



# The Kamloops Self Advocate NEWSLETTER

**FEBRUARY 2025**

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## Welcome to the February 2025 Newsletter!

This month, we are focusing on the importance of being kind and standing up against bullying. We will talk about why it's important to show people with different abilities in the media and how it helps make the world more inclusive and kind.

Bullying can happen in many ways—whether it's physical, verbal, online, or when someone is left out. In this newsletter, we'll give you tips on how to report bullying and stop it. We will also talk about how bullying can hurt mental health. Remember, bullying is never okay. Being kind and compassionate is always the better choice.

One of the things we're highlighting is Ability Online. It's a safe online community for people with diverse abilities. We want to thank the founder of Ability Online for creating this amazing place that helps people connect, be kind to each other, and share support. It's a big help to the disability community!

We're also celebrating Pink Shirt Day, a special day to raise awareness about bullying. It's a time for all of us to stand together, speak out against bullying, and be kind. We'll share stories, resources, and even songs that help us remember to treat others with respect. Let's all remember to show respect and treat everyone with kindness!

There are even tips on preventing bullying and how to show kindness & compassion. Learn about keeping yourself safe from bullying, including cyberbullying and how to be an upstander. Bullying affects people in so many ways, including their mental health. We are sharing important resources, like the 9-8-8 crisis line. If you ever feel sad or need someone to talk to, there's always someone ready to listen and help.

Together, we can make the world a better place, where everyone feels safe and included. Let's wear our pink shirts proudly, spread love and kindness, and keep standing up against bullying. Thank you for being part of the change this February!



Special thanks to The  
Printing Place for your  
continued  
support of the Kamloops  
Self-Advocate Newsletter.



**STOP  
BULLYING**  
STAND UP. SPEAK OUT.

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Celebrating Disability Awareness, success stories and inclusion for all! Written by people with Diverse Abilities **Do you have a story idea or an event you think would be good for our readers? Contact us at:**

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**Please subscribe! Be sure to check out our online newsletter for bonus stories!**

KSA Facebook page: **The Kamloops Self Advocate Newsletter**

KSA website: [ksanews.ca](http://ksanews.ca)



The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

### **Ability Friendly Accessible Business Program**

**Horizon Dental Clinic**  
**5 Bean Brewbar & Café**  
**All Around Gamerz**  
**The Vic Downtown**  
**Kamloops Film society**  
**People in Motion**  
**New Horizons Professional Support Services Inc.**  
**Our Footprints Eco Store**  
**Kamloops Art Party**

### **Krystian's Corner: Celebrating Kindness and Standing Against Bullying**

This month I want to shine a spotlight on an important topic—anti-bullying awareness. This is an important topic that I've talked about for years. Bullying, whether it happens in person or online, can have devastating effects on mental health and self-esteem. For individuals with disabilities or diverse abilities, the impact can be even greater. That's why raising awareness about bullying is so important. When we talk about it, we empower people to recognize, report, and prevent bullying.

This month, I want to encourage everyone to think about how their actions affect others. Simple acts of kindness and compassion can make a big difference in someone's life. Smiling at someone, offering a helping hand, or simply saying something nice can turn someone's day around.

February is not just about raising awareness—it's also about celebrating the power of love, kindness, and compassion. These values can bring people together, create strong communities, and promote inclusion. When we practice kindness, we create an environment where bullying cannot thrive.

One great way to spread kindness is by complimenting others, whether in person or online. Compliments don't cost anything, but they can mean the world to someone. You can also celebrate this month by writing thank-you notes to people who have made a positive impact in your life.

February is also a time to reflect on social justice and equality. Standing up against bullying is part of this larger effort to create a fair and just society. When we stand up for what is right, we not only help those who are being bullied but also send a message that bullying will not be tolerated.

You can support social justice by speaking out against bullying when you see it and by supporting organizations like Ability Online that promote inclusion and safety.

Music is a powerful way to inspire and motivate people, and I'm really excited to share anti-bullying songs that can lift your spirits. These songs remind us that we are not alone and that we have the strength to stand up against bullying.

#### **Here are a few suggestions:**

**"Mean" by Taylor Swift:** A song about overcoming negativity and proving doubters wrong.

**"Firework" by Katy Perry:** A celebration of individuality and self-confidence.

**"Who Says" by Selena Gomez:** A reminder that you are beautiful just the way you are.

**"Born This Way" by Lady Gaga:** A powerful anthem for self-acceptance and inclusion.

You can find these and many other uplifting songs on YouTube. Create a playlist and share it with your friends to spread positivity and encouragement.

**I hope you will take time this month to think about** how you can make a difference. Here are a few ideas:

**Learn about bullying:** Understand its effects and how to prevent it.

**Be kind:** Perform random acts of kindness to brighten someone's day.

**Speak up:** If you see bullying happening, report it to a trusted adult or authority.

**Include others:** Make an effort to include people who may feel left out.

**Celebrate differences:** Embrace what makes each person unique and special.

As we focus on anti-bullying awareness this February, let's remember that every small action we take can have a big impact. By practicing kindness, compassion, and inclusion, we can create a world where everyone feels safe and valued.



## Pink Shirt Day 2025

On Wednesday, February 26, 2025, we'll celebrate **Pink Shirt Day**, a day to stand up against bullying and promote kindness. Wearing a pink shirt shows that you believe in treating everyone with respect.

You can also listen to upbeat anti-bullying songs on YouTube to get inspired. Music can remind us of the power of kindness and help us feel strong as we stand up to bullying.

### Why Do People Bully?

Sometimes, people bully because they feel jealous or insecure. They may want to feel powerful or better than others. But bullying is never the answer. It's wrong to hurt someone else to feel stronger.

### Building a Kinder World

To stop bullying, we need to create a world where everyone feels included and respected. This is called social justice and community inclusion. It means making sure that people of all abilities, backgrounds, and experiences are treated fairly.

### Here's how we can help:

- ◆ Be kind to everyone. A simple smile or kind word can make someone feel valued.
- ◆ Stand up for others. If you see bullying, tell an adult or support the person being bullied.
- ◆ Include everyone. Invite others to join your activities, games, or conversations.
- ◆ Learn about differences. Understanding others helps us appreciate what makes them special.

### Bullying and the Law

Bullying can sometimes lead to serious consequences. For example, if someone posts a video of a fight online, it could lead to criminal charges. Stealing or physically hurting someone is against the law and can result in jail time.

### You Are Not Alone

If you've been bullied, remember that you are not alone. Many people experience bullying, and it's not your fault. Everyone is special in their own way, and no one deserves to be treated badly.

Let's use Pink Shirt Day as a chance to raise awareness about bullying and work together to create a kinder, more inclusive world. By treating others with respect and compassion, we can make a difference.

Remember: kindness is powerful. Together, we can stop bullying and build a world where everyone feels safe and loved. ♡ For more information go here <https://pinkshirtdaycanada.ca/#Story>



**tcs**  
Enhancing Each Day  
for Each Individual

Three photos showing diverse individuals: a young girl with painted hands, a woman laughing, and a man writing in a notebook.

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Illustration of Cliff Moody as Elvis Presley.

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## **Ability Online: A Safe, Supportive Community for All**

By Krystian

Ability Online is a nonprofit charity that provides a secure and supportive social media community for people of all ages and abilities. It brings together parents, caregivers, support workers, special education teachers, recreational therapists, music therapists, and individuals with diverse abilities, including developmental, physical, and mental health challenges. This unique platform, based in the disability sector, offers an inclusive and welcoming space for everyone.



### **A Safe Haven for Connection**

What sets Ability Online apart from most online services is its unwavering commitment to safety. The platform is completely free of bullying and predators, making it a protected and trusted space for the disability community. By fostering an environment of kindness and respect, Ability Online ensures that members can connect without fear or judgement. It's a place where people can feel like they're part of a second family, offering each other support, encouragement, and friendship.

The organization also actively works to stop cyberbullying, ensuring that every member feels safe and valued. This commitment is especially important for those in the disability community, who may face additional challenges in navigating online spaces.

### **A Fun and Engaging Community**

Ability Online isn't just about safety—it's about fun and engagement, too! The platform offers interactive message boards where members can share ideas, ask questions, and connect over shared interests. They also host a variety of online events, including movie nights, which have become a popular activity across the country.

One memorable movie night took place in December 2024, when Ability Online teamed up with The Kamloops Self Advocate Newsletter to host a screening of *Out of My Mind*, a powerful film available on Disney Plus. The movie, which features representation of cerebral palsy and diverse abilities, was attended by Lisa, a contributor and friend of the newsletter. The event was a great success, bringing people together to celebrate inclusion and representation in media.

### **A Visionary Beginning**

Ability Online was founded by Dr. Arlette Lefebvre, a psychiatrist at the Hospital for Sick Children. Dr. Lefebvre recognized the potential of cyberspace to break down physical barriers, creating a realm where limitations didn't matter. Her vision was to build a safe and inclusive online community for the disability sector, and she succeeded in doing just that.

Today, the organization thrives under the leadership of Michelle McClure, the executive director. Michelle's dedication and leadership have helped Ability Online grow into the incredible resource it is today, reaching people across Canada and even internationally.

### **Free Membership and Opportunities**

One of the most remarkable aspects of Ability Online is that it's completely free to join. This inclusivity ensures that anyone who needs support or connection can access it without financial barriers.

The platform also provides unique opportunities for students and volunteers. Students studying at universities or colleges can gain valuable community service hours by volunteering with Ability Online. This allows them to contribute to a meaningful cause while gaining hands-on experience in the disability sector.

### **A Resource for Self-Advocacy**

Ability Online empowers its members by promoting self-advocacy. Through discussions, events, and resources, members learn how to speak up for themselves and others in their communities. This focus on self-advocacy is crucial, as it helps individuals build confidence and independence while fostering a sense of belonging.

### **A Call for Support**

As a nonprofit organization, Ability Online relies on donations to continue its important work. Support from the community helps maintain the platform, fund events, and ensure that the space remains safe and welcoming for everyone. By donating to Ability Online, you're not just supporting a charity—you're helping to create a brighter and more inclusive future for people with disabilities.



**Continued on next page**



## Ability Online, continued

### Looking Ahead

Ability Online is more than just an online community; it's a lifeline for many people in the disability sector. It provides a space where physical limitations fade away, and connections are built on understanding and support.

Thank you to Dr. Arlette Lefebvre for founding this incredible organization and to Michelle McClure for your leadership and dedication. To everyone who makes Ability Online possible, from volunteers to donors, your efforts are truly appreciated.

If you're looking for a safe, supportive, and fun online community, consider joining Ability Online. Whether you're a parent, caregiver, professional, or individual with diverse abilities, this platform is for you. Together, we can continue to build a world where everyone feels included and valued. For more information, visit Ability Online and become part of a community that truly makes a difference.

<https://newabilityonline.org/> <https://www.sickkids.ca/en/staff/1/arlette-lefebvre/>



## How to Panto Your Dragon

By Ben and Krystian

Over the holidays, Krystian gave Ben a special Christmas gift: a ticket to see How to Panto Your Dragon performed by the Laughing Stock Theatre at the Sagebrush Theatre in Kamloops on December 27th. The show was fantastic!

British pantomime, or “panto,” is a fun and unique tradition that combines comedy, music, slapstick, and audience participation. It's especially popular during the holiday season and brings people of all ages together for laughter and entertainment. Pantomimes often take familiar fairy tales or stories and give them a funny twist.

Imagine this: instead of a fierce dragon scaring villagers, what if the dragon had to learn proper British manners and even wear trousers? That's the idea behind How to Panto Your Dragon! The title itself makes you smile and wonder, “How would a dragon manage to put on pants?”

British pantomimes are famous for getting the audience involved. You don't just sit and watch—you shout, cheer, and even boo the villains. In a show like How to Panto Your Dragon, you might find yourself yelling, “It's behind you!” when the dragon sneaks up on someone or clapping and cheering as the dragon fumbles around trying to get its pants on correctly.

The magic of pantomime comes from its mix of humor and heart. It's silly and chaotic, but there's always a message hidden in the fun. In How to Panto Your Dragon, the dragon learns that change can be good, even if it's challenging. Along the way, the audience learns something too—that laughter and teamwork can help us face anything, even tricky new things like wearing pants!

Seeing How to Panto Your Dragon was a wonderful experience for us and it's easy to see why pantomimes are such a treasured tradition. They bring people together, spark joy, and remind us of the importance of community and kindness.

So, if you ever get the chance to see a British pantomime, don't miss it! And if you can, bring along friends or family—it's even better when you share the laughter together. Who knows? Maybe you'll leave inspired to create your own playful story, just like How to Panto Your Dragon.

## The Power of Music: How It Helps Our Mental Health

By Krystian

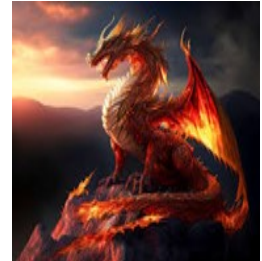
Music isn't just sounds and lyrics—it's a powerful way to feel better. It can help us feel calm, excited, relaxed, or happy. Scientists say music can improve mental health, especially for people dealing with anxiety, sadness, or stress.

Different kinds of music can help in unique ways. Country music, with its heartfelt stories, can feel comforting and familiar. Pop music, with its upbeat tunes, can make us want to smile and dance. Country-pop mixes the best of both, offering songs that are both fun and emotional.

Artists like Taylor Swift, Katy Perry, Lady Gaga, Selena Gomez, and Dolly Parton have songs that inspire hope, joy, and strength. Taylor Swift's storytelling can help listeners feel understood, while Katy Perry's lively beats bring energy and excitement.

Music also connects us. Singing along to your favorite song or sharing it with someone can bring joy and build bonds. For people with mental health challenges, these connections can feel extra important.

The next time you feel stressed or want a boost, try listening to your favorite music. Whether it's a soothing country song or an energetic pop hit, music has the power to brighten your day. So, press play, sing along, and let the music lift your spirits!



# Amanda Todd's Legacy: A World Without Bullying

By Krystian

Amanda Todd was a young girl from British Columbia, Canada, who touched the hearts of many around the world. Her story is a powerful reminder of why kindness, compassion, and respect are so important, especially online. Amanda's life was tragically cut short due to bullying, but her legacy continues to inspire change and spread awareness about cyberbullying and mental health.



After Amanda's death, her mother, Carol Todd, started the Amanda Todd Legacy Society. This nonprofit organization focuses on educating people about bullying, cyberbullying, and mental health. It also provides resources to support those who are struggling.

The Amanda Todd Legacy Society runs programs to promote kindness, inclusion, and empathy. It helps parents, teachers, and young people learn how to create safer spaces online and in their communities. Amanda's mother continues to work tirelessly to honor Amanda's memory and ensure no one else has to suffer the way Amanda did.

Amanda's story teaches us the importance of being kind and understanding. It shows us why we must stand up against bullying and support those who are being mistreated.

Here are some lessons from Amanda's story:

**Speak Up:** If you see someone being bullied, stand up for them. Being a bystander can make the problem worse.

**Be Kind:** A little kindness can make a big difference. You never know what someone is going through.

**Think Before You Post:** Be mindful of what you share online. Once something is posted, it's hard to take back.

**Support Each Other:** If someone is struggling, offer them a listening ear or help them find support.

The internet should be a place where everyone feels safe and welcome. Here are some ways we can help create a kinder internet:

**Practice Digital Etiquette:** Treat people online the way you would in person.

**Report Cyberbullying:** Platforms have tools to report harmful behavior. Use them.

**Educate Yourself:** Learn about online safety and how to protect your privacy.

**Be Positive:** Spread kindness through uplifting messages and encouraging words.

Amanda's story is a heartbreaking reminder of the harm bullying can cause, but it's also a call to action. Together, we can create a world where everyone feels safe and valued. By being kind, standing up against bullying, and supporting mental health, we can make a difference.

This Pink Shirt Day, let's remember Amanda Todd and commit to creating a kinder internet and a more compassionate world. Every small act of kindness matters. Let's honor Amanda's legacy by spreading hope, love, and understanding.

To learn more, visit the Amanda Todd Legacy Society's website at [www.amandatoddllegacy.org](http://www.amandatoddllegacy.org)

## Stand Up to Bullying: Let's Create a Kinder World

By Krystian

Bullying is a serious issue that affects people of all ages. It can cause deep emotional pain, leading to depression, anxiety, and even suicidal thoughts. No one deserves to feel this way. That's why it's so important to treat each other with

kindness, compassion, and love, especially when someone is different from us.

### What is Bullying?

Bullying can take many forms. It includes:

Physical bullying: Hitting, pushing, or stealing someone's things.

Verbal bullying: Name-calling, teasing, or making mean comments.

Cyberbullying: Using the internet, social media, or text messages to hurt someone.

Gossiping: Talking behind someone's back or spreading rumors.

Discrimination: Picking on someone because of their race, ability, gender, or any difference.

Bullying happens in many places, like schools, workplaces, and even online. Teachers, bosses, students, coworkers, and even police officers can bully others. It's important to recognize bullying and speak up against it.

### The Harm Bullying Causes

Bullying isn't just about hurt feelings—it can have serious effects on a person's mental health. People who are bullied may feel worthless or alone. They may start to believe the mean things others say about them. This can lead to anxiety, depression, and even thoughts of suicide.

If you or someone you know is feeling this way, remember that help is available. You can call **988**, a free helpline in Canada for mental health crises. You are not alone, and there are people who care about you.

# Disability Representation in Media: A Powerful Tool for Change

By Krystian



Representation matters. When we see diverse people and stories in media, it helps us understand one another better and break down stereotypes. For people with disabilities, seeing themselves represented in movies, TV shows, books, and even newsletters like the Kamloops Self Advocate is not just empowering—it can change how society views and treats individuals with diverse abilities.

Disability representation in media is a powerful way to reduce bullying, stigma, and discrimination. By sharing authentic stories and perspectives, media can educate the general public about the lives of people with disabilities, showing that they are not defined by their challenges but by their humanity, strengths, and dreams.

## Beyond the Stereotypes

Too often, people with disabilities are seen through a narrow lens, focusing only on their physical or mental challenges. For example, someone using a wheelchair might be pitied or underestimated, rather than seen as a person with feelings, goals, and talents. Media representation can help shift this perspective.

When we see diverse abilities portrayed in stories, whether in newsletters like the Kamloops Self Advocate or in movies, people start to look beyond the wheelchair, the hearing aid, or the cane. They begin to see individuals as fellow human beings with the same emotions and needs as everyone else. This shift can inspire kindness, compassion, and respect, reducing the harmful judgments and stigma that people with disabilities often face.

## Educating Through Stories

One powerful example of disability representation is the upcoming Disney+ movie *Out of My Mind*. Based on a bestselling book, this film tells the story of a girl with cerebral palsy who is unable to speak but has a brilliant mind and a loving heart. Through her journey, viewers learn about the challenges and triumphs of living with cerebral palsy and see the world through her eyes.

Movies like *Out of My Mind* educate audiences about specific disabilities in a way that facts and figures cannot. They bring people into the lives of those with diverse abilities, showing their daily experiences, hopes, and frustrations. When audiences connect emotionally with characters, it fosters empathy and understanding.

## Media as a Tool to Reduce Bullying

Bullying is a significant problem for many people with disabilities, whether in schools, workplaces, or online. Misinformation and stereotypes fuel this behavior, leading to exclusion and cruelty. However, when the media highlights stories of people with disabilities, it can change the narrative.

For instance, the Kamloops Self Advocate newsletter has consistently worked to break down barriers by sharing stories of people with disabilities achieving great things, whether it's starting a business, creating art, or advocating for their rights. By showing these accomplishments, the newsletter challenges stereotypes and inspires readers to treat everyone with respect and kindness.

When society sees people with disabilities as capable, valuable, and deserving of inclusion, bullying loses its power. Representation helps people understand that everyone has feelings and deserves to be treated with care and dignity.

## Promoting Community Inclusion

Community inclusion means everyone, regardless of ability, has a place and feels valued in their community. Media representation supports this by normalizing diversity. When we see characters with disabilities living their lives, working, or attending school, it reminds us that people with diverse abilities belong in all parts of society.

One way to promote inclusion is by sharing success stories. For example, highlighting people with disabilities who achieve their goals or contribute to their communities can inspire others to embrace diversity. It also helps reduce fear or discomfort that some people may feel when interacting with someone different from themselves.

## A Call for Respect and Compassion

At its core, disability representation is about respect. It's about recognizing that people with disabilities are more than their challenges. They are individuals with dreams, talents, and feelings, just like everyone else.

When media tells these stories with honesty and care, it teaches us to treat people with disabilities with the love, compassion, and kindness they deserve. It reminds us to look beyond appearances and stereotypes and see the person within.

## Reducing Stigma and Embracing Diversity

Stigma can be incredibly harmful, isolating people with disabilities and limiting their opportunities. However, when the media portrays disabilities in a positive light, it can help reduce this stigma.

Take, for instance, movies like *Crip Camp*, a Netflix documentary about the disability rights movement, or TV shows that feature characters with autism, like *Atypical*. These stories show that disability is just one part of a

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## Disability Representation in Media, Continued

person's identity and that diversity is something to be celebrated, not feared.

When people see these representations, they are less likely to make harmful judgments and more likely to embrace diversity in their own lives.

### A Celebration of Differences

Representation in media isn't just about reducing stigma or bullying—it's about celebrating what makes us unique. People with disabilities bring valuable perspectives and strengths to the world.

By sharing these stories, we can create a more inclusive society where everyone feels seen, valued, and respected. Diversity is a wonderful thing. It enriches our communities and reminds us that there is no single way to live a meaningful, fulfilling life. Disability representation in media helps us celebrate this truth and encourages us to treat everyone with kindness, love, and care.

### Moving Forward

As we continue to see more disability representation in newsletters like the Kamloops Self Advocate, in movies like *Out of My Mind*, and in other forms of media, let's take these stories to heart. Let's use them as inspiration to be more compassionate, to educate ourselves, and to stand against bullying and discrimination.

When we treat everyone with respect and embrace community inclusion, we create a world where all people, regardless of ability, can thrive. And that is a vision worth striving for.

### Anti-Bullying and Empowerment Quotes

"You will always be criticized and teased and bullied for things that make you different, but usually those things will be what set you apart. The things that set you apart from the pack, the things that you once thought were your weaknesses will someday become your strengths."

— Taylor Swift

"Just be yourself, there is no one better."

— Taylor Swift

"People haven't always been there for me but music always has."

— Taylor Swift

"If you're lucky enough to be different, never change."

— Taylor Swift

"Never believe anyone who tells you that you don't deserve what you want."

— Taylor Swift

"If somebody hurts you, it's okay to cry a river. Just remember to build a bridge and get over it."

— Taylor Swift



## Slow-Cooker Buffalo Chicken Wraps

Taken from <https://www.bettycrocker.com/recipes/slow-cooker-buffalo-chicken-wraps/1ac03b17-4a89-40d1-82ea-1a0a48138fff>

Blend two prepared sauces and tender shredded chicken for this flavorful filling.

Prep Time 20 min

Total 7 hr 20 min

Servings 8

### Ingredients

2 lb boneless skinless chicken thighs

1/2 teaspoon salt

3/4 cup Frank's™ RedHot™ Buffalo Wings Sauce (from 12-oz jar)

3/4 cup ranch dressing

1 package (11 oz) Old El Paso™ Flour Tortillas for Burritos (8 Count)

3 cups shredded lettuce

### Instructions

**Step 1** In 1 1/2-quart slow cooker, place chicken; sprinkle with salt.

**Step 2** Cover; cook 6 to 7 hours (if slow cooker has heat settings, use Low).

**Step 3** With slotted spoon, remove chicken from slow cooker and place on cutting board; discard liquid in slow cooker. In slow cooker, mix buffalo wing sauce and 1/4 cup of the ranch dressing. With 2 forks, shred chicken. Return chicken to slow cooker; stir gently to mix with sauce.

**Step 4** To serve, spread each tortilla with 1 tablespoon remaining ranch dressing; top each with about 1/2 cup chicken mixture and about 1/3 cup lettuce. Roll up tortilla; secure with toothpicks.



## Anti-Bullying Resources: How to Get Help and Take Action

By Krystian

Bullying affects people of all ages, but there are resources to help prevent and stop it. Whether you're being bullied or want to learn how to support others, these websites are full of useful information and tools.

### BullyingCanada

[BullyingCanada](#) is a great resource for anyone experiencing bullying. They offer a 24/7 support line to help youth across Canada. You can chat with trained volunteers who listen, provide guidance, and help create solutions. The website also has tips for students, parents, and teachers to take action against bullying.

### Cyberbullying Research Center

[Cyberbullying.org](#) focuses on preventing bullying that happens online. This site is perfect for learning about the latest research on cyberbullying and how to handle it. They provide resources for parents, educators, and teens to understand and combat issues like online harassment. You can also find practical tips, like how to block bullies or report harmful content.

### Be Kind Online

[Be Kind Online](#) is an initiative that promotes kindness and respect online. This site encourages everyone to take the pledge to be kind and offers grants to support projects that promote positive online behavior. It's an inspiring resource for those who want to make the internet a safer and more welcoming place for all.

By exploring these resources, you can learn how to prevent bullying, support others, and create a safer environment at school, online, and in your community. Remember, being kind and standing up for others can make a big difference!

## Crafting Through February

By Tami

February can feel like a tough month. Winter seems to drag on, and it's easy to feel a little down. But crafting can help keep your spirits up! It's a fun way to stay busy and brighten your days.

This is also the month of love—not just for others but for yourself too. Taking time to create something can be a great way to practice self-care. Plus, crafting is all about having fun, so why not give it a try?

With Valentine's Day just around the corner, it's the perfect theme for your next project. Here's an easy idea to get you started:

### Heart Robot

#### Supplies

- Toilet roll
- White paint
- Red card stock paper
- Crafting glue
- White pipe cleaner
- Black marker
- Googly eyes
- Aluminum foil
- Scissors



#### Instructions

Step 1: Paint paper roll white and let dry. Apply a second coat of white paint if necessary

Step 2: Cut 2 or 3 thin strips of aluminum foil, and glue them to the bottom of the toilet roll

Step 3: Use a pencil to poke two little holes in the middle on both sides of the toilet roll, and insert the pipe cleaner through the holes to make arms

Step 4: Cut out a medium sized heart from red stock paper, and glue it to the front of the robot. Bend pipe cleaner to make robot look like it holding the heart in its hands.

Step 5: Glue the googly eyes at the top of the toilet roll and draw the mouth with a black marker

# Kindness and Compassion Interview With Marie Sandy, Manager, Indigenous Student Development at Cplúl'kw'ten, Thompson Rivers University

By Lisa Coriale

As self advocates, we teach those around us how to look at life from our perspective. Kindness and compassion change our interactions from strained, stressful, unpleasant, and hurtful to easy, peaceful, joyful, and healthy. There are many simple ways to express and offer kindness and compassion each day. This feature shows us how different individuals from a variety of backgrounds use kindness and compassion to improve their daily lives and the lives of those around them.



## **Please tell me about yourself.**

My name is Marie Sandy. I am from Williams Lake, BC but have lived in quite a few places in BC throughout my life. I have two sisters, and I am the middle child. Me and my spouse have a 3-year-old daughter who keeps me on my toes.

## **What do you do for a living?**

I am the Manager of Indigenous Student Development, within the Faculty of Student Development at Thompson Rivers University. Currently, I have a staff of three who work directly with on campus Indigenous students at TRU.

## **What does kindness and compassion mean to you?**

Kindness and compassion are important because these values are so inclusive and welcoming. I hold fond core memories of people who have been kind and compassionate towards me. I valued their efforts and have always tried to emulate them.

## **Why is it important to show kindness and compassion to others?**

Showing kindness and compassion towards others, as I said before, is inclusive and welcoming. By showing kindness and compassion, I have gained friends and allies. I have gained an extended skill set to call upon. I hope I have provided a better moment for others whom I interact with.

## **How do you show kindness and compassion to others?**

I make sure to smile and say hello to everyone I meet. I open doors for all when I am at a set of doors to a building. I chat with people who look a bit lonely.

## **How can people show compassion when they are in community?**

Making genuine connections with others. For example, by talking to someone you sit beside on the bus, smiling at people you walk by, and checking in with those who look sad or overwhelmed.

## **Being kind to ourselves improves our mental health. In what ways are you kind to yourself?**

I try to remind myself that I am doing what I can with what is available to me. I work reminding myself that I too have my own boundaries.

## **What are some ways people can show kindness and compassion to people with diverse abilities?**

I show kindness and compassion to people with diverse abilities by inclusion. I do not treat those with diverse abilities differently. Everyone is human, everyone deserves to be treated with respect, kindness, and compassion.

## **People sometimes have negative views and/or attitudes towards people with diverse abilities. What do you do, or can you do, to increase kindness and compassion for those who are diversely abled?**

I make sure to include those individuals with negative views and/or attitudes towards people with diverse abilities in events that I participate in or create, ensuring safety for all is understood. I want to promote self-reflection in those individuals, and hopefully help them lead with kindness and compassion into the future.

## **Blazers Report**

By Andrew

The Kamloops Blazers have started their season's second half in 5th place in the B.C. Division with a 13-31-3 record. The Blazers added a defenseman, Rhett Ravndahl, from the Brandon Wheat Kings, while Brandon received a 5th-round pick in next year's WHL Draft. During January, the Blazers played 6 home and 3 road games to finish off the first month of 2025. With the addition of Ravndahl, I believe that by the end of the season, the team will be in a playoff spot.





# Buddy Up For Friendship

By Tony

Welcome to Buddy Up For Friendship. This is a group for self-advocates to connect and make friends. The group has been created by self-advocates and it is for self-advocates. We get to decide how it is going to run and how we can support each other to have fun and be in safe relationships.

This is a safe way to start connecting. We are creating chances for people to meet and have fun. There are good discussions and it is a chance to try new activities. It might also be a chance for people to go to new places in town. There are lots of opportunities to have fun around Kamloops. It is about getting out and trying new things with friends. We want people to feel good and have fun.

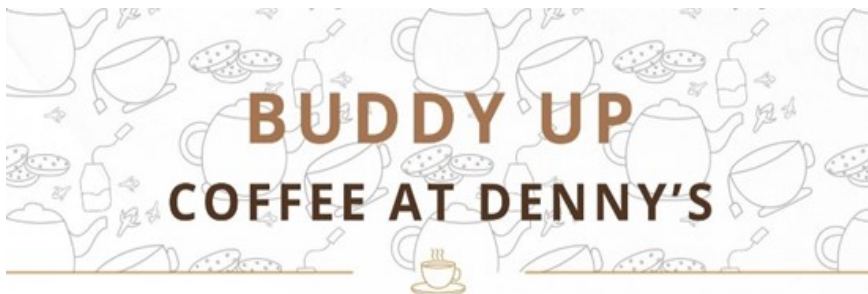
Some of the activities we have already done include: mini-golf, board games, Music in the Park. Some of the other things we have planned include: swimming at TCC, going to the movies, picnics and games at the park. We want group members to help us come up with different ideas and activities that they think would be fun or interesting.

We want people to have fun and to be safe. It is really important to get to know someone before you start sharing too much personal information. When we can meet in public spaces and in groups, it helps keep us safe.

Spending time with friends is important for your physical and mental health. It might help you feel more happy and motivated. Having friends helps to build confidence and self-esteem. This group is a chance for people to open-up, get out into the community, and to grow their friendships.

**This month's activity is at the Kamloops Art Gallery on February 20<sup>th</sup>!**

If anyone would like more information, please contact Tony at: [buddyup4friends@gmail.com](mailto:buddyup4friends@gmail.com)



## Let's Get Together

the First Monday Each Month in 2025

Meet us at 898 Tranquille Rd  
from 11:00AM -12:00PM on:

Jan 6	Feb 3	March 3	April 7
May 5	June 2	July 2	Aug 11
Sept 8	Oct 6	Nov 3	Dec 1

The Buddy Up Program wants to help you connect with people and make friends.

If you have any questions or you want to sign up, please email [buddyup4friends@gmail.com](mailto:buddyup4friends@gmail.com)

## It's Cool to Be Kind

Kindness makes the world brighter! Small acts of compassion—like smiling, helping others, or offering encouragement—spread positivity and joy. Being kind creates stronger communities and inspires change.



**BIG Little**  
SCIENCE CENTRE  
Explore | Discover | Learn

**Interactive Science:**  
TRY the many fun science activities.  
Open Tuesday to Saturday, 9:30 to 5:00

**BIG Little Science Centre: For ages 2 and up.**  
Memberships available: they include free entry to Science World!  
Accessible. 458 Seymour Street, Kamloops.  
250-554-2572 BLSCS.org

# Bullying

By Ben

An interview with Crystal Evelyn of the RCMP

**WHAT IS BULLYING?** Bullying happens when there is an imbalance of power; where someone purposely and repeatedly says or does hurtful things to someone else. There are many different forms of bullying including: physical, verbal, social, psychological and cyberbullying. **Some examples are:**

name calling, teasing • hitting, punching • stalking

Over 80% of the time, bullying happens with peers around.\* 57% of the time, bullying stops within 10 seconds when a bystander steps in.\*

**\*According to the Canadian Red Cross**

## WHAT IS CYBERBULLYING?

Cyberbullying involves the use of communication technologies (social media, texting, Internet) to intimidate or harass others. It can be anonymous and follow a victim everywhere, 24 hours a day, 7 days a week. Some examples are:

• online harassment • trolling • fake accounts • sharing private pics without consent

## BULLYING CAN LEAD TO

Depression • Loneliness • Social anxiety • Stress-related health problems • Embarrassment  
Low self-esteem • Trouble sleeping • Low grades • Skipping school • Aggressive behaviour  
Detachment from family and friends • Self-harm • Contemplating, attempting, or committing suicide

## BULLYING CAN BE ILLEGAL\*

**ASSAULT** Threats or acts of violence and bodily harm.

**DEFAMATORY LIBEL** Spreading rumors about someone. **IDENTITY THEFT/ FRAUD** Creating a fake profile to ruin one's reputation.

**UTTERING THREATS AND EXTORTION** Threatening to share someone's personal information to others if they don't do what you want them to do.

## CRIMINAL HARASSMENT

Constantly sending mean or threatening messages that make someone fear for their safety.

## CHILD PORNOGRAPHY

Sharing intimate pics and videos of minors (under the age of 18). \*According to the Criminal Code of Canada

## IF YOU EXPERIENCE BULLYING, YOU CAN:

- Not respond to texts or e-mails.
- Unfollow or block the user.
- Adjust your privacy settings.
- Take a screenshot and report the problem to the website or app admin.
- Talk to someone: a parent, friend, police officer or trusted adult

## IF A FRIEND EXPERIENCES BULLYING, YOU CAN:

- ◆ If comfortable, stand up for them! Try not to be a bystander.
- ◆ Speak to someone: a parent, teacher, school counselor, police officer, or trusted adult.
- ◆ Listen to your friend and provide them with support. Be by their side.

RESOURCES RCMP CENTRE FOR YOUTH CRIME PREVENTION [rcmp-grc.gc.ca/cycp-cpcj](http://rcmp-grc.gc.ca/cycp-cpcj)

KIDS HELP PHONE [kidshelpphone.ca](http://kidshelpphone.ca) 1-800-668-6868

CANADIAN CENTRE FOR CHILD PROTECTION NeedHelpNow.ca Cybertip.ca CANADIAN RED CROSS [redcross.ca/respectededucation](http://redcross.ca/respectededucation)

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PS64-151/2018 978-0-660-26946-7



## Spotlight on "STAND THE ANTHEM" by Charleigh & Justin Gere

By Krystian

"STAND THE ANTHEM" by Charleigh & Justin Gere is a moving song of empowerment and unity. With uplifting lyrics and an inspiring melody, it encourages listeners to rise above challenges. The official music video, available on YouTube, brings the song's powerful message to life, showcasing strength and determination. Don't miss this anthem of hope—watch it on YouTube and feel inspired to stand tall!



# Discovering Love Through Art: An Interview with ArtbyJPositive.com

By Krystian

This month, we had the pleasure of interviewing Joel, the talented Canadian artist behind ArtbyJPositive.com. Known for creating stunning and heartfelt artwork, ArtbyJPositive's creations inspire joy and positivity. In this special feature, we explore the passion and creativity behind the art, as well as the profound theme of love that weaves through the artist's journey. From vibrant colors to meaningful messages, this interview celebrates the beauty of art and the power of love to connect us all.

**Where are you based?** I live in Ottawa, Canada.

**Can you tell us about your background and what inspired you to become an artist?**

I think doing my art feels really good.

**What are some key milestones in your artistic journey?** My Mom taught me art when I was probably really little. When I was older I did art at BEING Studio and DragonFly. Now I do my art mostly at home and at the cottage. I have my own art store. I think I know it's good.

**How do you describe your artistic style?** I draw real people. They are really positive.

**What is your process for starting a new piece of art?**

I just do pen first, then markers.

**Where do you draw your inspiration from?**

I like to draw about love.

**What mediums do you prefer to work with, and why?**

I do like to draw. Sometimes I like to paint, but I think I don't want to get messy.

**Can you share the story behind one of your favorite pieces?** It's called Love and True Love. It is about finding love. It's actually not easy to find love. It's really hard.

**Are there recurring themes or messages in your work?** I like to draw about love, music, and family.

**How do you decide on the color palette and composition for your artworks?** I think I pick something cool.

**What are some of the biggest challenges you've faced as an artist?** It can be really hard work.

**What accomplishments are you most proud of in your career?**

I think I am proud to sell my art.

**What are your aspirations for the future of your art?**

I want Bruce Springsteen to wear one of my positive shirts.

**How do you hope your work impacts viewers and the art community?**

It makes them feel probably really positive.

**Do you have any daily rituals or habits that help you stay creative?**

Sometimes Disney movies feel good.

**What advice would you give to aspiring artists?** I think you just need to relax.

**If you could collaborate with any artist, living or dead, who would it be and why?**

Susan Aglukark. I think she is a great singer and songwriter.

**What's one unexpected fact about you that people might not know?**

That I do give good pranks to my Dad.

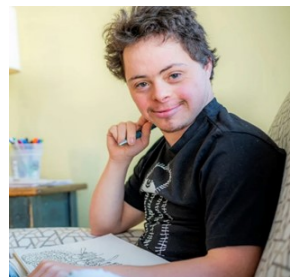
**What do you enjoy doing in your free time away from art?** I go to College. I learn math, and English, and computers, and life skills. In social club I am learning about relationships.

**What are your goals and dreams for the new year in 2025?**

I think it's about by falling in love.

**How can people find you online?**

<https://artbyjpositive.com/> @artbyjpositive on Instagram/Facebook/TikTok



## Family Day: A Day for Love and Kindness

By Krystian

Family Day is on Monday, February 17, 2025, and it's a special holiday in Canada! It's a time to show your family love, kindness, compassion, and care. Families are very important, and this day reminds us to treat our loved ones with respect and kindness. Remember, it's never okay to bully your family members. Instead, be kind and caring because your family loves you.

Family Day is the perfect time to spend quality time together. You can attend fun Family Day events or just relax and enjoy each other's company. Children especially need this time to bond with their families and create happy memories.

There are lots of fun things you can do on Family Day. You could play games, go for a walk, watch a movie, or visit a Family Day festival. Spending time together helps families grow stronger.

If you're looking for something fun to do, check out the Family Day Festival in Kamloops. You can find more details [here](#). Family Day is not just about having fun—it's about showing love and kindness to the people who mean the most to us. So, take the time to relax, laugh, and enjoy being with your family this Family Day!





# See the Person Within: Why Prejudging is Harmful

By Krystian

Prejudging someone based on their skin color, abilities, or differences is hurtful and unfair. Whether it's brown skin, Indigenous heritage, living with a disability, or simply being unique, everyone deserves to be treated with respect and kindness.

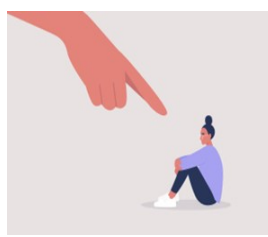
When we prejudice, we often miss out on the amazing qualities that make each person special. A person's abilities, personality, and heart matter far more than what we see on the surface. By focusing on differences, we create barriers that divide us instead of bringing us together.

Instead, we should look past appearances and see the person within. Everyone has hopes, dreams, and challenges. We are all human and share the same desire to be accepted and loved.

Treating people equally helps build a more inclusive and compassionate world.

Take time to listen and understand others. Celebrate diversity, because it makes our communities richer and stronger. When we see each person as valuable, regardless of their differences, we create a world filled with love and connection.

Let's break down prejudices and build bridges of understanding. Together, we can make our communities a kinder, more inclusive place for everyone.



## Embracing Kindness Through Rachel's Challenge

By Krystian

Rachel's Challenge is a movement that inspires us to create a culture of kindness, compassion, and love in our schools and communities. Born out of the tragic loss of Rachel Joy Scott during the Columbine school shooting, this non-profit organization carries forward her dream of a world where everyone is treated with respect and empathy.

Rachel believed in the power of small acts of kindness and their ability to create ripples of positivity. Her story and the challenge named after her are proof that even in the face of darkness, love and compassion can shine through.

### How We Can Be Like Rachel

To be like Rachel, we must take her words and actions to heart. She once wrote, "I have this theory that if one person can go out of their way to show compassion, it will start a chain reaction of the same." By treating others with kindness, even in small ways, we can create this chain reaction in our own lives.

When we see someone struggling, we can offer help. If someone feels left out, we can invite them to join us. By listening without judgment, standing up for those who are mistreated, and choosing to show love, we embody the values Rachel cherished.

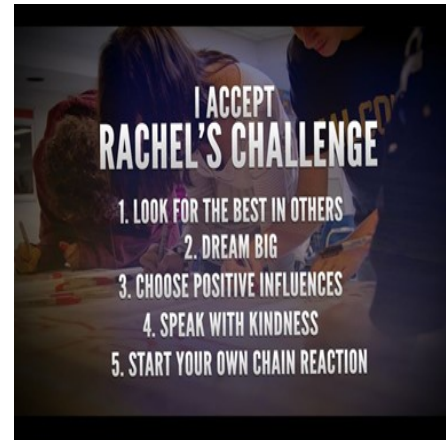
Rachel's Challenge teaches us to stand up to bullying with kindness and courage. Instead of responding with anger or fear, we can respond with empathy. If we see bullying happening, we can step in to support the person being targeted. Sometimes, just being a friend or ally can make all the difference.

This movement also emphasizes the importance of addressing cyberbullying and online harassment. In today's digital age, a kind comment or message can counter negativity and bring comfort to those who need it most.

By promoting kindness and compassion, Rachel's Challenge helps prevent violence, including school shootings. Their programs encourage open dialogue, emotional support, and creating safe environments where everyone feels they belong. Their speakers inspire students and communities worldwide, reminding us of the power we have to make positive changes.

Rachel's Challenge is a movement of hope, love, and resilience. It shows us that even in the face of tragedy, we can choose to make the world a better place. Let's all take on Rachel's Challenge and commit to being kind, compassionate, and loving every day. Together, we can change lives and create a world filled with respect and understanding.

<https://rachelschallenge.org/>



#### Bullying Can Lead To:

- Anxiety
- Depression
- Loneliness
- Panic Disorder
- Agoraphobia
- School Avoidance
- Self-harm



# Be an Upstander

By Krystian

Kindness and inclusion make the world a better place. An **upstander** is someone who helps others and stands up against bullying. Being an upstander can change lives and stop harm. On the other hand, a **bystander** is someone who sees bullying but does nothing. Let's talk about why being an upstander is so important and why kindness and inclusion are powerful.

When someone is bullied and no one helps, it makes the victim feel alone and sad. Bullying doesn't stop if people just watch. It can even make the bully feel stronger.

Bystanders who stay silent might make others afraid to speak up. This can create fear and an unsafe environment. But when you act—by helping the victim and speaking out—you can stop the bullying. You might even save a life by showing someone they are not alone. No one deserves to feel unsafe or unwanted. Being a bully means hurting others, but being kind means lifting others up.

Kindness is powerful. A smile, kind words, or standing up for someone can make a big difference. When you are nice, you show others you care, and they might start being kind too.

Inclusion is important because it helps everyone feel valued. When we include others, we make stronger and happier communities.

## How to Be an Upstander

Being an upstander means:

- ◆ Helping the victim: Show them they're not alone.
- ◆ Speaking out: Tell the bully their actions are wrong.
- ◆ Reporting bullying: Let someone you trust know about what is happening.

Being kind and standing up for others can make the world safer and happier. Let's choose

kindness, include everyone, and stop bullying together. Every small action can make a big difference! 💕



## Standing Up to Bullying: Songs and Videos That Inspire Change

By Krystian

February is the perfect time to promote anti-bullying awareness and spread messages of kindness, compassion, and love. Bullying is a serious issue that affects people of all ages, but thanks to platforms like YouTube, countless creators, musicians, and advocates are working to bring

attention to this important topic. From educational songs to inspiring music videos, there are many ways to learn about bullying and how to stop it.

YouTube has lots of anti-bullying resources. Many schools, groups, and individuals have created videos that highlight the importance of being kind and standing up to bullies. For instance, the Cypress Ranch High School Anti-Bullying Lip Dub titled "Who Do U Think U R?" is an empowering anthem that encourages everyone to treat others with respect. Similarly, "You Won't Be Holding Me Back", a teen parody song, delivers a powerful message about overcoming the negative effects of bullying.

Another standout video is "Be an Upstander" by Jane Burkmen, which teaches the importance of standing up for those who are bullied rather than being a bystander. This concept of being an "upstander" is key to creating a supportive and inclusive community. In a fun and educational way, Jack Hartmann's "Stop Bullying Now" provides simple tips for kids to recognize and prevent bullying behaviors.

Music videos are not the only way to learn about anti-bullying. Personal stories, such as "Song Dedicated to Amanda Todd" by Elise Estrada, touch hearts and remind us of the real-life consequences of bullying. Amanda Todd's story is a poignant example of why we need to continue advocating for kindness and mental health support.

In addition to these powerful videos, many creators post educational content about how to treat others with care and empathy. Advocacy videos on YouTube often feature young people sharing their own experiences with bullying and offering advice on how to create a more compassionate world. These messages inspire viewers to take action, whether that means reaching out to someone who feels alone, reporting bullying, or simply showing kindness in everyday interactions.

This February, let's all take a moment to explore these incredible resources and reflect on how we can make a difference. By supporting anti-bullying initiatives and sharing these videos, we can help spread the message that bullying has no place in our schools, communities, or online spaces. Let's stand together, be upstanders, and create a world where everyone feels safe, valued, and loved.



# Thunder Rolls: A Tribute to Garth Brooks with Chad Bushnell

By Krystian

Do you love country music? If you do, you're in for a treat! This month, we're shining the spotlight on Chad Bushnell, a Nashville recording artist who performs as a Garth Brooks tribute artist. Chad doesn't just sing Garth Brooks' songs—he also captures his energy, style, and passion for music. He's a huge fan of Garth Brooks, and it shows in every performance. Country music is more than just songs; it's about stories, feelings, and bringing people together. Whether you're tapping your toes to a fast beat or feeling emotional during a slow ballad, country music speaks to the heart. Tribute artists like Chad make it even more special by giving fans a chance to enjoy live performances of their favorite music.

For people on a budget, tribute artists are a fantastic way to experience the thrill of live music. You can enjoy the sounds and excitement of a superstar without spending a fortune. It's affordable entertainment that's fun for everyone!

In this special interview, we'll get to know Chad Bushnell, learn why he loves Garth Brooks, and hear about what it's like to step into the boots of a country music legend. Get ready to feel the thunder roll as we dive into the world of Garth Brooks through Chad's eyes. Let's celebrate the joy of country music together!

**How did you become a Garth Brooks Tribute Artist?** There has been an increasing demand for Garth Brooks and Chris Ledoux songs at my shows. We started out by doing a whole set dedicated to Garth Brooks and Chris Ledoux. During Covid I had a lot of down time when most of my shows cancelled. I decided to do some work with my band and offer a full Garth Brooks Tribute show to venues who were interested in that. I enjoy performing a full tribute show dedicated to one of my favorite country singers.

**What do you enjoy about Garth Brooks?** I love his energy on stage and choice of songs. He's not only a great songwriter, but is a genius at picking out rock covers and redoing them to release as singles.

**Have you ever seen Garth Brooks Concert?** No, I haven't been to a Garth Brooks concert. It is high on my list.

**What kind of songs do you enjoy from Garth Brooks?** We do the tribute show based off of Garth Brooks' Double Live album. We had to weed through some of the songs that didn't fit the band, but I supplemented some songs off of his older albums to put in our show. Two of my favorite Garth Brooks songs to perform are "Not Counting You" and "Long Neck Bottle". I personally prefer his fast, rockabilly style country songs to perform at shows.

**What do people enjoy about your Garth Brooks Tribute Shows?** Many people in Northern California possibly have a hard time being able to afford to go to a real Garth Brooks concert or may not want to or be able to travel to one. Many of my Garth Brooks shows are at wineries and casinos throughout California and I feel people like the simplicity of them. They can go to a low key venue with 200-300 people rather than thousands. It works great for people who don't like big crowds. This show is affordable and it draws many Garth Brooks fans within the hour or two radius and it's easy for people to go to a concert that way rather than having to travel far, spend a bunch of money and deal with large crowds.

**What do you enjoy about being on stage as Garth Brooks?** I enjoy performing 90's country music. It is my favorite genre. Garth Brooks dominated country music in the 90's and it brings back good memories for me and lots of other 90's country fans. Garth Brooks' music brings a lot of joy to fans who show up to my tribute concerts and I like to see that.

**What else would you like to add? How can people find you online?** I appreciate everyone who comes out and supports my shows. I would love to see people at my upcoming concerts in 2025..please go to my website [www.chadbushnell.com](http://www.chadbushnell.com) to see my upcoming tour dates. Also, please follow me on social media and Spotify..check out my links below:

**Instagram-** <https://www.instagram.com/chadbushnellmusic/>

**TikTok-** <https://www.tiktok.com/@chadbushnellmusic>

**Facebook-** <https://www.facebook.com/chadbushnellofficial>

**Spotify Link**

[https://open.spotify.com/artist/7u3M8QGyeoWJBUKZt39xRN?si=85XVVixSOYKqAqL\\_1-93yg](https://open.spotify.com/artist/7u3M8QGyeoWJBUKZt39xRN?si=85XVVixSOYKqAqL_1-93yg)







# Valentine's Day: A Celebration of Love, Kindness, and Compassion

By Krystian

Valentine's Day is coming up on Friday, February 14, 2025! While many people think of it as a day for romantic couples, it's actually a day for everyone. Valentine's Day is about celebrating love, kindness, compassion, and respect—not just for lovers, but for friends, family, and the people around us.

For couples, Valentine's Day is an opportunity to express love and appreciation for each other. It's a time to enjoy a special dinner, share meaningful gifts, or simply spend quality time together. But what about those who are single? Valentine's Day is also the perfect occasion to celebrate friendships. Friends can get together for a nice meal, watch a movie, or just relax and have fun. It's a reminder that love exists in many forms, not just romantic relationships.

## A Day for Everyone

Valentine's Day isn't only about chocolates, flowers, and romance. It's also about spreading kindness and compassion in our communities. Children often give out Valentine cards at school to their classmates, spreading joy and building friendships. These small gestures remind everyone that this day is about caring for others, no matter who they are.

This spirit of inclusion makes Valentine's Day a celebration for everyone, regardless of age or relationship status. It's an opportunity to connect with people, show appreciation, and make others feel valued.

## A Reminder of What Really Matters

In today's busy world, it's easy to forget the importance of kindness and compassion. Valentine's Day offers a moment to pause and reflect on what truly matters—our relationships and how we care for one another. It's a day to put aside differences, forgive past mistakes, and focus on spreading love.

Respect is another key value to celebrate on Valentine's Day. Showing respect means listening to others, valuing their feelings, and treating them with dignity. Whether it's your partner, a friend, or even a stranger, respect can help build stronger connections and make the world a more understanding place.

## How to Celebrate

There are many ways to celebrate Valentine's Day while embracing its broader meaning:

**Share Love with Family and Friends:** Write cards or notes to people you care about, letting them know how much they mean to you.

**Promote Kindness:** Perform random acts of kindness, such as helping a neighbor, volunteering, or giving compliments.

**Stand Against Bullying:** Take the time to include someone who might feel left out or offer support to someone going through a tough time.

**Celebrate Together:** Plan a group activity with friends or family to show that Valentine's Day isn't just for couples.

**Teach Kids About Inclusion:** Encourage children to give Valentine cards to all their classmates, promoting equality and friendship.

## The True Meaning of Valentine's Day

Valentine's Day is more than a day for roses and chocolates. It's a day to celebrate the values that bring people together—love, kindness, compassion, and respect. By including everyone and promoting these values, we can create a world where everyone feels loved and accepted.

So, whether you're spending Valentine's Day with a partner, your friends, your family, or even by yourself, remember to share kindness and make someone's day brighter. After all, love isn't just about romance; it's about treating everyone with care and compassion. Let's make Valentine's Day 2025 a celebration of love for all!

## Captain America: Brave New World

Taken from <https://movies.disney.com/captain-america-brave-new-world>

Rating: Not Yet Rated

Release Date: February 14, 2025

Genre: Action-Adventure, Live Action, Science Fiction, Superhero



Marvel Studios' "Captain America: Brave New World" features Anthony Mackie as Captain America....After meeting with newly elected U.S. President Thaddeus Ross, played by Harrison Ford in his Marvel Cinematic Universe debut, Sam finds himself in the middle of an international incident. He must discover the reason behind a nefarious global plot before the true mastermind has the entire world seeing red.

## Spotlight on "STOP THAT!" – A Powerful Anti-Bullying Song



By Krystian

Music has the unique ability to inspire change and bring people together, and "STOP THAT!" by Lynn/Arms is a perfect example. This upbeat and empowering anti-bullying song delivers a strong message: bullying needs to stop, and kindness should prevail.

With its catchy tune and impactful lyrics, "STOP THAT!" has become a rallying cry for bullying prevention. The song's message resonates with listeners of all ages, encouraging them to stand up against bullying and support one another.

Available on YouTube, "STOP THAT!" is a must-listen for anyone passionate about creating a kinder, more inclusive world.