

January 21, 2025

Good morning, I.S. 201! My name is Venice from class 851, and I'm here on behalf of the SEAL team for this Talk a lot Tuesday.

Today is "I'm Not Going to Take It Anymore Day," also known as Stand Up for Yourself Day. It's a day to reflect on your life and decide how to confront any injustice. Whether it's an unhealthy friendship, a bad relationship, a difficult situation with your parents, or bullying, you should always try to speak up and stand your ground. Don't let mistreatment swallow you whole. To stand up for yourself, confront the person and show them your boundaries, tell someone you trust and work together to solve the situation, or remove yourself from environments that allow toxic behavior to continue. Remember, to not let yourself be constantly taken advantage of and to stand up and resolve unhealthy relationships.

Thanks for listening and let's have a Think of Yourself 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

