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.

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

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

PRIORITIZE OUR MENTAL HEALTH

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.

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