

Resiliency Education News

Focus for October 2025-26 SY

Character Trait: Responsibility

Substance Abuse and Misuse: Learn about substance abuse, identify the risks, identify commonly misused substances, and learn strategies for making healthy choices and seeking help.

Mental Health: Promote mental health awareness, provide students with effective strategies and resources to manage stress, build resilience, and maintain overall well-being.

We'd love for you to review the following resources and click on the QR code to share your thoughts with us.

[Character Trait: Responsibility](#)

[Substance Use and Misuse Family Connection](#)

[Mental Health Family Connection](#)

