



Youth Action Call February 27, 2024

Whole School, Whole Community, Whole Child Learning Collaborative (WSCC LC)

CDC National Initiative to Advance Health Equity in K-12
Education by Preventing Chronic Disease and Promoting
Healthy Behaviors
Priority 2: Emotional Well-Being

**National Center for School Mental Health &
Collaborative for Academic, Social, and Emotional Learning**





Keep cameras on (It's good to see you 😊)



Change your Zoom Name to: State Initials – First Name, pronouns, grade



Example: MD - Jill, she/her, 10



We are going to do our connector on ...



Effective communication is an important leadership skill.
Which of these picture examples illustrates your communications skills or style as a leader? Why?



Agenda



Welcome



Leadership Skill: Assertiveness



Sharing Goals with Others



State Breakout Sharing



Wrap up and Feedback Survey



Shared Agreements



- Use “I statements” to state opinions or feelings
- Respect everyone’s differences
- Respect everyone’s opinions
- Use inclusive language
- Use your right to say: “pass” or “pass and come back”

Please give us a thumbs up to agree!



Share your wisdom about school community needs!

Share this!

- Share your opinions, ideas, and questions about school mental health

Avoid this.

- Do not share names or specific details about personal struggles or traumatic or scary experiences.



Assertiveness



What does it mean to be assertive?

Add in the chat



Assertiveness



Even when it's difficult,
**express my words,
needs and thoughts.**



Even when it's difficult,
**respect what others
say, needs and think.**





3-part Assertive Statement

Empathy Statement:

- I feel _____

Rationale/Reason:

- Because _____

Request:

- I wanted you to know _____
- I would like _____



Practice Assertive Statements

- On the JamBoard, write an assertive statement you can use in the following scenario:

“You are reviewing your grades and find that you received a zero for an assignment you turned in. How would you approach your teacher to discuss your grade?”

- I feel..._____ because_____
- I wanted you to know_____. I would like_____.



State Breakout Groups



Breakout Groups



- Introduce yourself and your goal.
- Fill out the talking points worksheet.
- Practice delivering your points assertively.
- If time, practice asking each other questions about your goals and responding.
- State/District Leaders will join you later.



Worksheet Overview



What is your goal



Why is this goal important to you and to other youth in your community



What is your first step or next step



What would you like advice/guidance/support on



Directions for Breakout Group

You will be sent
to your breakout
group

Take a few
minutes to fill out
your worksheet

Take turns
practicing your
talking points



Adult Leaders

While the youth practice, please use this time to discuss the two following questions/statements:

Can you identify questions that you can ask your youth leader that you want to get their feedback on?

Share how you can integrate youth more strategically into your work advancing youth emotional well-being



- Write one take away from today in the chat
- Thank you for being awesome!!!



Youth Leader Feedback Survey

- We want your feedback to improve your experience
- Please take 1-2 minutes to provide feedback on today's session before you log off!
- Click on the link in the chat OR;
- Type in bit.ly/youthwsc





Future Session



Our next call will be on March 19th



Please meet with your district youth liaison to continue advancing your goal



WSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani - zladhani@som.umaryland.edu

Websites: schoolmentalhealth.org

e4ed.com

casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

Social Media



[@NCSMHTweets](https://twitter.com/NCSMHTweets)

[@caselorg](https://twitter.com/caselorg)



[@CenterforSchoolMentalHealth](https://www.facebook.com/CenterforSchoolMentalHealth)

[@CASELorg](https://www.facebook.com/CASELorg)

