

The words we choose to say send clear messages to students.

"You are important to me."

"You have what it takes to get through this."

**Offer Care and Support** by giving positive regard, and encouragement.

Ensure students have a positive bond with at least one caring and supportive adult

Build in opportunities for personal discussion & provide a good listening ear without judgment

and the belief that they can be successful.

Help students set attainable goals, strive to mastery, and try new challenges

Praise efforts and recognize improvements

with chances to demonstrate competence.

Get students involved in community service and volunteer opportunities

Encourage involvement in extracurricular activities and focus on building teamwork

for acceptable age-appropriate behaviors.

Design and communicate clear behavioral expectations

Make use of incentives for desired behaviors, and consistent consequences