

YOU MATTER

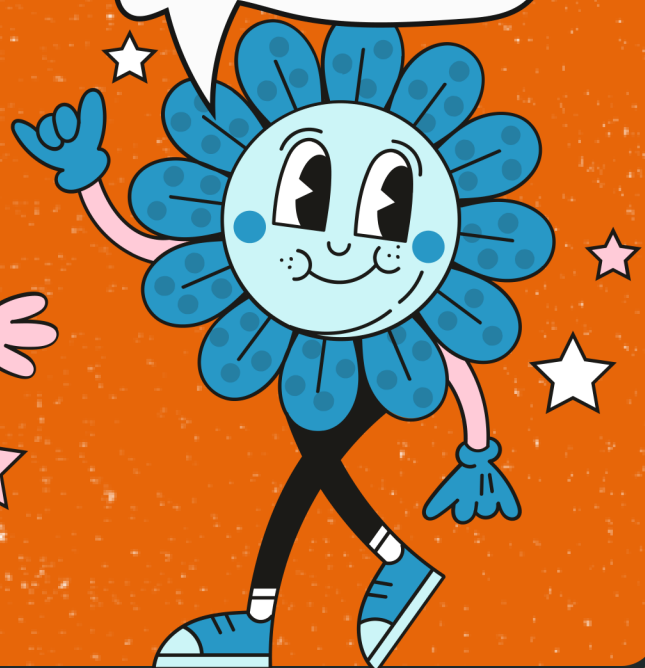
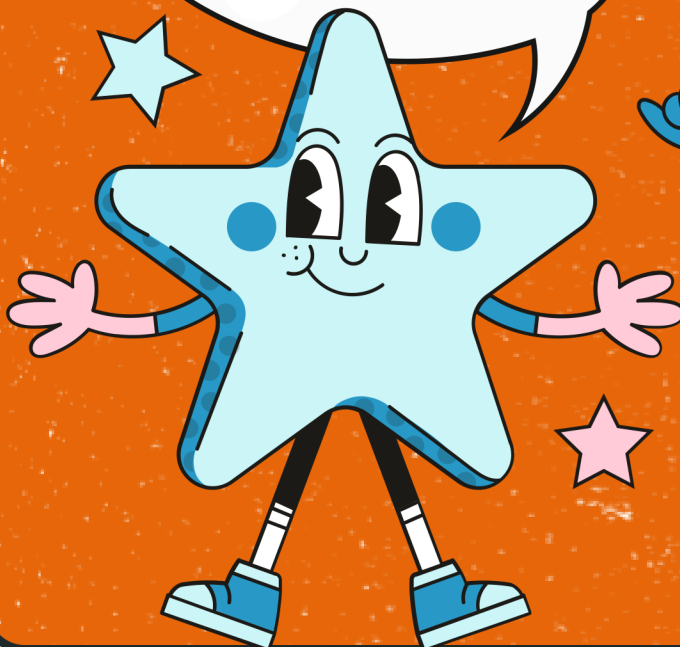
Being a teenager can be tough. You're trying to figure out who you are, what you want to do, and where you fit in. And sometimes, it can feel like you're just another face in the crowd or that you're not good enough.

But the truth is, you have unique talents, interests, and dreams that set you apart from everyone else. And those things are what make you awesome! You are worthy of love, respect, and happiness.

So go out there and be yourself. Don't be afraid to stand out and make your voice heard. The world needs you!

you're one
of a kind!

no one shines
quite like you!



Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

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