



SCHOOL ENVIRONMENT AND YOUTH MENTAL HEALTH

SCHOOL ENVIRONMENT

Teachers and experts know that a school's environment can really help students stay healthy and do well. This means how students feel about their school and how the school treats them. Some important parts of a healthy school environment are:

- Students feel safe
- Lessons are clear and helpful
- Students and teachers treat each other with respect

COMMUNITY & CONNECTEDNESS

When students feel like they belong at school, it helps them handle tough feelings like stress, sadness, or worry.

Feeling connected can:

- Help students feel less sad or anxious
- Be especially helpful for middle and high school students
- Make school feel like a safe, caring place

Both teachers and mental health helpers know that feeling part of the school community is important for students' well-being.



A TEACHER'S IMPACT

Teachers have a special skill—they can connect with each student while teaching the *whole* class. This helps students feel more confident and believe in themselves.

Teachers also help set the feeling, or mood, of the classroom. When the classroom feels calm and caring, students feel better and do better in school.

Teachers have a big influence on their students and play an important role in how kids grow and learn, especially during the teen years.

