

Advocacy

Advocacy is any action or process intended to support a position, cause, program or proposal.

Grades 9-12



Advocate

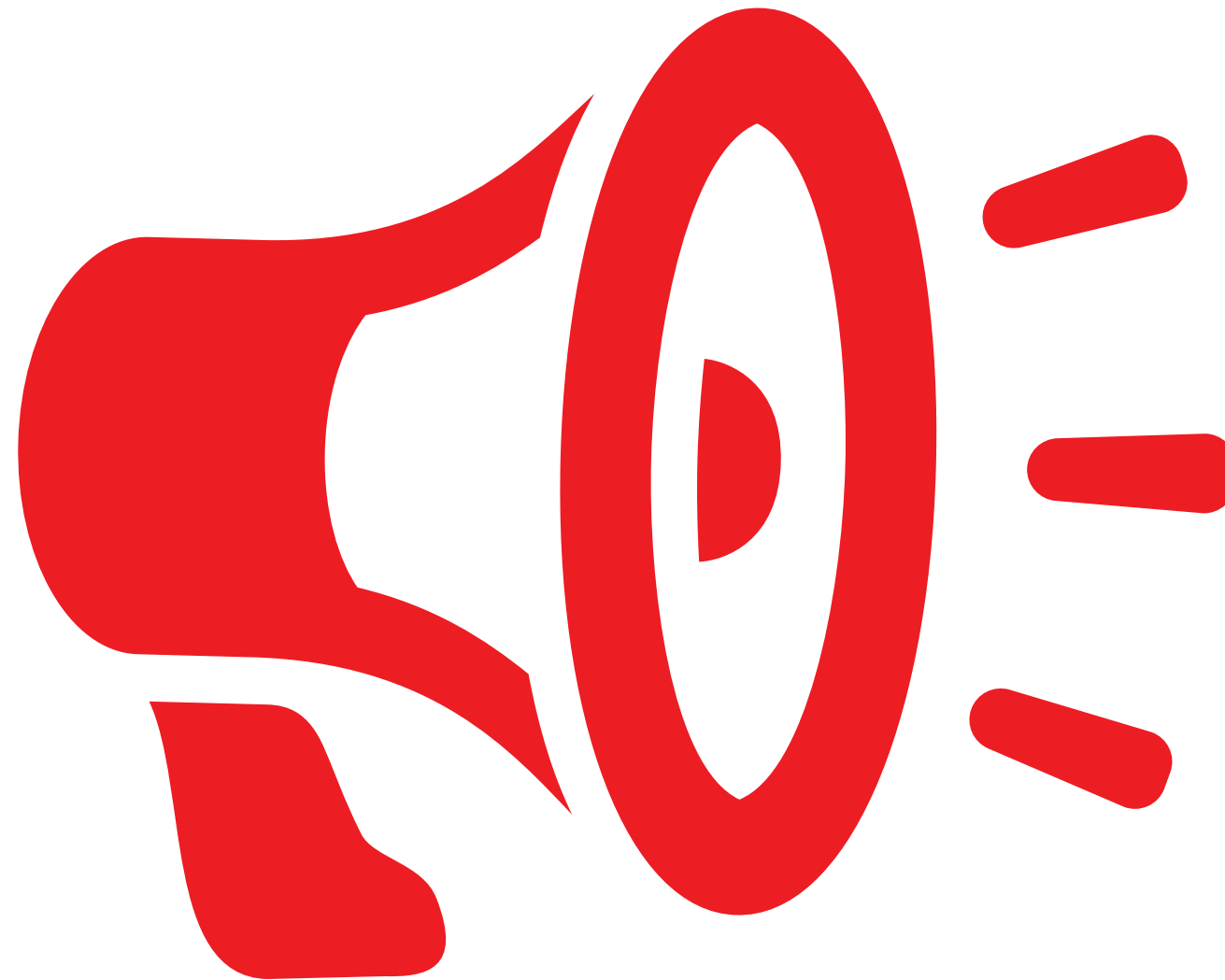
Educating and persuading others to believe in a specific position, claim, message or cause. To advocate is to speak favorably on a topic for others to hear.

Grades 9-12



Amplify

To make bigger or louder.



Grades K-12



Better Breathing

Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



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Bias

Bias is a tendency to believe that some people, ideas, etc., are better than others that usually result in treating some people unfairly.

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Diversity

Diversity is a range of differences that make us unique. For example:

- Race
- Physical ability
- Religion
- Mental ability
- Language
- Nationality
- Gender
- Sexual orientation
- Age
- Socio-economic status

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Empowerment

Empowerment is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

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Equity



Equity is the quality of being fair and impartial.

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Gratitude



The feeling of being thankful and showing thanks for things in your life.

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I CARE Skill Cues

- I – Identify and research a relevant and meaningful health issue**
- C – Create a health-enhancing position or message supported by facts and evidence and geared toward the audience**
- A – Act passionately and with conviction**
- R – Relay your health-enhancing message to your audience**
- E – Examine the effectiveness of the advocacy effort**

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Inclusion



Inclusion is being included within a group where everyone has:

- Value
- Sense of Belonging
- Support

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Mindful Coloring

Draw on a piece of paper or color in a coloring book. Focus on the stroke of the marker/crayon/colored pencil, the sounds as you color and pick colors based on what you're feeling in that moment.



Grades 9-12



Mindful Minute



Close your eyes.

Focus on breathing.

Notice what is
around you.

Grades 9-12



Mindfulness

Mindfulness is paying full attention to our:

**Thoughts
Emotions
Body
Environment**

Focusing on the present:

**The past already happened
The future isn't here yet**

Without judgement:

**Be kind to yourself
It is what it is – nothing more, nothing less**

Grades 9-12



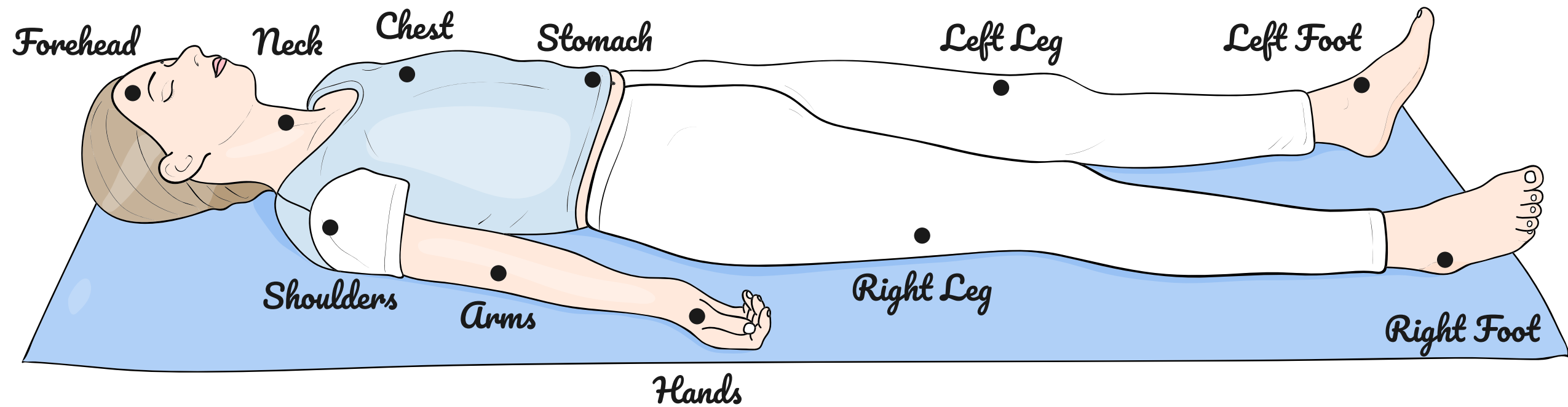
Moral Compass

A Moral Compass is a person's set of belief's and values that they use to make decisions; a person's sense of right and wrong.

Grades 9-12



Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

Grades 9-12



Noticing Walk

Go for a walk outside, at a mall/store, or in your house and look for different things you notice that you may not have noticed before.



Grades 9-12



Peace of Paper

Write down on a piece of paper what you're currently feeling and examine why you're feeling that way.

Be completely honest and remember to show yourself kindness; it's okay to feel whatever you're feeling (positive or negative).

Writing thoughts down is a great way to be reflective and bring peace of mind.



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Reflection



is taking time to think about

- Something you may have learned,
- Your feelings, or
- Your behavior

Grades 9-12



Relationship skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

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Responsible decision-making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

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Self-Awareness

The ability to accurately recognize one's own emotions, thoughts and values, and how they influence behavior.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

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Self-Care

Taking care of your mental and physical health.

- **Meeting your basic needs**
- **Doing things that make you happy to reduce stress**

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Self-Management

The ability to successfully regulate one's emotions, thoughts and behaviors in different situations.

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Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

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