

Mental Health & Wellness

Teacher Tip Sheet



CELEBRATE CHANGE

Support the small efforts for change that occurs and name the strengths and positive attributes we bring.

LEAD BY EXAMPLE

Be mindful of your body language. Your voice has a huge impact on us.

EMPOWER US

Think back to when you were a youth; remember it wasn't easy. It's all about learning, making mistakes, and feeling safe to grow. Involve us in problem-solving and decision-making.

SET BOUNDARIES

Care for yourself so you could care for us. This is a good practice to prevent stress and burnout.

PERSON-TO-PERSON CONVERSATIONS

Take a break from academic expectations and talk about our lives and things that are important to us.

LET US KNOW YOU CARE

Sometimes we can feel isolated and carry a lot of shame; therefore, a regular reminder can make us feel valued.

REMEMBER THE 3 B'S!

BE MINDFUL. What may seem to be a small challenge to you, may be huge for us. Allow us to safely express.

BE CALM. When expressing your feelings or concerns, be mindful of the emotions and thoughts that you feel.

BE OPEN-MINDED and willing to hear our ideas and opinions.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

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