



ChildBuilders

Houston's Advocates for Mental Health in Children

The Peace of Mind Pledge

By Joanne Go, ChildBuilders Community Education Director

When we hear about violence in our schools and on our streets, we worry about our children and we feel helpless to protect them.

Many children feel isolated and alone at times. It's important that they know that there are adults that they can talk to when they have problems. When our children come to us for help, usually the most important thing we can do to support them is to really **listen** to them. Remember that we do not always need to provide a solution. Sometimes children just need a hug or a listening ear. Other times we can help the problem-solve by asking questions that allow them to explore their feelings and may lead them to a new way of thinking about their situation.

Denise Browne-Nealy is a concerned parent who realizes that we need to do more to encourage connections with young people. She created the *Peace of Mind Pledge* to encourage honest communication between parents and children, or counselors and students. You may use this pledge to strengthen the bridges between yourself and the young people you know.

Peace of Mind Pledge

I Promise . . .

**This certifies that I will do the following
when it comes to my peace of mind:**

I will talk to someone when

TOO MANY THINGS ARE ON MY MIND.

I will talk to someone when I am LONELY.

I will talk to someone when I am SAD.

I will talk to someone when I am SCARED.

I will talk to someone when I am ANGRY.

I will talk to someone when I have a PROBLEM,

no matter how small, so that I can get help.

I will ask for HELP FOR FRIENDS that need it.

Student

