


MENTAL HEALTH NEWSLETTER

Kindness is free. Sprinkle that stuff everywhere!





**My Silence,
My Action.**

I'm participating in **GLSEN's Day of Silence**, a national youth movement highlighting the silencing and erasure of LGBTQ+ people in schools.

Over 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, nearly 9 in 10 experience harassment or assault, and almost a third miss school because they feel unsafe or uncomfortable.

Together, we can **Break The Silence**, making our school more inclusive for all. **Join me by texting SILENCE to 21333 or by visiting glsen.org/DayOfSilence.**



My Name:

My Pronouns:

I'm breaking the silence because:

glsen.org/DayOfSilence

Day of Silence and Book Ban

The LGBTQ+ community has been and continues to face many challenges as the Florida HB 1557 bill passes "prohibiting classroom discussion about sexual orientation or gender identity in certain grade levels or in a specified manner." A positive is that the bill does not state that it is illegal to say "gay" in general, so teachers and schools may still find a way to educate students on the subject matter, but it also goes on to state that a school cannot withhold certain information from a parent about the child's mental and emotional health support services and monitoring. This means that if a child discloses to a counselor that they are LGBTQ+, the parent will have access to this information which is normally held confidential.

On top of this, books about LGBTQ+ and Black communities are being banned at a fast rate. The director of the American Library Association's office for intellectual freedom stated "aggressively policing books for inappropriate content and banning titles could limit students' exposure to great literature, including towering canonical works. If you focus on five passages, you've got obscenity. If you broaden your view and read the work as a whole, you've got Toni Morrison's 'Beloved.'"

WHAT'S NEW

SEXUAL ASSAULT AWARENESS MONTH

Learn what sexual assault and harassment is and how to help prevent it!

LEARNING FOR JUSTICE

Get free lesson plans!

WONDERMIND

Selena Gomez's tackles mental health challenges and exercises the mind!

Sexual Assault Awareness Month

"Every 68 seconds, an American is sexually assaulted...yet only 25 out of every 1,000 perpetrators end up in jail." There are many different types of sexual violence that I would like to define:

- I. **Sexual assault** - sexual contact or behavior that occurs without explicit consent of the victim.
 - a. Attempted rape
 - b. Fondling or unwanted sexual touching
 - c. Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body
 - d. Penetration of the victim's body, also known as rape
- II. **Sexual harassment** - Unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature.
 - a. Making conditions of employment or advancement dependent on sexual favors, either explicitly or implicitly.
 - b. Physical acts of sexual assault.
 - c. Requests for sexual favors.
 - d. Verbal harassment of a sexual nature, including jokes referring to sexual acts or sexual orientation.
 - e. Unwanted touching or physical contact.
 - f. Unwelcome sexual advances.
 - g. Discussing sexual relations/stories/fantasies at work, school, or in other inappropriate places.
 - h. Feeling pressured to engage with someone sexually.
 - i. Exposing oneself or performing sexual acts on oneself.
 - j. Unwanted sexually explicit photos, emails, or text messages.

Student prevention techniques [HERE!](#)

Adult prevention techniques [HERE!](#)

Find out the laws in your state [HERE!](#)

Learning for Justice

FREE Lesson Plans [HERE!](#)

I probably say this more than I really need to, but SEL is not simply about yoga and meditation. The concept of Social and Emotional Learning is about teaching students how to solve problems, socialize, regulate their emotions, express their feelings, advocate for themselves, gain respect for self and others, and so much more!

I now want you to ask yourself why are these skills so important? Did you know that if a student has stronger problem-solving skills, they are less likely to experience suicidal ideation? Feeling socially connected can "lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems." People who can express their feelings and advocate for themselves experience less anxiety and depression.



Check out [my website](#) for information on SEL, coping skills, how to keep students motivated, and more!

WONDERMIND

Click [HERE](#) for more mental health exercises!

"It takes more than an inspirational quote to really change your mindset. Even if you see a therapist (which is amazing), you still need to work on yourself between sessions. (You wouldn't expect physical fitness results seeing a trainer only once in a while, would you?) That's what Wondermind is here for—to give you easy, doable ways to put your mental fitness first every single day."

Sign up for the Wondermind newsletter to learn more about how to train your mental health!