

## Why I Started This Poster Campaign

As a Prefect and House Captain, I have had the opportunity to observe and listen to many students within our school community. Over time, I noticed recurring issues and challenges that affected my peers - issues that deserved attention and open conversation.

This inspired me to initiate a poster campaign. With the help of AI, I designed 20 posters on topics which I felt were important - not just as a display of messages, but as a meaningful way to spark reflection, raise awareness, and encourage thoughtful dialogue among students. Each poster highlights an aspect of ethics, character, or personal conduct that I believe is deeply relevant to our daily lives at school.

At its heart, this campaign is guided by a simple belief: how we treat each other - and ourselves - shapes the environment we live in. If these posters prompt even a brief moment of reflection as a student walks past a notice board, then this initiative will have achieved its purpose.



## THE GOLDEN RULE

Treat others as you want to be treated.



### Be kind

Show empathy and understanding.

### Be helpful

Lend a hand when others need support.

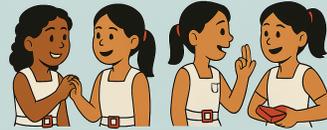
### Be a friend

Treat people with respect and fairness.

### Be polite

Use good manners and say "please" and "thank you".

## CLASSROOM CODE OF ETHICS



SHOW RESPECT



BE HONEST



WORK HARD



TAKE RESPONSIBILITY



HELP OTHERS



DO YOUR PART

## SELF-CARE



TAKE CARE OF YOUR BODY

PRACTICE GOOD HYGIENE



GET ENOUGH SLEEP



STAY ACTIVE



TALK ABOUT YOUR FEELINGS



SPEND TIME WITH OTHERS

## CHEATING



✗ Cheating is wrong

Be honest and do your own work.

🔍 Warning signs

Telling lies, sneaking notes, or copying others.

🔔 Think about others

Cheating hurts your classmates and your school.

doing your best matters

Focus on learning

What can you do differently next time?

• Show integrity by making good choices.

## ALCOHOL & DRUGS can be harmful



! Alcohol and drugs can hurt your body and brain.

♥ They can affect your emotions and relationships.

! Using them can lead to serious problems.

It is safer to stay away from these substances.

# THE BAD EFFECTS OF VAPING



**LUNG DAMAGE**      **ADDICTION**



**ANXIETY**      **STOMACH PAIN**

# WHAT YOU NEED TO KNOW ABOUT VAPING

**WHAT IS VAPING?**  
Vaping is using an electronic device to inhale an aerosol, often called vapor, which contains various chemicals.

**WHAT'S IN VAPOR?**  
Vapor may contain nicotine a highly addictive chemical. It can also have other harmful substances such as heavy metals and chemicals that cause cancer.

**HEALTH RISKS**  
Vapes can lead to nicotine addiction and can cause serious damage to the lungs. It may also increase the risk of heart disease.

**OTHER FACTS**  
Vapes come in many styles, colors, and flavors.



# ETHICS



- TRUST**: Keeping our Promises
- HONESTY**: talking straight, being genuine and ethical
- COURAGE**: taking accountability for results, being up front about mistakes and taking considered risks
- CARING**: Listening carefully to others, working together to achieve shared goals
- FAIRNESS**: Treating people justly and equitably
- RESPECT**: treating individuals with dignity

# DIGITAL ETHICS

ETHICAL USE OF TECHNOLOGY

- INFORMATION PRIVACY**: Protecting personal data and confidentiality
- ACCURACY**: Ensuring the reliability of information
- PROPERTY**: Respecting digital content and intellectual property
- ACCESSIBILITY**: Promoting inclusive digital access

# DIGITAL ETHICS

- THINK BEFORE POSTING**
- TREAT OTHERS WITH RESPECT**
- PROTECT YOUR PRIVACY**
- BALANCE SCREEN TIME**



# STRESS & ANXIETY

**Quick Tips to Manage Stress**

- Breathe Deeply** → Try slow, deep breaths to calm your body.
- Take Breaks** → Step away for a few minutes when you feel overwhelmed.
- Stay Active** → Exercise, stretch, or walk to release tension.
- Stay Organized** → Break work into smaller tasks and use a planner.
- Talk About It** → Share how you feel with a teacher, counselor, parent, or friend.
- Positive Self-Talk** → Remind yourself, "I can handle this!"

★ **u are not alone.** Everyone feels anxious sometimes.  
★ Asking for help shows strength; not weakness.  
★ Small steps every day make a big difference.

#StayCalm #BeKindToYourMind #YouAreNotAlone



# STRESS & ANXIETY

- Take deep breaths**
- Think calming thoughts**
- Take**
- Focus on what you can control**
- Talk to someone you trust**
- You are not alone—help is available.**



# You Matter — You're Not Alone

If you're thinking about hurting yourself, or you're worried about someone who might — help is available.

**If you are struggling right now — do this:**

- Stay safe for now.** Put some distance from anything that might hurt you and go to a safe place if you can.
- Breathe and ground:** Try the 5-4-3-2-1 technique — name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste (or small sip of water).
- Tell someone you trust:** A teacher, school counselor, parent, coach or friend, Saying "I'm not OK, I need help" is a strong and important step.
- If you're in immediate danger,** call emergency services now.

**How friends and teachers can help**

- ✓ Listen without judgement. Let them know you're there for them.
- ✓ Stay with them or make sure they're not alone until an adult arrives

**You are not alone. It's OK to ask for help. Asking for help is brave.**



# SELF-HARM

SELF-HARM IS A SIGN OF EMOTIONAL DISTRESS

**Talk to SOMEONE YOU TRUST**

- You don't have to go through this alone.
- Let others know how you're feeling.
- Asking for help takes courage.

**THERE ARE PEOPLE WHO CARE ABOUT YOU**

