Be Unique

Be you
Mental Health Support Team

November Edition

In this edition, we're celebrating what makes each of us unique.

Every child and young person has their own strengths, interests, talents and way of seeing the world. Some enjoy being creative, some love solving problems, and some bring kindness, determination or curiosity to everything they do. These differences are what make our communities richer and remind us that there is no single way to learn, communicate, think or succeed.

As parents and carers, it can be wonderful to see children developing their own interests, personalities and strengths. Helping children feel accepted and valued for who they are can support their confidence and sense of belonging.

In this newsletter, we're sharing stories, ideas and resources that celebrate individuality and highlight the positive impact that different perspectives can have. Many of the people who have shaped the world did so because they were willing to think differently, follow their passions and stay true to themselves.

So, as you read through this edition, we invite you to reflect on the unique qualities that make your child who they are.

After all, the most important thing we can encourage children and young people to do is simply: Be You. ✨

The Be You Team 💜



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Northumberland County Council

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Different Thinking, Big Ideas

Throughout history, many people have challenged expectations, approached problems from a different perspective, or imagined possibilities that others couldn't yet see. Their stories remind us that there is no single way to think, learn or succeed. By recognising and nurturing individual strengths, interests and ideas, we can help children and young people develop the confidence to be themselves and make their own unique contribution to the world.

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🌍 Wangari Maathai

When Wangari Maathai encouraged communities in Kenya to plant trees to tackle environmental challenges, many people dismissed her ideas. She persevered, and the movement she founded led to millions of trees being planted and inspired environmental action around the world.

What can we learn? Small ideas can grow into big change.

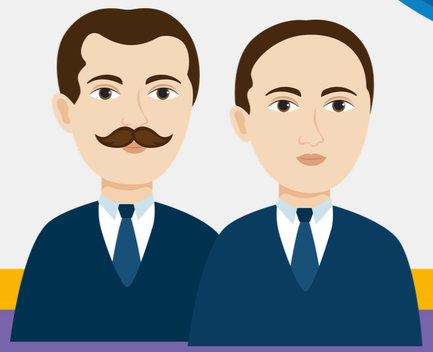


🚲 The Wright Brothers

Most people believed powered flight was impossible, but Orville and Wilbur Wright kept asking "What if?" Through creativity, persistence and a willingness to think differently, they achieved the world's first successful aeroplane flight.

What can we learn? Great ideas often begin with curiosity and the courage to explore new possibilities.



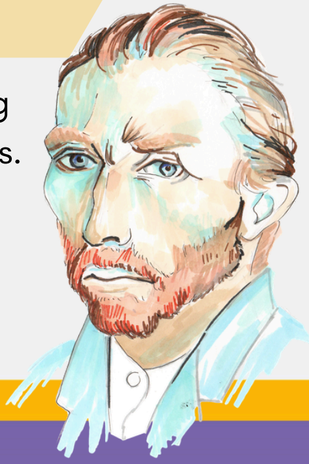


🎨 Vincent van Gogh

Van Gogh's artistic style was unlike much of the work that was celebrated during his lifetime. His creativity and way of seeing the world were not widely recognised at the time, yet his paintings later became some of the most influential in history.

What can we learn? Not everyone will see your strengths immediately, but that does not make them any less valuable.

In our schools, celebrating uniqueness means noticing and nurturing individual strengths, interests and talents. By valuing different perspectives and encouraging children and young people to be themselves, we create communities where everyone has something important to contribute.



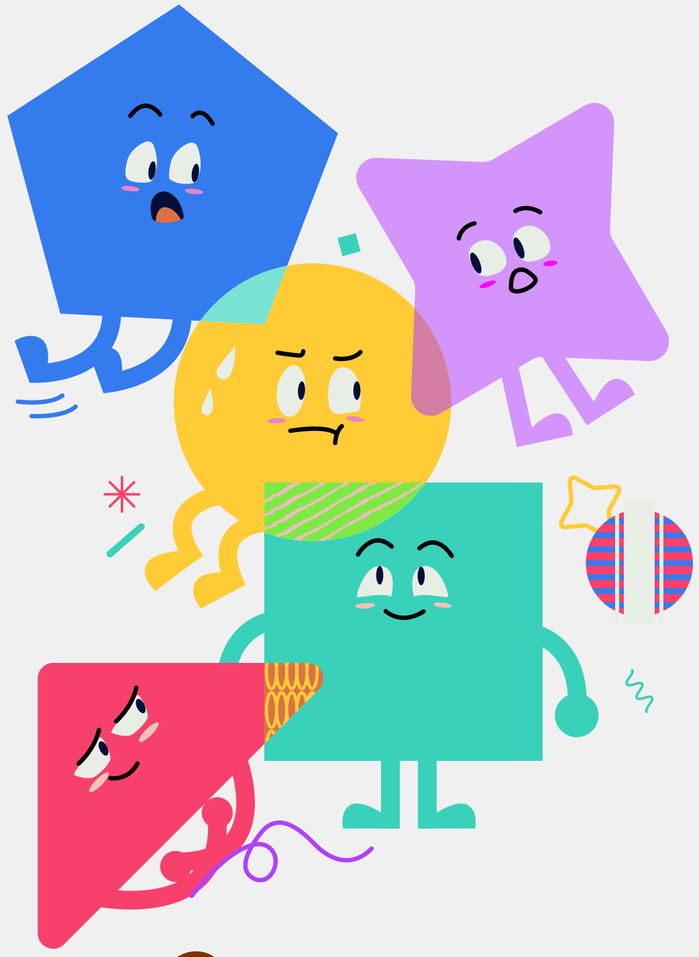
Belonging, Not Fitting In

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Every child wants to feel that they belong. At times, children may notice ways in which they are different from their peers, whether that's their interests, personality, strengths or the way they see the world.

But being different is not something that needs to be fixed. Some of the qualities that make children stand out today may become the very things they value most about themselves in the future.

By celebrating individuality and helping children feel valued for who they are, we can remind them that belonging doesn't come from being the same as everyone else. It comes from being accepted as themselves.



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Celebrating Every Child's Journey

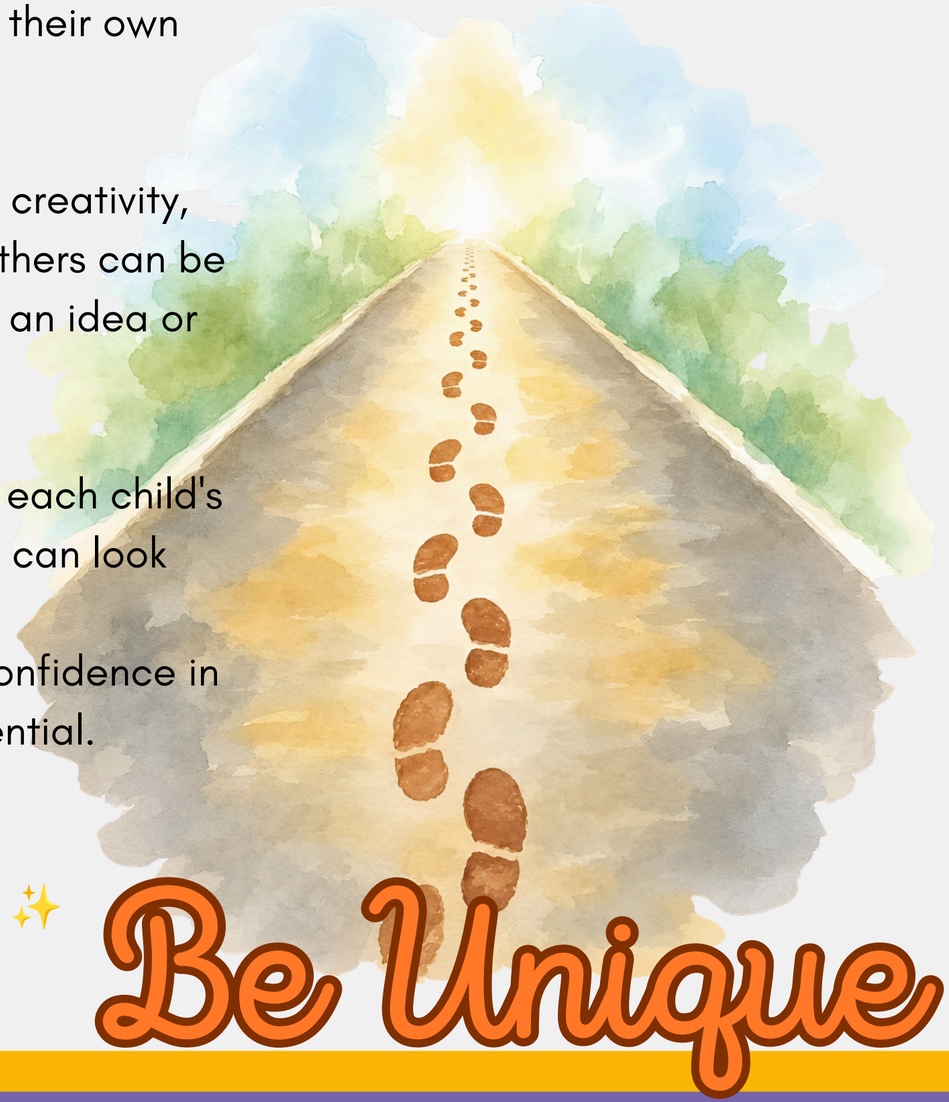
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It's natural to notice what other children are doing, especially when milestones and achievements are often talked about and celebrated. But every child is on their own journey, with their own strengths, interests, personality and pace.

Some children may love performing on a stage, while others shine through kindness, creativity, problem-solving or building friendships. Some achievements are highly visible, while others can be found in quieter moments, such as trying something new, showing resilience, sharing an idea or taking a step outside of their comfort zone.

When we focus on individual strengths and progress, it becomes easier to appreciate each child's unique qualities rather than measuring them against someone else's path. Success can look different for every child, and those differences are something to value.
By recognising and celebrating what makes children unique, we help them develop confidence in who they are and encourage them to see their own strengths, talents and potential.
After all, there is no single roadmap for childhood.

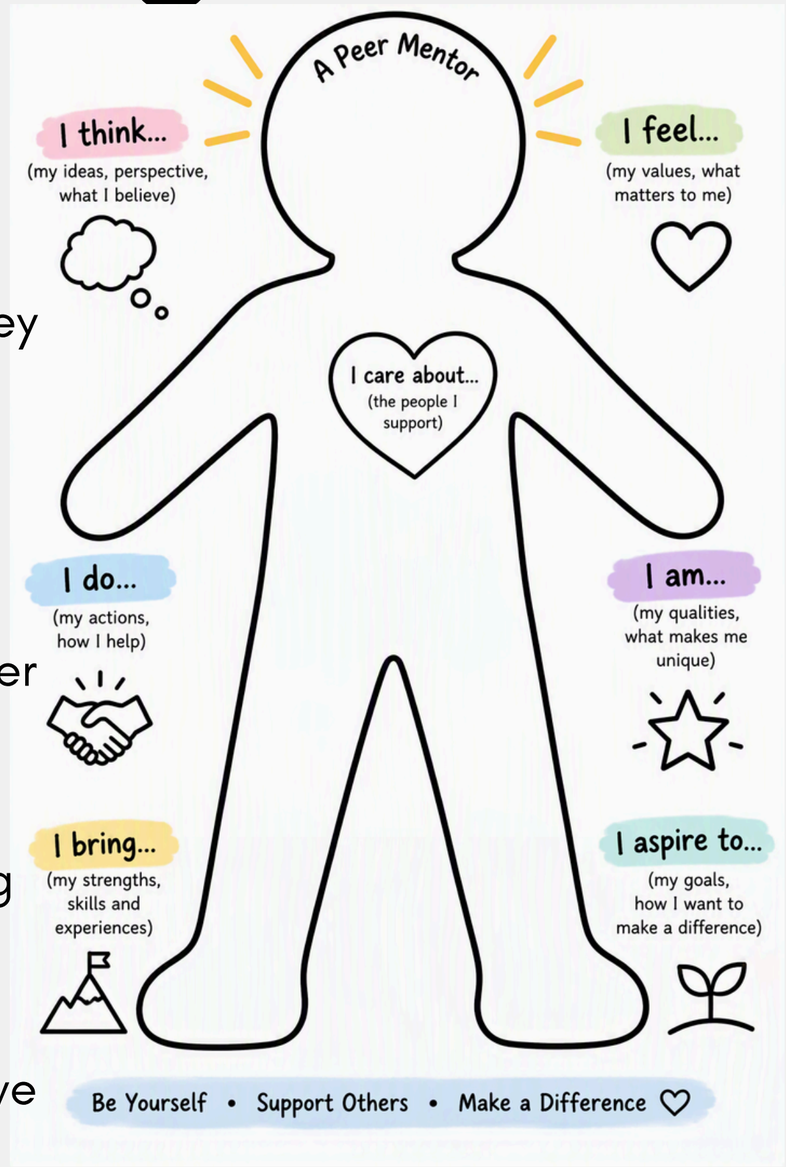
Every child brings something special, and every journey is worth celebrating. ✨



Peer Mentoring

Peer mentoring helps children to celebrate what makes them unique. Helping children develop confidence, recognise their strengths, express their individuality, and feel valued for who they are, enabling them to thrive as unique individuals.

Children are encouraged to recognise their strengths, share their ideas and express themselves with confidence. Peer mentors provide a safe and inclusive environment where differences are valued, supporting personal goal-setting and encouraging children to be themselves, peer mentoring nurtures confidence, independence and a positive sense of identity.



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"How has being a Peer Mentor helped your child celebrate what makes them unique?"

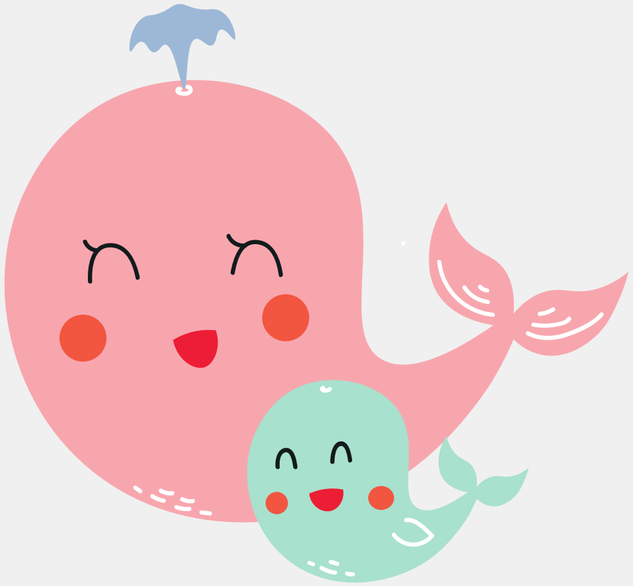
"How has being mentored supported your child to recognise their strengths and individuality?"

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Helping Your Child Build a Positive Self-Image

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Children thrive when they feel accepted and appreciated for who they are.
You can support this by:



- 💛 Listening to their ideas and opinions
- 💛 Encouraging effort and perseverance
- 💛 Celebrating their interests, even when they differ from your own
- 💛 Giving them opportunities to make age-appropriate choices
- 💛 Noticing and naming positive qualities such as kindness, curiosity, determination and creativity
- 💛 Making time for play, conversation and shared experiences

Strong, supportive relationships help children feel seen, heard and valued, which is important for their emotional wellbeing and confidence.

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Try This at Home:
"What Makes Me, Me?"

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A 5-minute confidence-building activity at bedtime or during a meal, ask your child:

"*What's something you did today that made you feel proud?*"

Then ask: "*What's something you really like about yourself?*"

You can join in too and share your own answers.
Write their responses on colourful sticky notes or slips of paper and pop them into a jar labelled "*What Makes Me, Me.*"

Over time, you'll create a lovely collection of reminders about your child's strengths, interests, achievements and personality. On difficult days, reading through them together can be a wonderful confidence boost.

Be You, Too

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As parents and carers, it's easy to focus on supporting the children in our lives and sometimes forget about ourselves. Yet children learn a great deal from the adults around them. They notice how we talk about our strengths, how we approach challenges and whether we feel comfortable being ourselves.

There is no single way to be a parent or carer, just as there is no single way to be a child. Every family is different, bringing its own values, traditions, interests and experiences. By valuing our own strengths and individuality, we can help children see that they don't need to fit a particular mould to be accepted or appreciated. Sometimes, one of the most powerful messages we can give a child is that being themselves is enough.

In this edition, we've celebrated the unique strengths and qualities of children and young people. But what about you?

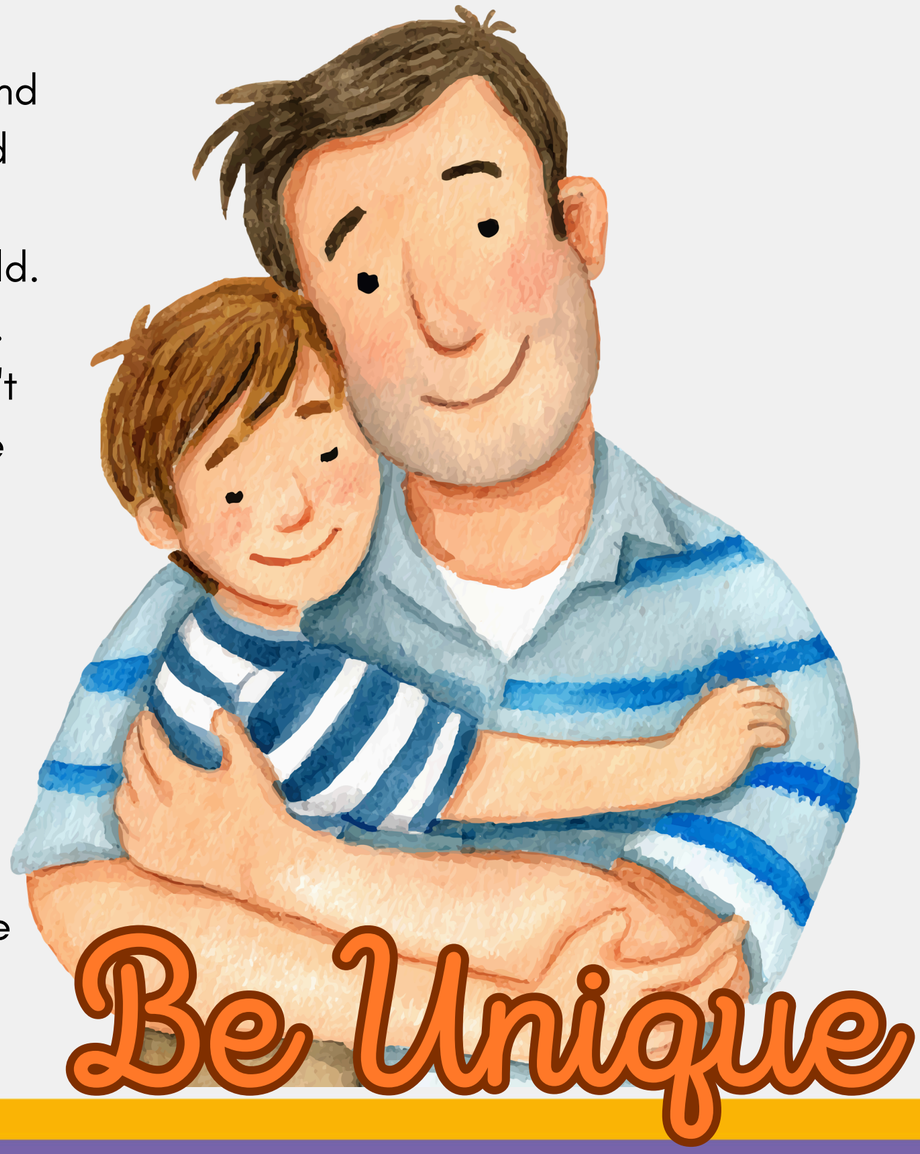
What is something you value about yourself?

What strengths do you bring to your family?

What interests, talents or qualities make you uniquely you?

Children often learn confidence in themselves by seeing the adults around them value themselves too.

Being you is worth celebrating as well. ✨



A Final Thought...

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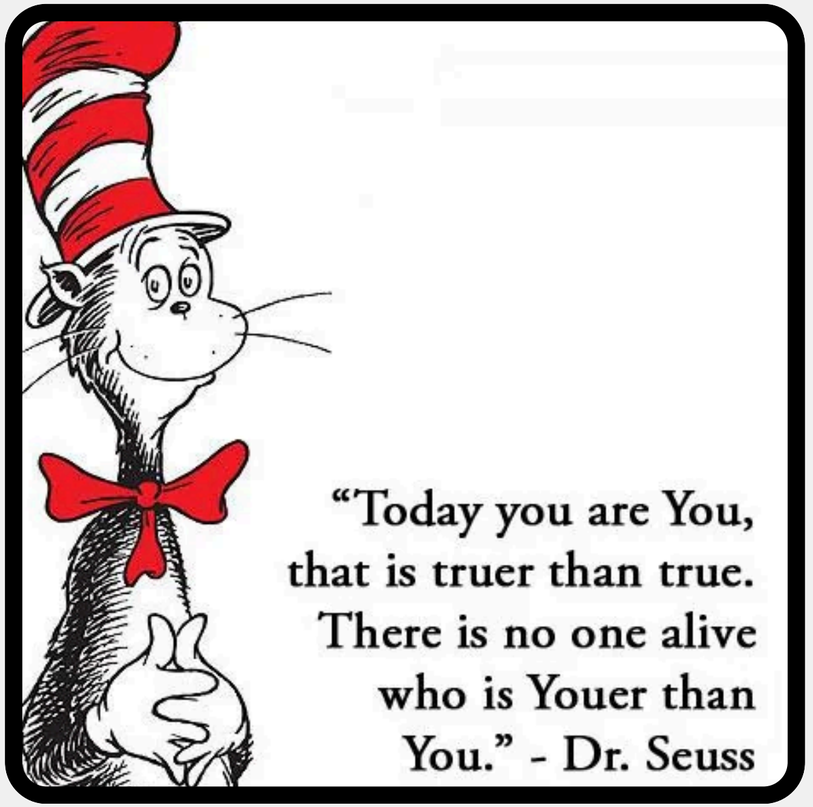
Every child and young person is unique, with their own strengths, interests, talents and way of seeing the world. Sometimes their strengths appear in unexpected ways, through the things they enjoy, the questions they ask, the ideas they share or the challenges they overcome.

As you reflect on this edition, consider:

What strengths, talents or perspectives might be emerging in your child today?

By noticing, encouraging and valuing what makes them unique, we can help children and young people develop confidence in who they are and all they have to offer.

Be proud. Be yourself. Be You. ✨



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