A graphic designed to be printed as a sticker and promote a mental health text line to teens
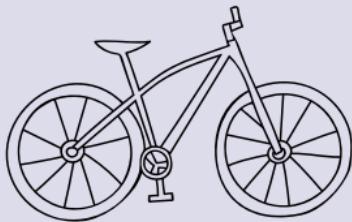
A flyer designed to be posted on in middle schools to promote healthy habits for young girls

PROMOTE HEALTHY HABITS!
TIPS FOR PARENTS

Let kids be problem solvers
Help children learn coping skills by giving them space to solve low-stakes issues on their own, allowing them to feel more prepared to deal with stressors and setbacks

Be a model
Set a good example for kids by setting boundaries, paying attention to your own feelings, and making space for conversations about mental health

Promote media literacy
Teach kids how to navigate online spaces safely, manage cyberbullies, and determine what is real or fake. Limiting screen-time may be helpful.

Combat negative thinking
When you hear children engaging in negative self-talk, don't just disagree. Ask them to think about whether what they say is really true. Remind them of their strength, and reframe their thinking to be more positive.

She Soars
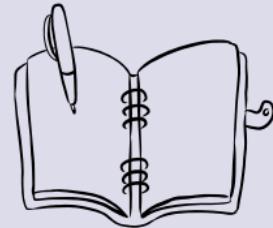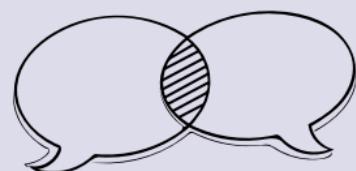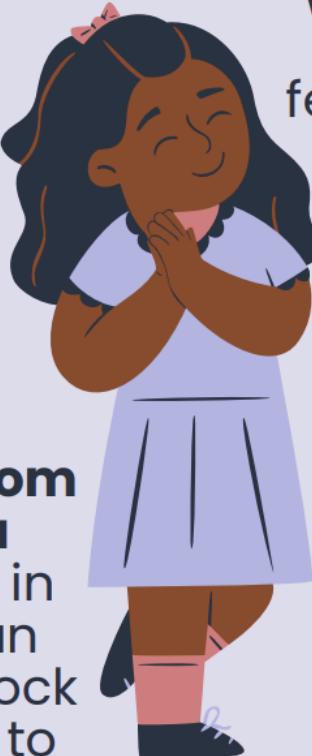
Visit gosoar.org for more information

A flyer designed to promote healthy habits to parents
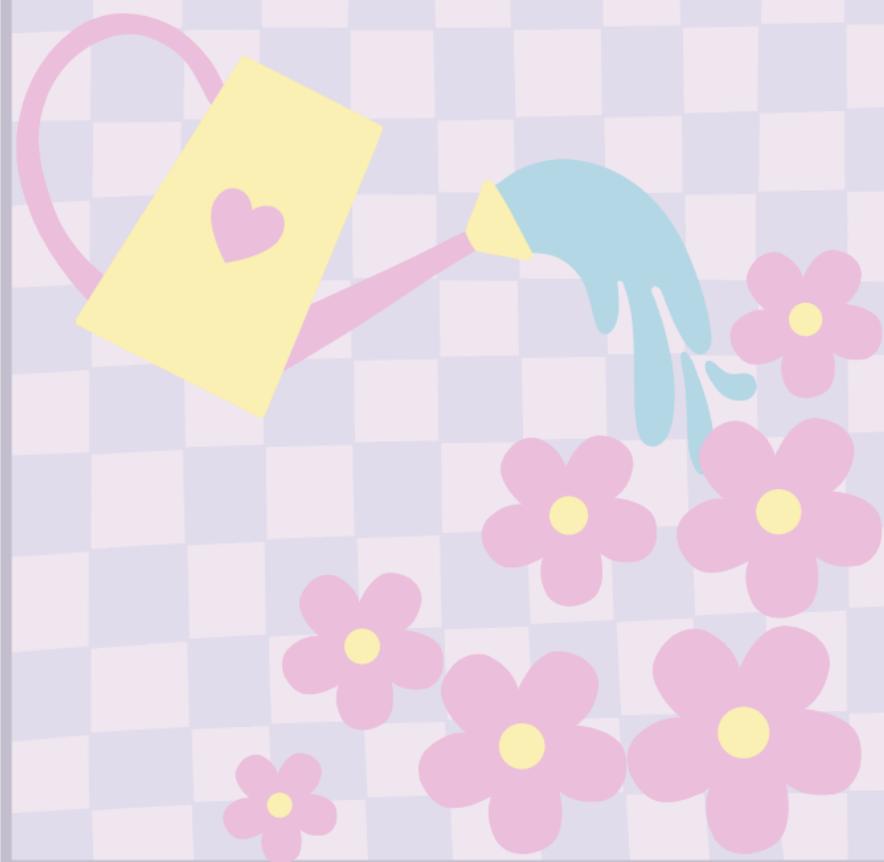
A graphic designed to be printed as a magnet and handed out at mental health fairs to promote healthy habits to young girls
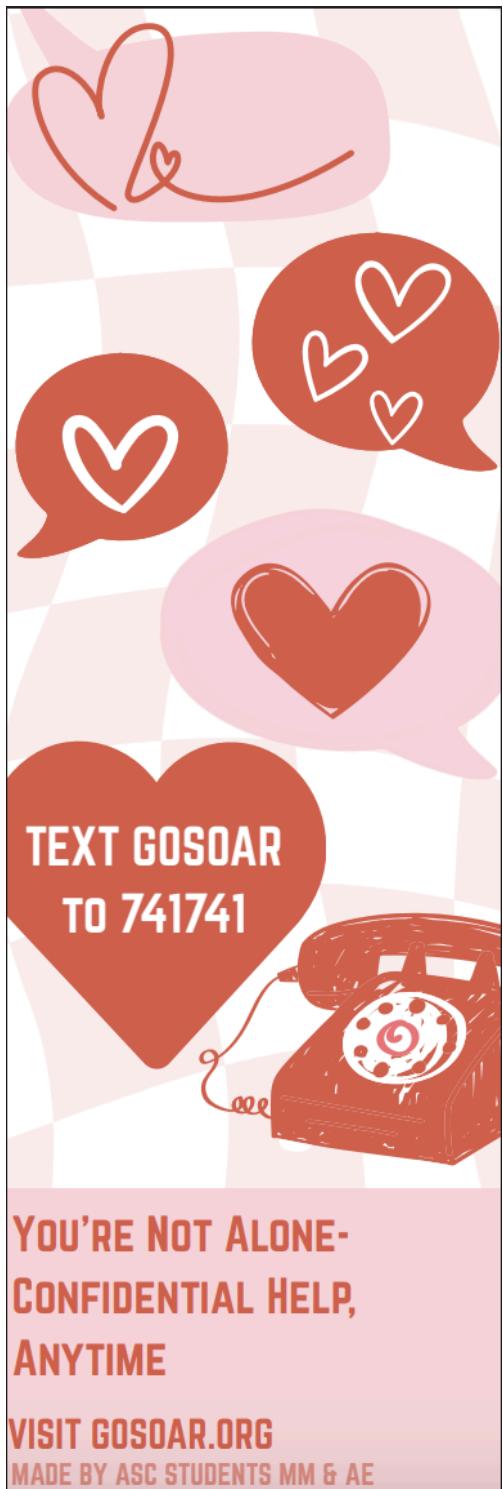
A graphic designed to be printed as a bookmark and handed out at mental health fairs to promote healthy habits to young girls

Communication Items Logic Model

Inputs	Activities	Outputs	Outcomes	Impact
• Funding for printing materials such as paper and ink • Dedicated time to create materials and design messages • Necessary printing and distribution equipment (printers, computers, etc.) • Outlets for community and school outreach/communication • Website/social media accounts and online encouragement • Evidence based mental health information and advice • Space, resources, and staff for vendor table	• Create a clear youth friendly message including accurate statistics • Establish a strong call to action • Reach out to community organizations, mental health experts, and other speakers for partnerships and interviews • Design a culturally relevant and cohesive campaign • Use trends and hashtags to encourage self care activities and mental health conversations • Apply feedback from students at meetings to engage stakeholders	• Direct communication with high school students through materials (stickers, bookmarks, etc.) • Table at vendor fair where we can make direct contact with primary and secondary audiences • Survey reflecting audience changes in knowledge, attitudes, and intentions	• Increased sense of community among student body (long term) • Student awareness of and access to resource such as crisis text line (short term) • Increased student intention of use of crisis text line (intermediate) • Improve student knowledge of and attitudes towards mental health practices (short term) • Reduce mental health stigma among student body through education and open conversations (short term) • Increase in students using other forms of mental health support (counseling, therapy, etc.) (long term) • Improved emotional intelligence (long term)	• Increase youth mental health awareness, encourage self care and cultural and gender pride • Improve student help seeking behaviors • Establish stronger social support networks • Reduce overall number of youth mental health crises • Enhance coping skills and resistance • Improve academic and workplace performance • Increased use of crisis textline

A logic model describing the creation and utilization of the communications items