

## HEY (Health Empowered Youth)

HEY! (Health Empowered Youth) group builds and advocates for the overall wellness of our students. Our work allows students to understand the vital role mental health plays in complete wellness. Through creating engaging activities and opportunities for students to learn, we have educated students on topics such as Stigma, Resiliency, Unity, Empathy, Substance Abuse Awareness, and provided a feeling of school connectedness. Through these educational initiatives, we advocate for healthy living and a positive school climate, while providing students the opportunity to take leadership roles within their school.