



# Youth Leadership Summit Day 1

## 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: BIE (School Name) -  
Tiffany, she/her, 10**



**Then, share in chatbox: one  
quality you like in a leader.**





Thank you in advance for your ideas!...and  
Congratulations for being selected!



# Plan for Today (Day 1)



- Mindful Moment
- Shared Agreements
- Why we are here?
- Where do Youth Leaders fit in?
- Framing our Learning
  1. Understanding Equity
  2. Environments
- Day 2 Plan & Survey
- Closing Grounding Activity



# MINDFUL MOMENT





# SHARED AGREEMENTS FOR LEARNING & DISCUSSIONS



# 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 feel free to share additional shared agreements in the chatbox!**



# Share your wisdom about school community needs!

## Share this!

- Share your opinions, ideas, and questions about emotional and social well-being at school.

## Avoid this.

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



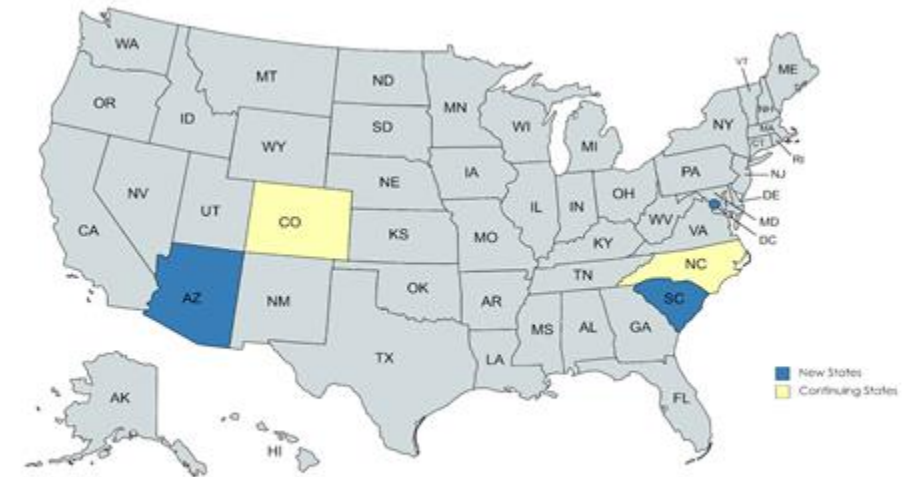


# Why are we here? and Where do Youth Leaders fit in?



# What's Our Learning Community?

Arizona, Colorado, D.C.,  
North Carolina, South  
Carolina, Bureau of Indian  
Education working  
together to better support  
social and emotional  
well-being for youth in  
schools.





"Students should be able  
to go to school every  
day and love it"

5<sup>th</sup> grader, Baltimore, MD



# What do we know from data?

Children of color, LGBTQ+ youth, and youth living in poverty and rural communities experience...

- More life stressors
- More emotional pain & deaths by suicide
- Harder time getting mental health support
- Black, Indigenous and Latino youth are more likely to unfairly be treated like a “behavior problem”

Why does this happen: Lack of equity...we'll talk more about this later.





We have some work to do to help all students be socially and emotionally well in schools, and...



**...we know we can do it in partnership with Youth Leaders!**



# Engaging Youth to Help us Support Healing



How we will engage you..

1. Ask for your opinions about social and emotional well-being programs and practices
2. Help you build your leadership skills so you can continue to be a leader in your school community



# Youth Leadership Activities

Youth Leadership Summit: Today and Thursday

Four 1-hour Youth Leaders Zoom Calls in Jan, Feb, Mar, Apr

Dec/Jan meeting with your District Leader to set a leadership goal

Compensation: \$160 gift card

Note: You will not be graded on this. You are helping us with your ideas!





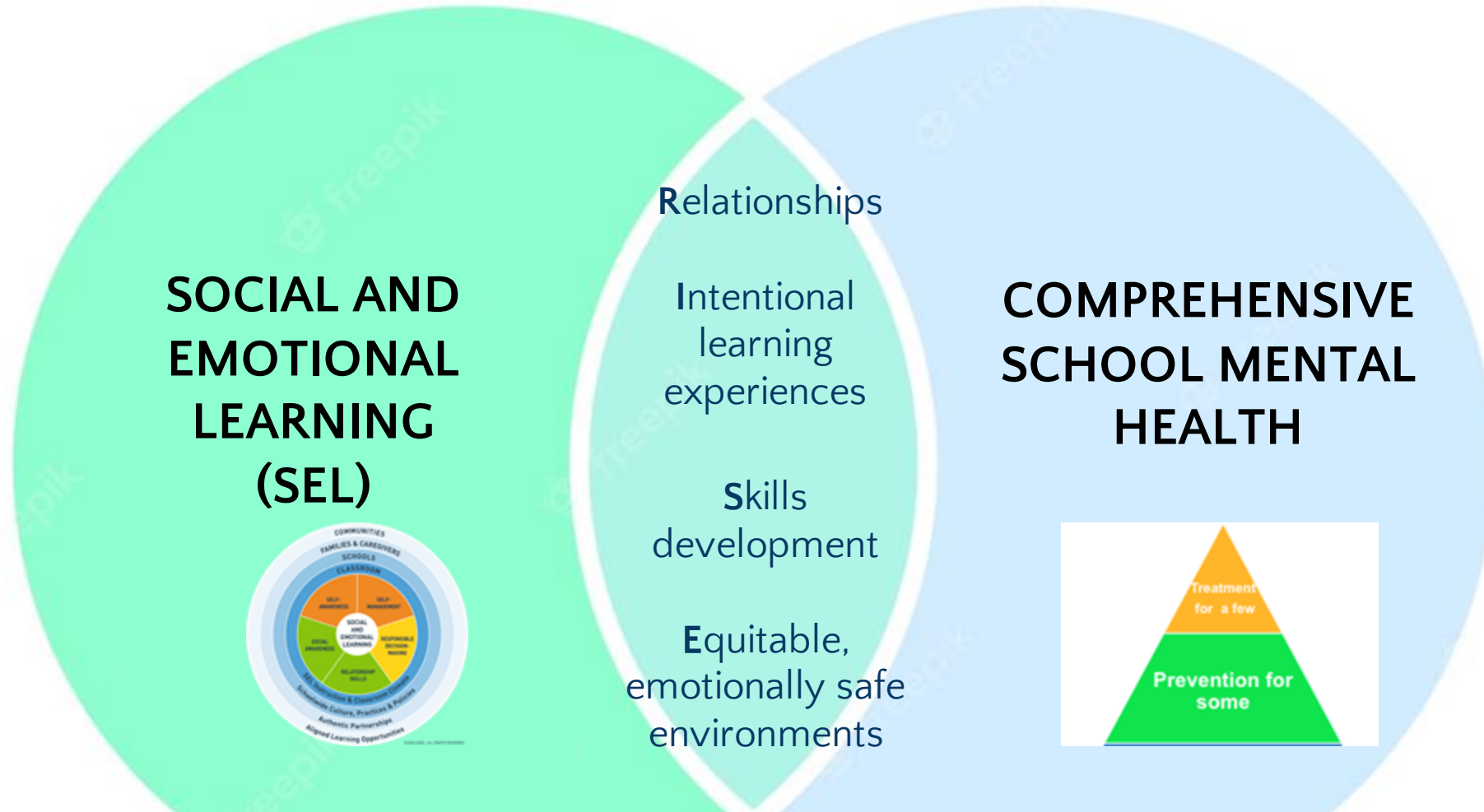
# Youth Thriving Looks Like...







## Promoting Well-being for Students and Adults



**STRONG FOUNDATION**



**R**elationships

**I**ntentional learning experiences

**S**kills development

**E**quitable, emotionally safe environments that promote belonging





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# Understanding Equity



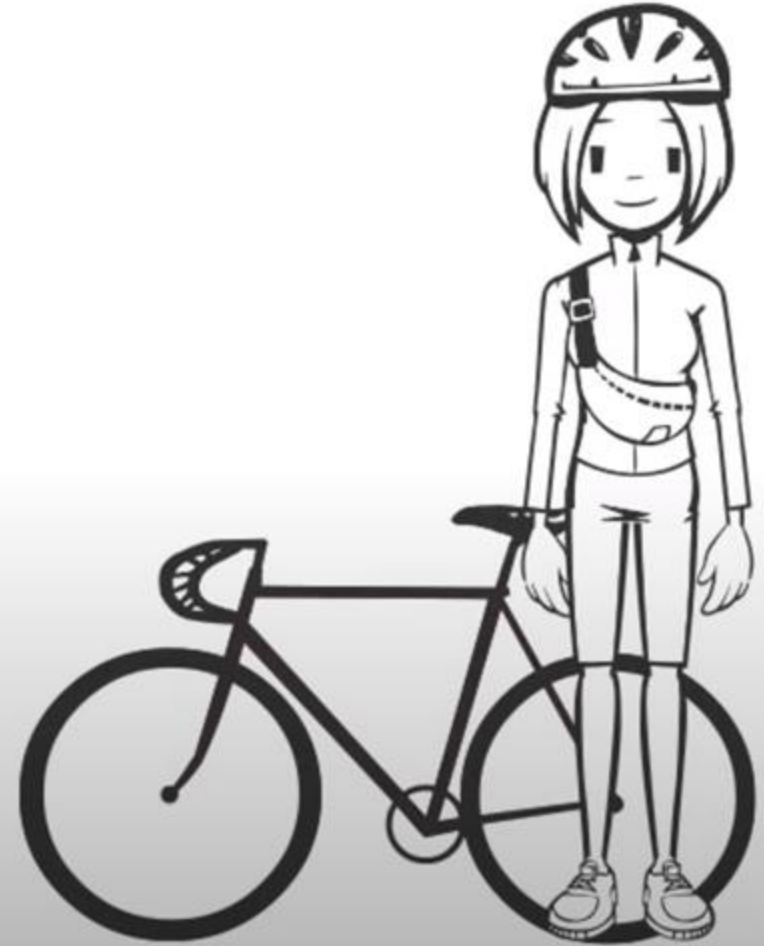


# True or False



True or False:  
Equality and Equity mean  
the same thing.

# EQUALITY



# EQUITY





Equity is about ensuring everyone is safe,  
supported and included.





# What is Equity in Schools?

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Ensuring that every student has what they need to achieve academically and to experience emotional and social well-being.







# What Does Equity Look Like in Schools?

- Learning about the strengths of diverse cultures & identities.
- Ensuring everyone is safe & included.
- Ensuring shared expectations that are fair & just.
- Learning accurate history.
- Ensuring everyone has what they need to thrive.





# Did you know that increasing youth leadership promotes equity?

Youth Leadership increases equity when it involves

- Adults sharing power and control with youth
- Youth input on decisions
- Youth taking the lead or co-lead
- Youth giving feedback
- Diverse youth voices heard and valued





# 10-minute break

Feel free to take a break to stretch, grab a snack, use the restroom or otherwise be well.

Meet us back here, with your camera on, in 10 minutes!





# Equity in YOUR schools

## Breakout discussion (20 mins)

What does your school do well in terms of creating equity for students?

What gets in the way of equity in your school?

What are some barriers or areas for improvement?



# Breakout Share Outs





Equitable, emotionally safe  
environments that promote belonging







# Reflection then, Breakout Discussion:

Creating equitable, emotionally safe environments that promote belonging

What do these types of environments look like, sound like and feel like at the classroom and school level?

08:00







# Breakout Share Outs





# Plan for Day 2



- Connector Activity
- Reminder – Shared “Safe Space” Agreements
- Day 1 Recap
- Learning & Sharing: Relationships and Intentional Learning and Skills Development
- Practice for share out
- Sharing Out to District and State Leadership



## Intentional Close

"Students should be able to go to school every day and love it"

5<sup>th</sup> grader, Baltimore, MD

What's one new idea or priority from today that could bring your school closer to this vision?

Share in chat.





# Feedback From Youth Leaders

- We want your feedback to improve your experience
- Please take 1-2 minutes to provide feedback on today's session!
- Click on the link in the chat





**YOU  
ROCK!**

- Write one of your strengths or skills on the Padlet
- Thank you for being awesome!!!



See you on Thursday!

Have a good week!





# Youth Leadership Summit Day 2

## 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 –  
First Name, pronouns, grade**



**Example: BIE - Tiffany, she/her, 10**



**Then, share in chat: 1 reflection about  
emotional well-being you had after Day 1.**







# Plan for Day 2



- Connector Activity
- Reminder – Shared Agreements
- Day 1 Recap
- Framing our Learning
  - Relationships
  - Intentional Learning Experiences & Skills Development
- Break
- Practice for Share Outs
- Share Outs to State/District Leaders
- Youth Leadership Plan for Dec 2023 –June 2024
- Survey



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# On Day 1, You shared a vision for...



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Schools that foster safety and inclusion for diverse interests, identities, and cultures.

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Teachers who enjoy teaching and focus on building positive and supportive relationships with students.

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Schools where kindness, caring and being able to count on each other are the norm.

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Opportunities to communicate openly about what students need and have adults listen to and meet student needs.



# On Day 1, You shared a hope for...



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Emotionally safe environments where connection is happening all around us.

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Being heard, seen and respected by peers and teachers.

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Experiencing laughter, smiles and hard yet safe conversations.

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Everyone expressing themselves without fear or judgement.



# You also told us...



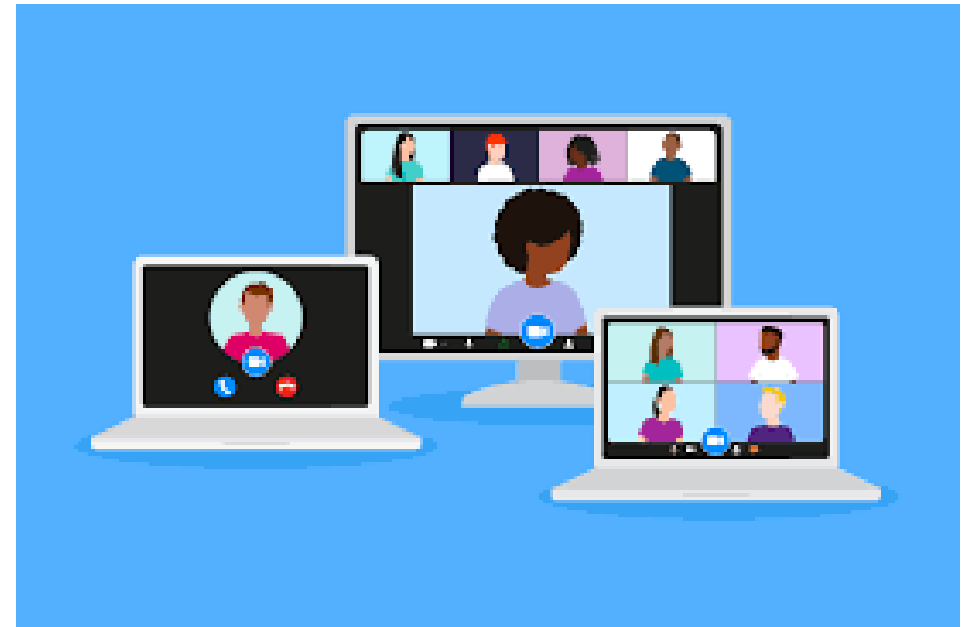
You enjoyed learning and talking with each other.



Today we will...



Have more time in break out rooms!





# Some quick reminders



# Reminder about where Youth Leaders fit in



We are asking you to ...

1. Share your opinions related to emotional well-being and equity
2. Engage in leadership skills activities with us



# Reminder about Shared Agreements to RISE



- 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 or chat “agree” to indicate you agree to these.**





# 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.



# Building Equity and Well-Being in Schools

**R**elationships

**I**ntentional Learning Experiences

**S**kills development

**E**nvironments that are emotionally safe and promote belonging





# Relationships





# Relationships Matter...

## Individual reflection and breakout discussion

Who is or has been a trusted adult in your school experience?

- Think of one story or memory about that person, and write what you recall about it.
- Look back at what you wrote, what qualities did/does that person represent and how did they invest in your relationship?



# Intentional Learning Experiences & Skills Development



Classroom Activities

After-school activities, sports,  
enrichment, clubs

**Examples of learning experiences that help us develop the  
skills to promote social and emotional well-being**

Schoolwide Efforts

Mental health supports for  
those who need



## Classroom learning experiences that help us develop the skills to promote social and emotional well-being

Social emotional lessons in advisory or homeroom around goal-setting, relationships, conflict resolution, etc.

Teaching that supports academic and social emotional development like project-based or inquiry-based learning





## Schoolwide learning experiences that help us develop the skills to promote social and emotional well-being

Shared agreements or norms for the whole school

All adults contribute to promoting strong mental health and reducing stigma

Youth leadership opportunities where students can share what they want to see in the building, be peer mentors, restorative practice leaders



## Learning experiences in after-school settings that help us develop the skills to promote social and emotional well-being

Choices for enrichment activities that they are interested in joining

Clubs are fun, engaging, promote social skills and contribute to well-being and leadership development

Safe space groups



## Learning experiences within mental health interventions for those who need

Access to mental health counselors at school and in the community

Counselor-led small groups



# Break

Feel free to take a break to stretch, grab a snack, use the restroom or otherwise be well.

Meet us back here, with your camera on, in 5 minutes!





# Breakout Group (18 minutes)

- Use the worksheet to write down your 2-3 points you want to share with your State/District leaders
- Practice your introduction and share outs in your group!
- Your State/District leader will join later and you will get to share your ideas with them!





# Professional Introductions & Share Out

- Hello, my name is...
- I am a [insert grade] grade student at [insert name of school], in [name of town/area and state]
- Pick 2–3 things to share out with your introduction. See “Prompts for Share Outs” worksheet – next slide.



# Prompts for Share Outs

- One thing that schools could do to create equitable, emotionally safe environments that promote belonging is \_\_\_\_\_
- Relationships at school matter because \_\_\_\_\_
- One thing I'd like to see at my school to support us in developing the skills for emotional well-being would be \_\_\_\_\_.
- In order for all students to get their needs met in schools, we must focus on\_\_\_\_\_
- After this summit, I believe\_\_\_\_\_
- After this summit, I am looking forward to\_\_\_\_\_.
- One thing I want us to do more of in schools is\_\_\_\_\_.





# Welcome State and District Team Members!

Please change your Zoom name to: **State, Name**  
We will direct you to the youth breakout group!







# Everyone together closing slide/s

## Youth Leaders

- Please share one thing you liked or are excited about from the past 2 days.
- For example, sharing my ideas, making a new friend, hearing from youth leaders

## Adults

- Please share any reflections from the Share Outs with the youth in your state

Click the padlet link in the chatbox





# Next Steps



Meet with your District Liaison in December or January



In January, we will set SMARTIE goals to help you achieve your ideas!



In Jan, Feb, Mar & Apr we will have 1 hour Youth Action Zoom calls!



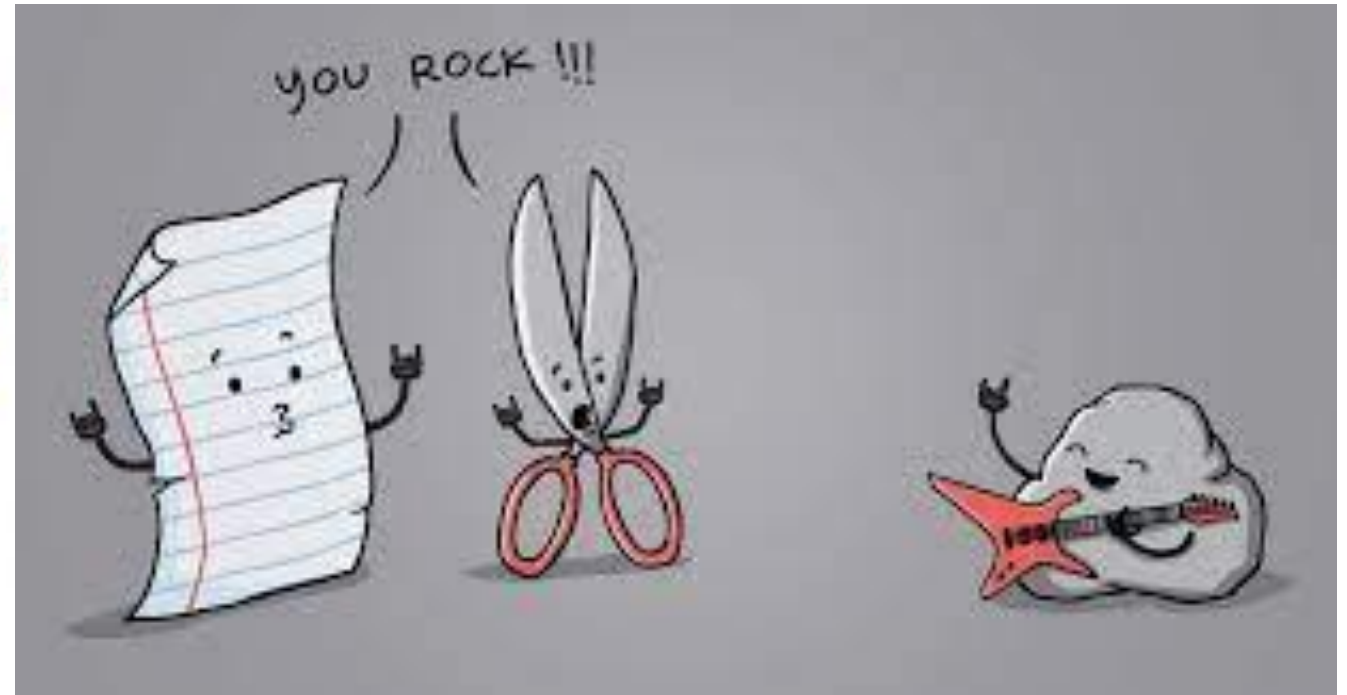
Compensation: \$160 gift cards



# Youth Leader and Adult Feedback

- Please take 2 minutes to give feedback on the Summit!
- Click the links in the chat
  - One for youth
  - And the other for adults





See you on January  
23rd for the first  
Youth Leadership  
Action Call!





# WSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani - [zladhani@som.umaryland.edu](mailto:zladhani@som.umaryland.edu)

Websites: [schoolmentalhealth.org](http://schoolmentalhealth.org)  
[casel.org](http://casel.org)

Listserv [bit.ly/NCSMH\\_listserv](http://bit.ly/NCSMH_listserv)

CASEL Newsletters: [Newsletters - CASEL](#)

## Social Media



[@NCSMHTweets](#)  
[@caselorg](#)



[@CenterforSchoolMentalHealth](#)  
[@CASELorg](#)

