

CHILDREN'S MENTAL HEALTH AWARENESS DAY MAY 6, 2010

SUCCESS IN SCHOOLS

Research shows that students who are given support to build their strengths and resiliency do better in school and are less likely to have risk behaviors like using drugs and alcohol, violence, dropping out of school or attempting suicide. Support from family, a positive peer network, schools and communities leads to youth building skills to manage challenges and an increased sense of wellness and self-worth.

Building Protective Factors

Protective factors are characteristics, conditions or behaviors that help to prevent negative effects from stressful life events, build a youth's ability to identify and avoid risks, and promote social and emotional abilities to thrive in all aspects of life now and in the future (CDC, 2009). Building protective factors can promote health, well-being and resiliency among youth and the ability to cope with challenges successfully.

Positive factors for youth include:

- Positive peer relationships
- Active parental involvement
- Caring relationship with at least one adult
- Involvement in school activities
- High expectations at home and school
- Meaningful participation in family, school or community
- Being connected with and feeling safe at school

Get Involved! Opportunities to promote resiliency among youth:

- Create open and caring relationships with youth by listening and talking.
- Create opportunities for youth to partner with an adult in a helping role.
- Recognize youth for their efforts and accomplishments.
- Partner with youth to lead a Children's Mental Health Awareness Day activity. For ideas, see <http://www.samhsa.gov/children/index.aspx>.
- Plan a community youth jam, showcasing poetry, music and art developed by youth.

"Kids can walk around trouble if there is some place to walk to and someone to walk with."

(quoted in the National Assembly for School Based Health Care:
[Enhancing Resilience and Protective Factors](#))



For more information ...

<http://youthhealthlink.org>

<http://nmforumforyouth.org>

<http://nmhealth.org/ERD/HealthData/yrrs.shtml>

<http://www.search-institute.org/assets>

<http://www.ok.gov/strongandhealthy/documents/connectedness.pdf>