

P U S H

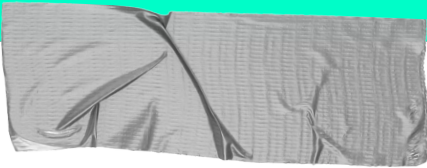
**P**revention **U**tilized for **S**tudent **H**ealth

# MISSION

**PUSH** encourages all members of the community to utilize prevention by enhancing life skills and resilience to prepare youth for the future.



PREVENTION UTILIZED FOR STUDENT HEALTH



Let's **PUSH** mental health awareness  
for discussion in schools 👍

- ➔ Self- Esteem
- ➔ Decision Making
- ➔ Risk Taking and Substance Use
- ➔ Media Influence/Advertising
- ➔ Managing Emotions
- ➔ Communication/Social Skills
- ➔ Resilience
- ➔ Suicide Awareness
- ➔ Empathy

# PUSH

- Encourages students to participate and feel more confident in themselves.

- Promotes teamwork, respect, and gives students a sense of belonging.

- Creates a caring and positive classroom atmosphere.

- Promotes socialization and interaction among students.



# PUSH

- Encourages students to break out of their comfort zone in a risk-free environment.

- Helps students learn that they can count on their peers and create new friendships.

- Encourages students to trust their teachers, peers, school staff and most importantly themselves.

- Promotes understanding and helps students appreciate differences.

# PUSH WEEK

Last Week of January

**Monday:** Media Influences

**Tuesday:** Emotions

**Wednesday:** Risk Taking &  
Substance Use

**Thursday:** Communication

**Friday:** Self- Esteem

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DAY 1

# MEDIA INFLUENCE

Discuss how media and advertising can influence youth.

- Challenge students to leave phone in a safe place for the duration of each class period
  - Handouts with facts of negative/positive influences of media
  - Photo backdrop during lunch periods
  - “How does media influence me...” SnapChat geotag
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# TALK ABOUT EMOTIONS

Discuss the importance of opening up and talking about our emotions.

- “Today I feel...” Sticker
- Color coordinate with each grades representing a different emotion

Ex. Seniors- Yellow to represent JOY

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# WHAT RISK ARE YOU WILLING TO TAKE?

Discuss the difference of negative (a threat) and positive (an opportunity) risk taking.

- Real life scenarios
  - Each teacher receives a story and hands out a character to each student
  - Handouts to help students understand different types of risks
  - Show Untitled-Simple Plan music video
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# COMMUNICATION IS KEY

Discuss how important communication is in all aspects of life.

- Learn how to communicate assertively
- Challenge students to communicate with their peers, teachers, and loved ones
- Challenge students to sit with someone different for lunch, meet someone new and learn 3 things about them ect.
- Friend compatibility test
- Verbal vs. Non Verbal

# SELF-ESTEEM

Discuss the importance of self love and boosting students self esteem.

- Compliment grams
- Positive Affirmations around the school (Bathrooms, classrooms, hallways, computer labs, ect.)



“**PUSH** harder than yesterday for a better tomorrow.”