



# COUNTY OF YOLO

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## **Yolo County Board of Supervisors Declares December “Be the One” Month**

(Woodland, CA) – On December 17 at the Yolo County Board of Supervisor’s meeting, Board Chair Don Saylor declared December as “Be the One” Month.

The “Be the One” campaign was organized by Resilient Yolo, in collaboration with Yolo County Library and other departments, agencies, organizations and individuals who’s focus is to help create a more resilient community where all residents can thrive. Based on resilience research, the “Be the One” campaign raises awareness that what people say and do matters and everyone plays a role in creating positive, nurturing environments.

“This campaign provides a concrete way for communities to encourage positive social connections,” said Resilient Yolo Co-Leader Lucy Roberts. “This accessible, evidence-informed campaign is based on research that demonstrates one way both to prevent and heal from adversity is through safe, stable, nurturing relationships.”

To participate in this campaign, residents are encouraged to smile, listen, care, and share with those they encounter in their daily interactions. The campaign also invites communities to speak about the impact of Adverse Childhood (and Community) Experiences (ACEs) and the science of resilience.

“The world we want is ours to create through our intentions, actions and reactions” said Resilient Yolo Co-Leader Tracy Fauver.

Yolo County Library is promoting the “Be the One” campaign this December by offering all library visitors a free Random Acts of Kindness calendar. As they complete their acts of kindness, individuals can share them on the Library’s Facebook or Instagram page and other social media sites with the hashtags #BeKindYolo and #BetheOne. Participants can check off completed acts on their calendar and then return their calendar to the Library by January 8. Each completed act of kindness will count as one entry in a drawing for a systemwide prize.

To learn more about this campaign, residents are encouraged to visit: <https://btocalifornia.org>, download the “Be the One” campaign guide and toolkit, and to share this information with family, friends and communities. Resilient Yolo is a local chapter of the ACEs Connection

Network. To learn more about Resilient Yolo, please visit <https://www.acesconnection.com/g/yolo-county-ca-aces>.

For more than one hundred years, Yolo County Library has offered resources, programs and materials that connect people and ideas. All library programs are free to attend and, unless otherwise stated, no registration is required. For more information about the Yolo County Library visit: [www.yolocountylibrary.org](http://www.yolocountylibrary.org). Connect with the Yolo County Library on Facebook at: [www.facebook.com/yolocountylibrary.org](https://www.facebook.com/yolocountylibrary.org) .

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