

Sources of Strength 2014-2015

Sources of Strength is a student leadership program aimed at improving school climate, increasing help-seeking behaviors, and developing resilience and protective factors such as connectedness and the eight Sources of Strength: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Medical Access, and Mental Health.

93% of Peer Leaders believe that Sources of Strength moderately or greatly increased the ability for teens to be **agents of change**.

8 out of **10** Peer Leaders believe that Sources of Strength moderately or greatly improved their school's **culture of respect**.

74% of Peer Leaders believe that Sources of Strength moderately or greatly improved their school's **culture of nonviolence**.

7 out of **10** Peer Leaders believe that Sources of Strength moderately or greatly improved their school's **culture of equality**.



Sources of Strength Vision

We are a student-centered program that empowers youth to improve their school climate by building, activating, and mobilizing Sources of Strength in ways that positively change individuals and communities.

75+ Peer Leaders participated in Sources of Strength in 2014-2015

10 Adult Advisors supported Peer Leaders and the program

10 Adults and **1** Student were active members of the Steering Committee



*28 Peer Leaders were surveyed about teens as agents of change; 17 Peer Leaders were surveyed about their school's culture of respect, nonviolence, and equality.

Sources of Strength Peer Leaders completed over **25** activities in the 2014-2015 year, with a total of approximately **10,000** contacts directly or indirectly with their peers or community members.

Protective Factors: Belonging

22%↑ in Peer Leaders strongly agreeing with the statement, *“in my community, adults care about people my age”*

Help-seeking Behaviors

13%↑ in the number of adults that Peer Leaders are seeking support from at school (of PL already seeking support)

Changing School Climate

13%↑ in Peer Leaders agreeing or strongly agreeing with the statement, *“when students see another student being picked on, they try to stop it”*

**83 Peer Leaders were surveyed in the fall of 2014; 51 Peer Leaders were surveyed in the spring of 2015.*



Activities were based on Sources of Strength's mission and centered around the eight Sources of Strength. 2014-2015 highlights included:

- Participating in Freshman Orientation and school assemblies
- Hosting a talent show, spirit week, and a thankful wall
- Presenting to a Site Council, classes, and the Juneau School Board
- Planning and implementing a first storytelling event, across schools, titled “Open Doors”



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Sources of Strength is supported by the Juneau Violence Prevention Coalition and the Juneau Suicide Prevention Coalition