



Youth Action Call March 19, 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 - Tiffany, she/her, 10



Share in the chat: What is one piece of advice that made a big impact in your life?



Shared Agreements



- Use “I statements” to state opinions or feelings
- Respect everyone’s differences
- Respect everyone’s opinions
- Use inclusive language
- Use you 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.



Agenda



Mindful Moment



Leadership Skill: Feedback Sandwich



Breakout Groups – 1) Practicing Feedback
2) Getting Group Support & Feedback



Wrap up and Feedback Survey



Mindful Moment





Poll

- How much progress would you say you have made with meeting your goal you set over the past month?
 - None
 - A little
 - Some
 - A lot



Your Accomplishments

Attend a 4-Hour
Intensive
Training

Learn about
Emotional and
Social Well-
Being

Learn about
Equity

Engage in
monthly action
calls

Develop and
refine SMARTIE
goals

Partner with
District Liaisons
to advance
goals

Share your
vision with state
and local
leaders

Strengthen
assertive
communication
skills

Provide
feedback to
improve youth
engagement





Giving & Receiving Feedback

Feedback is sharing your praise, questions and critiques to support people and their goals.



What's your style of giving feedback to peers or friends?

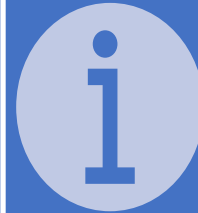
Add in the chat or come off mute to share!



Questions to consider when I give feedback...



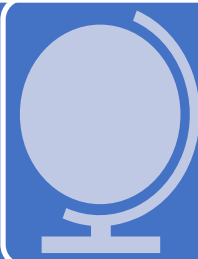
Did this person ask for my feedback?



Could my feedback be helpful?



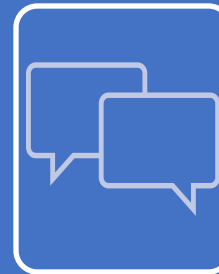
What is the relationship like between myself and this person?



Is my feedback realistic?



How can I show empathy in providing feedback?



How can I invite helpful discussion about what I share?



Sharing Constructive Feedback



Constructive feedback: State what can change or be improved to make something better.



Recipe for a Constructive Feedback Sandwich!

Positive Statement

- I like _____

Constructive Feedback

- A way to improve could be to _____

Positive Feedback

- I think _____



Example: Feedback Sandwich

Positive Statement

- I like that you are listening to what students want at your school.

Constructive Feedback

- A way you could improve is by breaking your goal down into smaller, more specific steps.

Positive Feedback

- I think your ideas will make a big impact in your school community.



State Breakout Groups



State Breakouts – Practice Giving Feedback (7 minutes)

- On JamBoard, please write a feedback statement to the following scenario:
“Your friend Sam is the president of the Diversity Club in your school. They planned out an entire community outreach activity and then presented the plan to the other club members. Club members were frustrated because they felt like Sam did not get their input in the planning process. Sam feels unappreciated, especially since they spent countless hours putting together the plan. Imagine Sam came to you to vent about this and ask for your feedback”
- I like_____
- A way you could improve is_____
- I think_____



Random Breakout Groups



Breakout Groups (20-25 minutes)



- We will have random breakout rooms today!
- Each participant will have time to:
 - Ask a question about how to move your work along
 - Feedback on your goal/progress so far
 - Brainstorm ideas regarding a place you are stuck in moving forward your goal
- Each youth leader will have a few minutes



Adult Leaders

Can you identify questions that you can ask your youth leader based on their S.M.A.R.T.I.E. goal?

Tips for Responding to Youth Share Outs:

- Praise their ideas "That's a really excellent point!"
- Reflect what you heard "I hear you when you say..."
- Express gratitude "Thank you for sharing your ideas/concerns/questions"
- When applicable, state the intention to integrate their ideas into your work "I will bring this back to the team."
- Provide input as appropriate on how the student can achieve their goal



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/youthwscc





Future Sessions



Our LAST call will be April 23rd!



Our last session will be a celebration of YOU!



Before our last session, brainstorm how you will continue your goal in your school/district



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



WSCC Emotional Well-Being LC Communications

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Websites: schoolmentalhealth.org; e4ed.org
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

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