



R.E.A.L: For Talking with Youth

The R.E.A.L. framework can help educators explain the importance of showing up, especially given the challenges experienced during the pandemic, and reflect upon what is needed to make showing up to school worthwhile.

We've tailored the concepts below slightly to use language that works best for talking with older youth. Use the framework in your interactions with youth, including during morning greetings, one-on-one conversations in the hallway, calls home, parent teacher conferences or comments delivered at school or community events. Keep the tone positive, respectful and supportive, whether you are speaking face-to-face or in writing.

Showing up matters for **R.E.A.L.** because it is an opportunity to:

- Build **R**outines
- Increase **E**ngagement
- Provide **A**ccess to resources
- Support **L**earning

Routines: A daily attendance routine can help you reduce stress and develop habits that help you keep a job.

Engagement: Being in school gives you a chance to see your friends and build relationships with school staff.

Access to Resources: When you show up to school, you can get access to meals, health services, mental health supports and enrichment activities (sports, clubs, music, afterschool and summer programs, etc.).

Learning: You are more likely to pass classes and [graduate from high school](#) when you miss less than a week of school each semester.

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