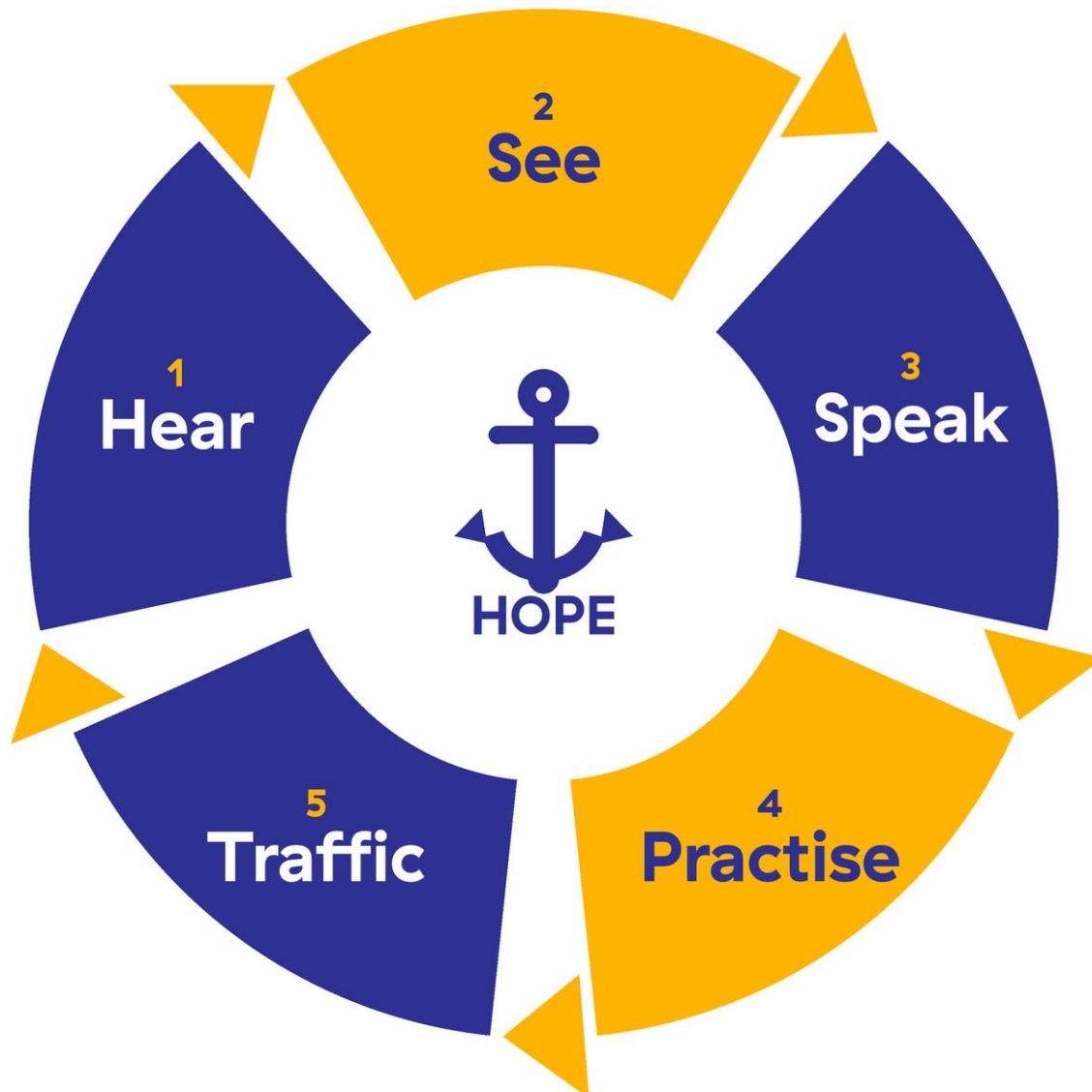


Anchored in Hope

5 steps to build resilience in teenagers



1

Hear Hope

Who you listen to shapes who you become. Choose voices that lift you.

2

See Hope

Look for the good on purpose. Small sacrifices, big dividends.

3

Speak Hope

Words plant gardens. Speak life over yourself and others.

4

Practise Hope

Hope is a skill. Write down two things that give you hope today.

5

Traffic Hope

Pass it on. A thousand candles can be lit from the fire of one.