



ANAHEIM UNION HIGH SCHOOL DISTRICT

# RESOLUTION

• DISTRICT OF KINDNESS AND COMPASSION •

*WHEREAS*, kindness and compassion is the quality of being friendly, generous, and considerate. It can be taught and it is a defining aspect of civilized human life that belongs in every home, school, neighborhood, and society. Scientific studies prove that teaching kindness and compassion in school has many physical, emotional, and mental health benefits such as increased peer acceptance, improved self-esteem, less stress, better concentration, reduced depression, and less bullying. These competencies provide the foundation for maintaining high-quality Social and Emotional Learning opportunities that not only support college and career readiness, but prepare students for responding to the challenges of life; and

*WHEREAS*, approximately one in five youth aged 13-18 (21.4 percent) experiences a severe mental disorder at some point during their life; and

*WHEREAS*, serious mental illness costs America \$193.2 billion in lost earnings per year; and

*WHEREAS*, approximately one in five adults in the U.S.—43.7 million, or 18.6 percent—experiences mental illness in a given year; and

*WHEREAS*, these adults who experience mental illness were once children who attended our public schools; and

*WHEREAS*, kindness is taught through fostering compassion and empathy, we will continue to engage our students in activities that allow them to help others like our AUHSD Servathon and the AUHSD civic education initiative. Service Learning opportunities and Project Based Learning involve students in designing and implementing real-world service projects that have clear educational goals, and genuinely meet the needs of our community. Continuing to create opportunities for our students to experience kindness will increase relationships with peers and adults, protect them from negative life stresses, increase civic engagement, and promote academic success; and

*WHEREAS*, research indicates that early intervention through the implementation of school-wide Restorative Justice practices such as Peer Assistance Leadership and Positive Behavior Intervention Supports (PBIS) are effective means of reducing violence and adolescent bullying, which in turn fosters the positive behavior that is expected. AUHSD will continue to promote kindness and compassion through the use and implementation of PBIS and other strategies where students become more self-aware and confident about their thoughts, feelings, and learning capacities; and

*WHEREAS*, the city of Anaheim is transforming into a City of Kindness that will make our city stronger, more resilient, and healthier in every aspect; and

*WHEREAS*, the Global Compassion Summit on July 5, 2015, at the Honda Center will be a celebration of the Dalai Lama's lifetime of devotion to the work of spreading the message of the value of peace, kindness, and universal compassion throughout the world and that he will be acknowledging kindness and compassion initiatives in greater Anaheim.

*NOW, THEREFORE, BE IT RESOLVED*; that the Anaheim Union High School District Board of Trustees does hereby support and designate Anaheim Union High School District as a District of Kindness and Compassion.

Michael B. Matsuda  
Superintendent and Secretary  
to the Board of Trustees