

**“Be somebody who makes everybody feel like a somebody.”  
–Kid President**



### **What is the Be the One campaign?**

The Be the One campaign raises awareness of the power of connection. Changing a person’s life for the better can happen with one positive connection with just one person. We know this in our hearts, and there is research to support it. The purpose of the Be the One Campaign is to invite the community into dialogue about the impact of Adverse Childhood (and Community) Experiences (ACEs) and the science of resilience and to encourage us all to create more caring connections. Everyone can play a role in creating positive and nurturing relationships. Smile, listen, care, and share with someone today!

### **Why are social connections important?**

Research shows that caring, positive relationships support healthy child development, promote adaptive responses to stress, and contribute to positive mental and physical health. We can feel the power of social connections in everyday life. We feel less stressed when we get a hug from a friend or a smile from a stranger on a bad day. Our resilience is strengthened when we know that someone in our life will support us in a crisis, reach out when we need empathy, or bear witness in tough times. We feel the power of connection when we feel seen and truly heard by others. Caring relationships have the power to recharge, inspire, comfort, and transform us — and we have the power to do the same for others when we invest in connection.

### **How can I participate in the Be the One campaign?**

- Check out the Be the One toolkit and learn how to create a more trauma-informed, caring community in your school, neighborhood, and at work.
- Share your story of how someone made a difference in your life. Tell us about the person(s) who made a positive impact on your life!
- Go to [www.betheoneyolo.org](http://www.betheoneyolo.org)

### **How can I learn more?**

- If you would like to be an official partner of the Yolo County’s Be the One campaign, please email us at [info@betheoneyolo.org](mailto:info@betheoneyolo.org).
- If you would like to learn more about building resiliency and becoming trauma-informed, visit:
  - Resilient Yolo: <https://www.acesconnection.com/g/yolo-county-ca-aces>
  - Strategies 2.0: <http://strategiesca.org/>



This campaign is sponsored by Resilient Yolo, an unfunded community initiative devoted to creating a more resilient community in which all can thrive. Learn more: <https://www.acesconnection.com/g/yolo-county-ca-aces>