

YOU ARE NOT ALONE



- Find support from:**
- Teachers
 - School counselor
 - Community resources
 - Friends and family

YOU CAN... HANDLE BIG FEELINGS



Check your body
Check your mind
Avoid triggers
Get support
Breathe!

YOU CAN...

CONTROL YOUR REACTIONS



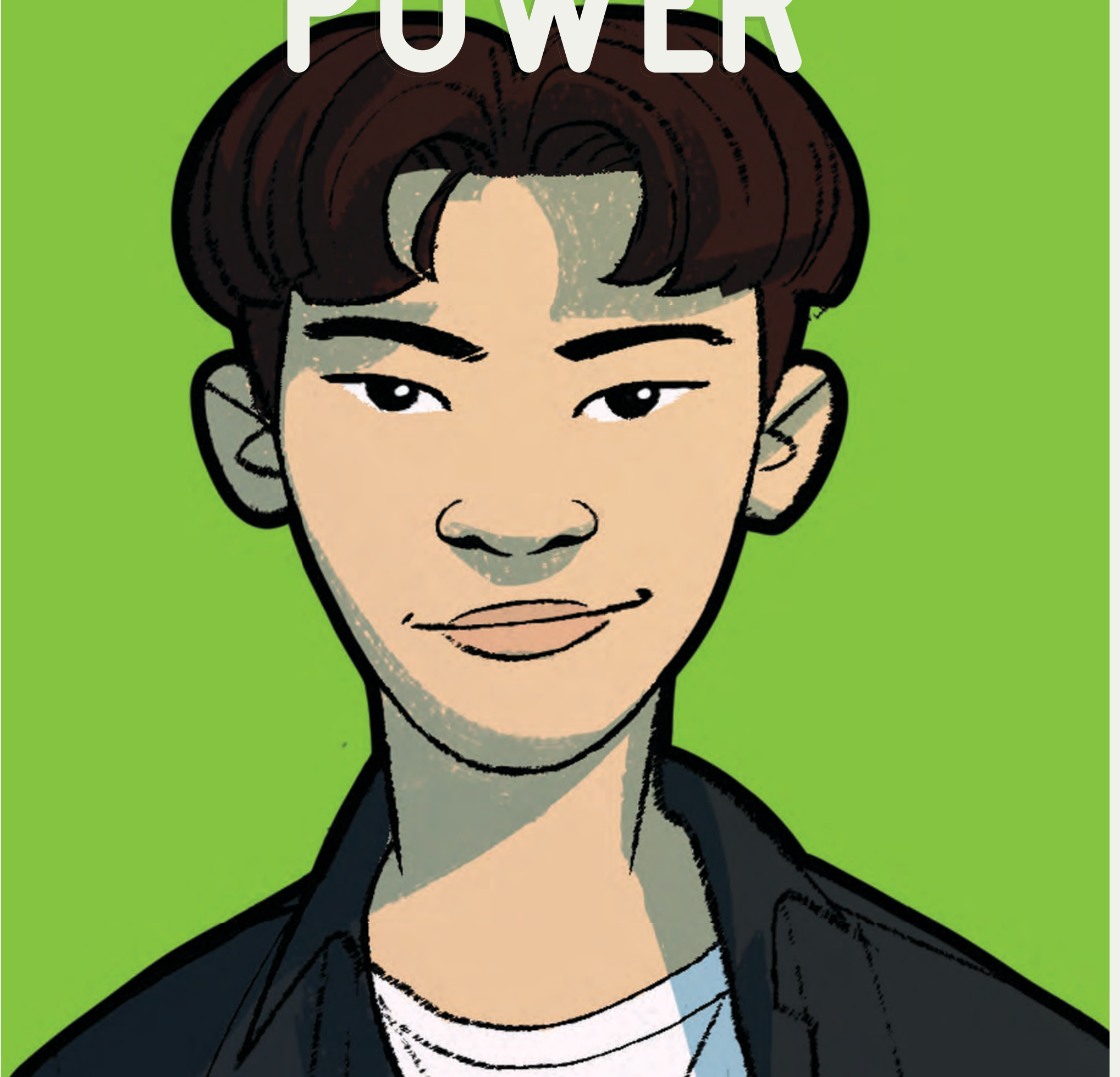
When in doubt, breathe out
Tell yourself you can
Feel feet on floor
Ask for help

YOU CAN... GET SUPPORT



Be brave
Find someone you trust
Use community resources
Say what you need
Keep asking until you get it

KNOW YOUR POWER



Commit to goal
Put in effort
Keep going
Work for change

DRIVE YOUR DREAMS



Set goals

Believe you can

Try hard

Keep trying. Keep trying. Keep trying.

IN THIS COMMUNITY WE...

SOLVE PROBLEMS

together

1

**Say
the problem**

2

**Brainstorm
ideas**

3

**Evaluate
alternatives**

4

**Try
Solutions**



Ripple Effects
for teens

Find out more
about Ripple Effects

IN THIS COMMUNITY WE...

MAKE GOOD CHOICES

1

Is it safe?

2

Is it right?

3

Will it work?

4

How will
it make
others feel?



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COMMUNITY

CARE

Are aware of **OTHERS**

MAKE smart choices

MIND our mindsets

UNDERSTAND feelings

NOTICE what's going on

USE I statements

TAKE control of our lives

WHY? ..

Because together we are better!

