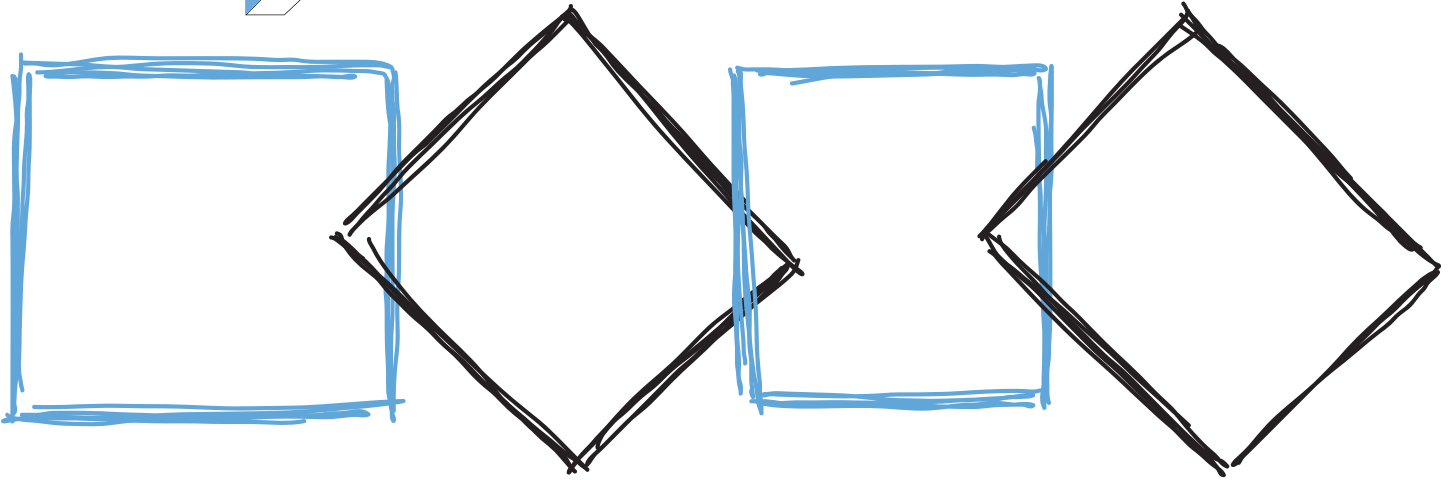


VARSITY // BRANDS

THE COLLECTIVE
STUDENT EMPOWERMENT MONTH



LESSON TWO

TEAM EMPOWERMENT PACKET

TRUST **COMMUNICATION** COMMITMENT **ACCOUNTABILITY** FOCUS

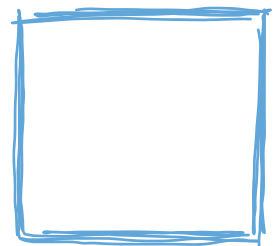
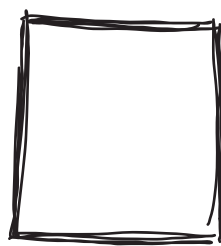
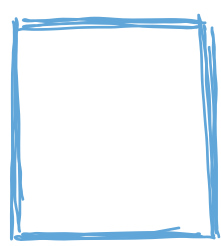
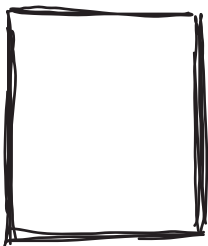
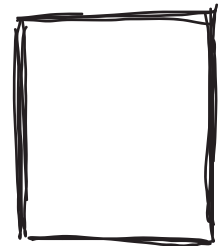
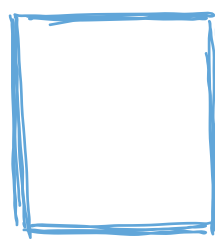
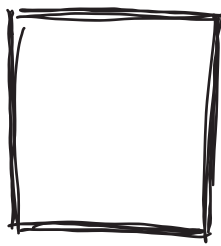
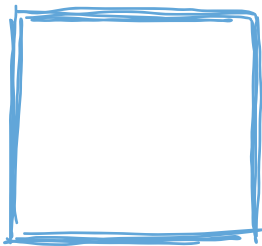
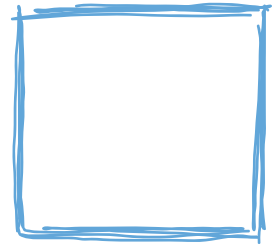
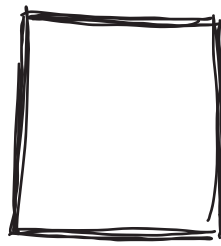
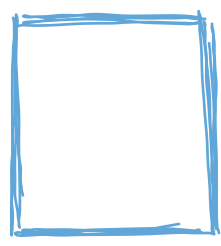
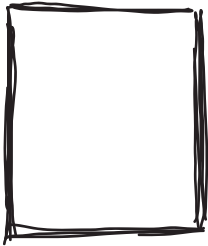
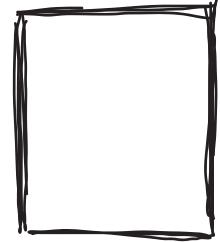
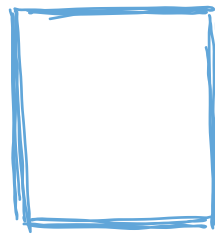
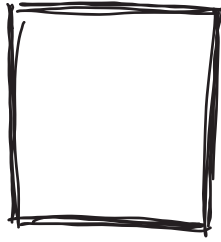
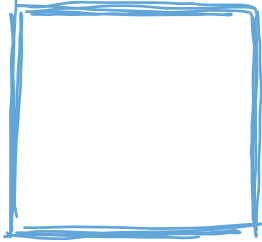
TEAMMATES' NAMES:

Use this Team Empowerment Packet to have meaningful conversations about mental health in your community. For more student leadership resources visit BelieveInYou.com.

BELIEVEIN **YOU**.COM

Resource /noun/ Something or someone that provides help or support.

First, think about and briefly discuss all of the mental health resources that are available to students in your school building and in your community. Next, write the names of those resources inside the boxes below.



Varsity Brands Empowerment Rights:

Awareness /noun/ General knowledge and understanding that something is happening or exists.

ALL STUDENTS HAVE THE RIGHT TO...

- live optimistically.
 - act on positive motivation.
 - live with respect for self and others.
 - communicate with a unique voice.
 - make choices about how to share their greatness.
-

Reflection Questions: Use the questions below to guide a meaningful team discussion.

- Consider all of the resources that we've looked at today. Which ones have the greatest potential to help us honor and protect the empowerment rights listed above?
 - How is our mental health related to these empowerment rights?
-

Building Awareness: Create a list of 5 resources that you believe are important to promote during Mental Health Awareness Month in May.
