



# MPOWRD and Healthy Schools

## Enhanced Health and Well-being:

- MPOWRD actively promotes healthy decision-making among teens, addressing both physical and mental health challenges. By integrating discussions on positive health behaviors, MPOWRD helps students analyze and improve their lifestyle choices, significantly impacting health maintenance and disease prevention.

## Improved Personal Health:

- The program emphasizes the interrelationship of mental, emotional, social, and physical health, helping students understand and manage the complexities of their development. This holistic approach fosters a supportive peer environment that enhances overall well-being.



## Strengthened Community and Peer Influence:

- MPOWRD sessions provide a platform for students to discuss the influence of family, peers, and community on their health. The program has shown to positively impact families and reduce negative community behaviors such as crime and vandalism, as students learn the importance of healthy relationships and community involvement.

## Access to Health Information and Services:

- The program equips students with skills to evaluate and access valid health information and services. By connecting students with school and community health resources, including mental health professionals, MPOWRD ensures that teens have the support they need to make informed health decisions.

## Reduction of Health Risks:

- MPOWRD's curriculum includes strategies to delay and reduce health risks associated with harmful behaviors. Through peer discussions and educational content, students learn to analyze both the short-term and long-term consequences of their behaviors, promoting safer lifestyle choices.

## Development of Communication Skills:

- The program enhances students' interpersonal communication skills, crucial for promoting health and well-being. MPOWRD helps teens express their needs, wants, and feelings in healthy ways, improving their relationships and ability to advocate for themselves and others.

## Goal-Setting for Good Health:

- MPOWRD encourages students to set realistic and achievable health goals. The program's structured approach helps students develop and implement strategies for attaining these goals, fostering a sense of accomplishment and a proactive stance towards personal health.



Fostering healthier, more empowered students and a more supportive school environment

[www.mpowrd.org](http://www.mpowrd.org)