

## WHY IT MATTERS...

Before we can expect students to engage in learning, we must prioritize and support their socio-emotional well-being. We should work to actively heal the generational trauma years of systemic oppression. Our schools must play an active role in supporting students' basic needs.

### 1. Build People Power

- Find a team of 3-5 friends who care about the problem
- Host an info session or teach-in to learn more about the issue

### 2. Who is the decision-maker?

- Is this a local school board; state; or national issue?
- Identify your support and opposition.
- Schedule meetings with your elected officials.

## PRIORITIZE OUR MENTAL HEALTH

### 4. Evaluate and Debrief

- Step back and reflect; what lessons have you learn? What's next?
- Collective processing & ongoing learning to inform decision-making and strategy

### 3. Speak Your Truth

- Attend your local board meeting
- Amplify stories during public comment; publish an op-ed
- Organize a petition drop

## We Demand

- Community of Support: reflective and culturally competent, qualified mental health professionals, counselors, and social workers
- Centering Our Experiences: Train school staff to address the issues faced by our student body, including racial trauma, LGBTQ experiences, and poverty.
- Integrate Mental Wellness: embed dedicated time for mental wellness in the school day through offering relational, healing, and holistic practices.

RAISE  
YOUR  
HAND

+

OUR  
TURN