WHAT ARE YOUR SOURCES OF STRENGTH?

- Medical Access
- Mental Health
- Family Support
- Positive Friends
- Spirituality
- Generosity
- Mentors
- Healthy Activities
Peer Leader Mission Statement

We Are Sources of Strength

We are a group of diverse students and adults from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and rough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to spread Hope, Help, and Strength into every corner of our school and our community.

We are Connectors to Help and Strength.

Our mission recognizes that our voice has great power and we use it to BREAK the SILENCE when someone is struggling, and to connect them to the help they need and deserve.

We Spread Hope by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.

We are Sources of Strength

As a peer leader I agree...

- To continue to meet as a team and use my talents, gifts, and voice to spread Hope, Help, Strength messages throughout our community.
- To strengthen one area of the Sources of Strength wheel in my life this month.
- To talk with at least one adult and one peer in the next week about Sources of Strength and my experience in the training.

Name

facebook.com/sourcesofstrength twitter.com/sourcesofstrength