

DJ Says

DJ Says is a collection of over **300** positivity sayings for help, hope, and healing combined with a doable game plan for a pressure-packed world.

DJ's sayings are divided into 60 mental and emotional challenges students and, even, adults face today.



This is a three month *DJ Says* TEST EDITION. The final program will be released after sufficient evaluation from students (8 to 18), parents, educators, and counselors.

DJ SAYS:

“Look up one of my positivity sayings. I want to help you if you are feeling down. Hey, I can even help keep you STAY positive!”

For STUDENTS

Look up the many areas of your thought and emotional life that DJ covers. Read DJ’s wisdom sayings, read them again, read them *as many times as you need to!* Then, use them to help encourage a friend!

Remember, when you sense you are getting too low, DJ says, “there are professionals all around you, at your school and in your community, who WANT to help you. PLEASE DON’T WAIT. Get the help you need today!!”

For PARENTS OF YOUNGER CHILDREN

DJ’s words make for great conversation starters. You can keep his sayings in your mind to help you answer a question or respond to a situation OR use a saying to help you plan to create conversation on an important topic. You may have a helpful current or a childhood experience to share. DJ’s sayings can also be a great reference for you to start from when your child seems to be struggling with a specific area of concern.

For SCHOOLS AND HOMESCHOOLS

DJ Says sayings can be used in daily lessons or help teachers and staff lead a periodic conversation. DJ’s positive approach to problem solving can be an effective way to help prevent future problems or give students tools to help themselves should a concern arise.

- **Here’s some ideas from schools and teachers that have previewed the program:** *DJ Says* can be introduced as ***Attitudes to a Higher Altitude*** and used as part of your school’s WIN, SIT, or Tutorial time. A student reads a *DJ Says* and the teacher leads a short, pointed application discussion. Or, a school may choose to have the teacher or a student leader prepare a “five minutes of digging deeper” discussion time based on one or two of DJ’s sayings. Maybe start your day with a positive saying by including *DJ Says* in your morning announcements! ***DJ Says* can be ready and waiting** to help support teachers, counselors, staff, or administrators should a student confide in them with a problem.

Some other ideas from our focus study participants:

- **A homeschool mom** says she will use *DJ Says* twice weekly as an assignment for her four students to consider and share how a specific saying might help better their thought life and reactions to “emotional trigger points.”
- **A dad who travels** extensively for business says “I’m not too proud to log-in to *DJ Says*. I need all the positivity I can get – both on the road and as a husband and father at home.”
- **A child psychologist** reports “As I read all of *DJ Says* and thought of several ways I would use it in counseling and follow-up assignments, I realized it’s also doing me a world of good to contemplate upon DJ’s wisdom”

“I’ve contemplated each of the DJ sayings. As a teacher, I can’t help but wish I could magically inject these insights into the mind of students. I’d love foremost for them to possess the working knowledge to begin ‘debating with themselves’ before they give in to a defeated, self-demeaning, mindset. This program is ingenious and desperately needed.”
Bob, High School Special Ed Teacher

From DJ’s book of wisdom: “It’s not about how quickly you read through these life-changers ...it’s about taking one saying at a time. Meditating. Discussing. Envisioning. Living it out amidst the challenges of life. As I say all the time, *slow grow is far better than no grow!*”

DJ Says, “Here are some other places you can keep my *DJ Says* medallion when it’s not draped about my neck so that you can always find it:”

- | | |
|--|--|
|  Your pocket |  Your teacher’s desk |
|  Your study desk |  Your rear view mirror |
|  Your purse |  Your work desk |
|  Your book bag |  Your dining or living room |
|  Your keychain | ready for family discussion |

Always keep in mind: A thought. A sentence. A commitment. An Encouragement...CAN START A DOMINO EFFECT FOR GOOD – AN ABSOLUTE LIFE-CHANGER!

In some cases, one of DJ Sayings may be listed under more than one topic for these reasons:

- There are times a student is **looking for help or a solution** to a current challenge.
- There are also times a student is already motivated and **looking for ideas and a game plan** to better act upon their motivation.

Both approaches are vitally important

DJ Says accompanying book that many will enjoy reading, highlighting, and annotating as part of their reflection upon DJ's sayings. Available fall 2024. Inquire: CBIFoundation@yahoo.com

You may also request info on how the highly impactful mental wellness middle and high school assembly program *You're a Dream Baby* can be brought to your area.

Admins, counselors, teachers, and students from 6-12 grade all vouch for, both, the assembly program and DJ's reinforcing mental wellness follow-up plan that the CBI Foundation provides. Contact: CBIFoundation@yahoo.com

Help us make *DJ Says* even more powerful!

- **Comments from students** (*identity protected*) on DJ's sayings and how they specifically helped are invaluable in helping fine tune our program
- Parents, teachers, and counselors can **contribute a saying** to our editors. Please note: Royalties for contributed sayings are not offered since many *DJ Says* are given away
- Schools and organizations can offer *DJ Says* "for a donation of \$20 or more." We provide a stuffed animal and medallion at wholesale to you. Thus allowing you to:

RAISE MONEY FOR A WORTHY CAUSE AND IMPACT MANY YOUNG LIVES!

Students: Receive a free "I'm the DJ" t-shirt for sending us your unique evaluation!

Send us a few paragraphs including the following:

A) your impression of the overall benefits of *DJ Says*

B) From each of the three main sections, share 2 (for a total of six) short summaries of how a specific saying (name the saying and heading):

- ✓ **Helped you** mentally and emotionally
- ✓ Something specific you will be ***thinking or doing or on the lookout for*** in response to that saying.



List your school, grade level, desired future career. Email to CBIFoundation@yahoo.com

On behalf of Oconee RESA I would like to commend Dale Crawshaw on his informative presentation. What your organization is doing in mental health for the youth across Georgia is awe inspiring. Your foundation promotes prevention and coping skills that is life changing.

– Nicki Coneway, Regional Academic Recovery Specialist, Professional Development Director.

DJ SAYS "I'm excited to tell you the waiting list of students who are seeking out my encouragement is growing. Please help me help kids worldwide!"

Every undesignated gift to the CBI Foundation is used exclusively for *DJ Says* worldwide gifting project... with this certain promise:

WHEREVER DJ GOES, KIDS FROM 8 TO 18

- ✓ Will be directed back to mental wellness
- ✓ Saved from senseless self-harm
- ✓ Receive hundreds of doses of 'preventative medicine'
- ✓ Have wisdom and strength to pursue a healthier mental/emotional balance

Your gift can save...alter...guard the future of one or two to many young lives

Adolescent mental health is the best gift/investment you can make.

