



Health and Wellness Tip of the Week Week 44 – October 28, 2019

Confidence to Neutralize Bullying

It is vital that kids feel proud of themselves. Encouraging children to be involved in activities or special hobbies can help boost self-esteem. Meeting new friends with similar hobbies will help children grow a sense of self-assurance and give them the chance to have fun. These things can help protect them from bullying.

Source: Stopbullying.gov

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

