

November 12, 2024

Good morning! It's Katie from 831 and I'm here this Talk a lot Tuesday on behalf of the SEAL team.

Today is a day with an extremely serious importance. November 12 is national survivors day, a day where we recognize and respect the survivors of abuse. These survivors have gone through harm, and many of these people have been hurt by those they trusted. Not only are these people affected during the harm, but as well as after. Many people can develop anxiety, depression, trust issues, and many more mental issues because of the harm they endured.

The pain they went through just shows how much we should show empathy to everyone. Let's take this day to remind ourselves that everyone has their own backgrounds and we should respect them, regardless. For example the quote, "Freeing yourself was one thing, claiming ownership of that freed self was another." Once again, this day will remind us to be kind and understanding to people of different backgrounds.

Thanks for listening and have a Trusting Tuesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

