

**The Belmont Human Rights Commission
Commemorates International Youth Day - August 12**

August 12 commemorates International Youth Day. Nowadays our youth has been asked to shoulder so many societal burdens, and the global pandemic has exacerbated those burdens. The Belmont Human Rights Commission celebrates the resilience of our youth and calls upon adults to support the needs of our youth - to grant them the bright future they deserve. Our youth deserve improved wellness and a united and safe school community where they are free to develop a unique sense of self and possibility. We must do better for our youth, and a great way to start would be by example. Become active in helping the community, show kindness when encountering those who are different from you, and model to your children how to do the same. Model for your children how to have difficult conversations in a safe and loving manner, and let your children see you seek help and support for yourself, so that they have a pathway for finding help if they need it in the future. For more resources, the reader can review the [Belmont Wellness Coalition](#), [Moms Demand Action](#), and the [Youth and Family Services](#) information for the Town of Belmont.

The Belmont Human Rights Commission is dedicated to fighting discrimination in all forms and increasing visibility and awareness of issues regarding diversity and discrimination in our community. If you have experienced discrimination in Belmont, please contact us at belmont.hrc@gmail.com or call 617-993-2795.