Creating a common community language to help our kids grow and succeed.

ADOPT PROTECTIVE FACTORS TO FACE CHALLENGES

BEHAVIORAL CHALLENGES
- Behavioral Problems
- Conflicts with Friends or Family
- Turning to Drugs and Alcohol

LIFE CHALLENGES
- COVID-19 Uncertainty and Adaptation
- Stress of Studies
- Anxiety and Depression

PHYSICAL ACTIVITY
- Skill Development
- Proper Nutrition
- Adequate Sleep

EMOTIONAL SUPPORT
- Social Activities
- Emotional Support

RESILIENCE

We are Responsible. We are Respectful. We are Safe.

Strengthen our youth to: learn new skills, build effective problem solving skills, increase empathy and kindness, and improve social emotional self management.