

NISD Wellness Ambassadors



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- Initiated Wellness Ambassadors in fall of 2023
- Encourage positive school climate
- Focus on substance use prevention and teen mental health
- Application process this year - exceeded expectations
- Student inspired activities

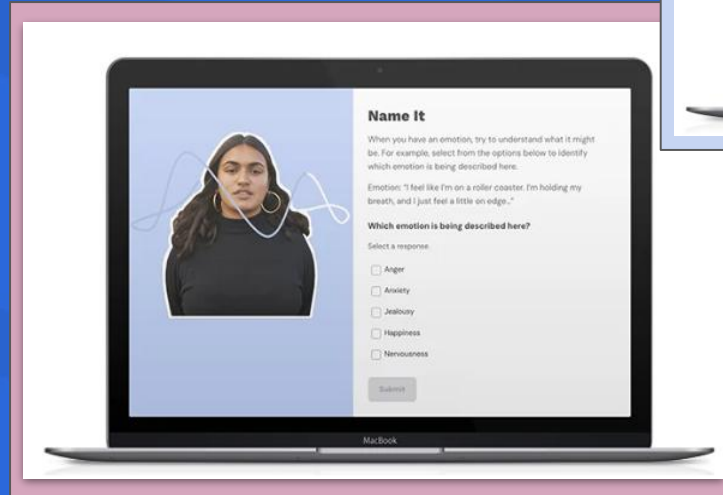




Wellness Ambassador Summits



- Alcohol Education: Safe and Smart
- Prescription Drug Safety: Training for High School Students
- Understanding Mental Wellness
- Vaping: Know the Truth





Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



teen MENTAL HEALTH FIRST AID

Learning Objectives:

- Skills-based training that teaches teens how to identify, understand, and respond to signs of a mental health or substance use challenge.
- Helps teens to assist someone experiencing a challenge until professional assistance (or trusted adult) is obtained or the crisis is resolved.



Wellness Ambassadors Building Respect through Community Building

- Guidance Lesson Creation/Participation
- Red Ribbon Week Projects
- Positive Messages
- Angel Tree Adoption
- Kindness Week



Mental Health Awareness Video

Eaton High School



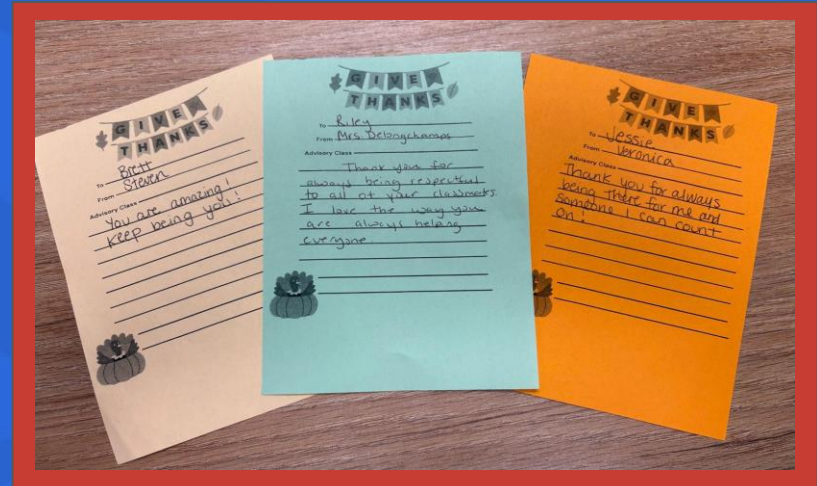
- EHS Wellness Ambassador, Nadia Dennis, organized a mental health awareness video this fall as part of our annual Signs of Suicide Lesson
- Included multiple athlete representatives to speak on different mental health statistics
- Highlighted the importance of reaching out for help
- Highlighted that mental health does not discriminate and can affect anyone



Thankful Cards

Northwest High School

- NHS Wellness Ambassadors hosted a table during all lunches for students to write a thankful note to anyone in the school
- The next day the Wellness Ambassadors delivered the thankful cards during advisory
- Promoted gratitude, respect, and school community



Postivitree

Byron Nelson High School

- Students reminding students to show gratitude.
- Building positive community and relationships by focusing on what we are thankful for.
- Spreading holiday magic!
- Demonstrating the importance of giving back to the community through working to improve the experience of others.



Texas School Safety Teen Ambassador

- Nine ambassadors selected around the State
- Kataora is part of a State level team that hosts educational events on substance use prevention, teen mental health, and violence prevention.



Katora Cunningham Eaton High School Senior





Preparing for Red Ribbon Week

Real or Fake?



Alcohol Scramble



Bean Boozled





BYRON NELSON HIGH SCHOOL

EATON HIGH SCHOOL

JAMES M. STEELE ACCELERATED HIGH SCHOOL

TEXAS ARENA

NISD Wellness Ambassadors