



# Social-emotional Well-being in Youth

Beach Cities Health District partners with local school districts to help students succeed. To us, success is not limited to academic or extracurricular achievements. It means that all students are healthy, happy and able to thrive, in and out of school.

Students who are truly engaged with learning – instead of just “doing school” – benefit in a number of ways.

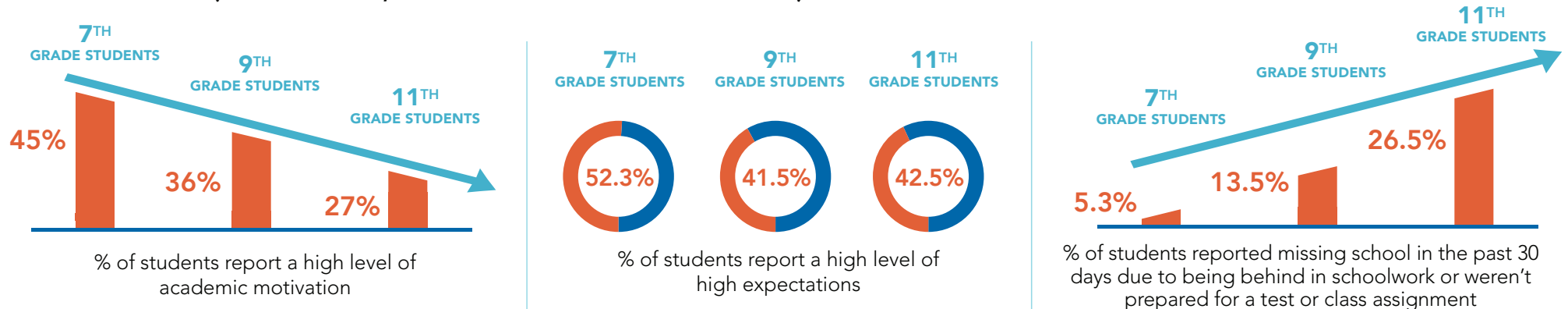
Research shows that engaged students are more likely to:

- Stay in school
- Cheat less
- Have fewer physical and mental symptoms of stress, and less academic worry

Engaged students are also less likely to abuse drugs and alcohol or suffer from emotional problems like depression.

Source: Denise Pope, *Overloaded and Underprepared*

## In the Beach Cities (Hermosa Beach, Manhattan Beach and Redondo Beach)



Sources:  
Purpose Challenge: <https://purposechallenge.org/>  
California Healthy Kids Survey Results (2016-17)



For more information on youth health priorities in the Beach Cities, visit **bchd.org**.

## TIPS TO HELP DISTINGUISH

# Purpose vs. Performance



Your purpose is the motivating force behind everything you do – it is your reason for getting up each morning. Finding your purpose in life increases longevity, provides greater life satisfaction and lowers rates of depression.

For students, finding purpose is important so that they can discover their life goals and make career choices. Activities geared toward finding your life's purpose are designed to increase "protective factors," or attributes in students that can help them effectively handle stressful events and mitigate or eliminate reckless behavior. The **"purpose" formula** helps you to identify your gifts, passions and values:



You are acting on your purpose when you use your gifts to support something you are passionate about, in a way that upholds your core values.



## Purpose in Action

- Beach Cities Health District currently implements purpose programming, including the High School Purpose Series and MindUp Day in all three Beach Cities school districts (Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District.)
- School-based purpose programming focuses on student engagement and school connectedness. Students have the opportunity to develop their personal purpose statement. Some examples of past purpose statements include:
  - My purpose is to give people happiness, and not sadness; as well as give, not take.
  - My purpose is to be the best person I can be and help people along the way.



For parenting resources and more information, go to [southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)