

WELLNESS CENTER

APRIL NEWSLETTER

Awareness Month Information: April is Youth Violence Prevention month and Sexual Assault Awareness month. The goal of both of these awareness topics is to increase the knowledge teens have about warning signs and what they can do to protect themselves and others. Visit the different booths during your lunch to learn more.

RESPECT MHS

H stands for Hopefulness

Definition: Hopefulness is the state of being optimistic, positive, and confident about the future. It involves the belief that desirable outcomes are possible or likely, even in the face of challenges, setbacks, or uncertainty.

Tips for increasing hope:

- Identify what you are grateful for.
- Set realistic and meaningful goals
- Visualize success with your goals and the future you want.
- Learn from your setbacks or mistakes
- Identify what is in your control.
- Stay positive.

Wellness center happenings:

Click on the activity to sign up

1. Tobias therapy dog- 4/1
Periods 2-4

2. Stand up 4/11 2nd Per

3. Sexual Assault Awareness-
4/15 Per 7

4. Coping escape room- 4/22
Per 8

SELF-CARE



PEER MEDIATION

REQUEST

