

Meet the Team From Teen Lifeline

Teens today are faced with many issues which can leave them feeling isolated and alone. Teen Lifeline's mission is to provide a safe and confidential service where teens help teens make healthy decisions together.

March
6
Grades
7-8

Stress and Coping Skills

Important in the years to come, students will explore constructive coping skills. The goal of this presentation is to increase knowledge about stress and coping, provide opportunities to practice skill building, increase help-seeking behaviors and identify support systems.

Bullies and Victims

This presentation explores types of bullying, focusing on building empathy, assertiveness and proper boundaries. The goal is to increase knowledge about bullies, victims, and bystanders, and to provide opportunities to practice skill building, increase help-seeking behaviors and identify support systems.

March
28
Grade 6

Note: If you would prefer your student not attend the Teen Lifeline presentation, Opt-Out forms are available at the front desk.



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