we go on a journey through the kingdom spreading kindness and making new friends to raise awareness about Bullying Prevention. We will share anti-bullying resources, highlight YOUR messages of kindness, and you could win some amazing prizes in our weekly raffle. Watch the [video](#), visit the [digital swag bag](#) for resources and fun activities, and go to the [I Care We Care ~ Join the Quest for Kindness website](#) to send in your message of kindness.



## 12 Activities to Stay Positive

Sometimes life can be overwhelming, and stressful. [Here is a list](#) of things you can do at home to stay healthy in the mind, body, and soul. And feel

empowered throughout.

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## Teaching Self-Regulation

Self-regulation is the ability to understand and manage your behavior and your reactions to feelings. It includes being able to: regulate reactions to strong emotions like frustration, excitement, anger, and embarrassment and how to calm down after something exciting or upsetting happens. Here are different [strategies](#) for parents to teach this skill and how to help your child self-regulate.



## You Are Not Alone: Help is Here

The [988 Suicide & Crisis Lifeline](#) is a national hotline offering one-on-one support for mental health, suicide, and substance use-related problems for anyone 24/7. No matter where you are in the United States, you can call or text the number 988 or chat online at [988lifeline.org](#) and connect with a skilled, compassionate crisis counselor. The 988 Lifeline is a direct connection to immediate support and resources for anyone in crisis. Here are some of the many [reasons people might decide to connect with the 988 Lifeline](#). There is no reason too big or too small to reach out to 988. People can also call, text or chat 988 in [English](#) and [Spanish](#) if they are worried about a loved one who may need crisis support. Call services with interpreters are available in more than 240 languages. The [Lifeline Get Help](#) line is a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. Always remember anytime is the right time, help is just a phone call away. Have a question check out the 988 Lifeline [FAQ's](#).

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## Learn about Seasonal Affective Disorder

As we move into fall and the days get shorter and there is less sunlight, some people may experience Seasonal affective disorder (SAD) a specific kind of depression that comes and goes with changes in seasons. Most people who experience SAD get depressed in the fall and winter. Experts aren't sure why this is. It could be because getting less sunlight in the winter affects brain chemicals that impact mood and energy levels. Read more in [English](#) and [Spanish](#).

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## UPCOMING WEBINARS ONLINE



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

### How Is My Child Reading?

Tuesday, September 30

5:00 – 6:00pm

Do you worry about your child's reading? You will learn how children learn to read and how to partner with the school on reading improvement. Do not miss these strategies that help children become good readers!

REGISTER NOW >

### Take Steps to Stop Bullying

Thursday, October 9

5:00 – 6:00pm

If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

REGISTER NOW >

### Six Tips That Turn No's into Yes's

Thursday, October 2

5:30 – 6:30pm

Are you tired of being told "No" when trying to get help for your child? You are the expert on your child, and you understand your child's needs best. Learn how to get the needed supports and services with these six amazing advocacy strategies!

REGISTER NOW >

### Student-Led IEP

Monday, October 13

5:00 – 6:00pm

Join Youth MOVE Nevada to learn how youth can participate in their own IEP meetings. Both youth and parents will learn ways that youth can strengthen their advocacy skills as they work with their IEP team in creating an Individualized Education Program.

REGISTER NOW >

### Developing the IEP to Meet Your Child's Needs

Tuesday, October 7

5:00 – 6:00pm

Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child's individualized education program.

REGISTER NOW >

### Tomar Medidas para Detener el Acoso

martes, 14 de octubre

5:00 – 6:00pm

Si le preocupa el tema de bullying, este taller es para usted! Únase a nosotros para conversar sobre que es el acoso. Qué hacer si su hijo/a está siendo acosado y qué esperar después de que se realiza un informe de acoso.

REGISTER NOW >

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

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## Know Your Options

As parents, we want to be prepared to help our children and youth when they need it most. For children and youth with mental health care needs, having a crisis plan before the crisis will help. A crisis is defined by the youth and the family and may include physical aggression, thoughts of self-harm, or emotional distress. National guidelines outline levels of care for child and youth crisis in 3 ways. See [TIPS](#) on being prepared and having a crisis plan.

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## Understanding the Bullying Laws in Nevada

It's important that students, parents and school district employees understand the laws that govern bullying. While there are no federal laws that specifically address bullying, anti-discrimination laws may apply to bullying situations. In addition to federal protection, bullying is addressed in Nevada law. On our [#SafeAllies](#) page we have a Know Your Rights handbook for Parents and Youth in [English](#) and [Spanish](#) where you will see the laws that apply to bullying both Federally and in Nevada. This [resource](#) illustrates the steps that take place when a bullying incident is reported to [SafeVoice](#).

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## Sound It Out

Every child is different, but young people often face similar struggles. Talking to your child about how they are feeling isn't always easy to do, but it can help them [recognize, manage, and express their emotions in healthy ways](#). [Sound It Out](#) is a campaign that offers educational resources to help parents have better conversations with their child.



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## Teaching Young Children about Kindness

Helping children understand what kindness means can be done through age-appropriate conversation. It's important to talk about feelings and the feelings of others. Children learn through behaviors, model kindness and pay attention to what you're saying, especially if it's negative. Children not only see you modeling behaviors, but they also hear them. Here are some [ideas on teaching kindness](#) for parents.

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## 5 Ways to (Respectfully) Disagree

It's easier to agree than disagree. But we can learn a lot from conversations where we don't see eye to eye. Unfortunately, many of us either shy away completely from disagreements or lose it when things don't go our way. These [five tips](#) can help keep disagreements constructive.

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## Gratitude Garden: Journal

Gratitude Garden helps you build a positive mindset through daily affirmations, guided journaling, and gratitude exercises. Using prompts, mood tracking, and soothing features like soundscapes and reminders, the app supports your mental wellness and emotional growth. Whether you're starting your day with intention



or winding down with reflection, Gratitude Garden makes self-care simple and meaningful.



APP COMPANY: Maysnow

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## Suicide Proofing Your Home

Many youth today are struggling with their mental health, such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This brochure is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

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## Military-Connected Children News

### FOCUS - Families Over Coming Under Stress

FOCUS provides resilience training to military children, families, and couples. It teaches practical skills to help families overcome common challenges related to military life. The FOCUS program helps build on current strengths and teaches new strategies to enhance communication and problem solving, goal setting and creating a shared family story. Click [here](#) to learn more.

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## Youth MOVE Nevada Update

September is Self-Care Awareness Month, because taking care of yourself is the first step to supporting your mental health. Explore this [resource](#) for practical tips to support your well-being, and tune into our [Voices for Change](#) podcast series where young people share their experiences with mental health and self-care! As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. Don't forget to give us a follow us on [Instagram](#), [Facebook](#), and [X](#)!



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## Help Children Build Resilience in Uncertain Times

As parents, we want to protect our children from all discomfort. At the same time, we know that preparing them to deal with challenges is important. It builds their [resilience](#) and offers the best lifelong protection. Check out this [resource](#) with great ideas to build resilience.

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# PLANNING FOR THE FUTURE

Learning how to manage finances is an important skill for all youth to learn. Having regular expenses related to medications or behavioral health care can add to financial stress. [Mental Health America has created this resource](#) with simple, easy to understand steps to create a budget and helpful tips for managing finances and increasing financial health. Remember, it is never too early or too late to start preparing for life after high school. Check out our [future planning webpage](#) for more resources and tips!

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## Statewide Family Network News

Your voice matters! Parents know their children best and play a powerful role in standing up for their needs. Speaking up on behalf of your child not only helps them directly, but also teaches them how to speak up for themselves. It can even lead to better services and systems for all children. Attend our upcoming webinar, "[Six Tips to Turn No's into Yes's](#)" on Oct 2 to learn helpful tips to get what your child needs or contact Britt Young at [byoung@nvpep.org](mailto:byoung@nvpep.org) to find out how you can be involved in improving services for all children.



### Support Nevada PEP at Smith's

Helping Nevada PEP is easy! Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)



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