

MENTAL HEALTH & INCLUSIVITY

FOR TEACHERS



This one-hour session will talk about the effects that racism and oppression have on racialized groups. Using examples of anti-racism from the speakers' lived experience, participants will better understand what they can do to step up in their community and actively create a more inclusive environment. They will also learn how to talk with the younger generation about racism.

PRESENTATION FORMAT:

- INTRODUCTION
- MENTAL HEALTH STATS
- SPEAKER ONE: PERSONAL STORY
- SPEAKER TWO: PERSONAL STORY
- LAYERS OF OPPRESSION
- MICROAGGRESSIONS
- INTERSECTIONALITY
- GENDER INCLUSION
- NEURODIVERGENCE
- SELF-REFLECTION ON BIASES
- WHAT TO NOTICE AS A CARING ADULT
- COMMUNICATE, SUPPORT, BE AWARE
- CREATING A SAFE SPACE
- Q&A / RESOURCES

*Includes Printable Resources Material



The YouthSpeak Team were engaging, authentic and led our group in reflective discussions. We were able to explore how to provide more inclusive spaces and think about how we can make a difference within our own spaces by intentionally asking questions and making an effort to learn and understand the differences among us. We were deeply humbled by how openly and honestly speakers shared their lived experience and appreciated their insights on how we can do better.

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Superintendent of Education, Equity
and Inclusive Education | Student
Services, DCDSB

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