

OVERCOMING CHALLENGES



1. Reflect upon the challenges you have faced in your life. How do you find your way over and around these hurdles? Who do you turn to?
2. Think about a situation when your friend was going through a tough time. What did you do? How did this make you feel? What might you do differently to help them next time?
3. When faced with a challenge, what can you do right now to help you move forward, even if it is just a small step?
4. What can school faculty and administration do to support you and your friends with some of these challenges?

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