

Meeting 5 ...

Personal Strengths and Support Networks

Goals: For students to acknowledge and discuss personal strengths and protective factors. For students to share ways to develop protective factors.

Icebreaker 1: Group members will write 5 personal strengths and/or protective factors in their lives.

Icebreaker 2: Group members will write a personal strength they have noticed in each other group member. (It can be: You're good at math; You're a wonderful brother; You are persistent; You are honest ...).

Suggested Activities

- Discuss the icebreakers. Recognize and affirm each other's strengths.
- Discuss how the group members have affected each other over the course of the group.
- Share ideas for developing protective factors.
- Invite faculty/administration who have been vocally supportive of the GSA to the meeting, in order to express appreciation for their support.
- Discuss ways group members can spread positivity through the student body - distributing cards that say "you matter," asking people who seem upset if they are okay, smiling at others, etc.

Tips

- Group members sharing the strengths they see in each other can help build cohesiveness.
- Group members hearing positive statements from their peers can help build resilience and self-esteem.
- Spreading positivity to the school will have positive repercussions on the group.