

# MYTH

School is just about grades.



# FACT

Connections with classmates and staff at your school help you grow!

Feeling connected at school gives you the confidence to make healthy choices that help you feel better overall.



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario



# Visit the Connect Quest website to learn more:

[connectquest.ca](https://connectquest.ca)



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