

WELLNESS

& ACTIONS TAKEN BY YOUTH



Visionary Artist: Kilee Bennett
Design Artist: Adrian Brian

one



Mental Health

Reduce the stigma of mental health

- Created hug t-shirts to show connections & serve as a reminder that you are not alone.

Increase access to suicide prevention supports

- Created self worth and self care sweatshirts for awareness, tie-dyed, with affirmations & 988 hotline.
- Scheduled all-school Hillinski Hope Tyler Talks & NAMI trainings.

two



Physical Health

Forest Bathing

- Three outdoor field trips were taken with students taking pre/post biometrics measuring heart rate, oxygen rate, & blood pressure. After spending time in nature all students saw improved physical metrics & decrease levels of anxiety. Nature brings joy!

Puzzle Project

- No one is given a handbook on how to help teens. Strategy: Offer classes broadly in the community to help parents navigate the next phase of parenting. Kids can't make themselves whole alone.

Climate Summit- Reducing Climate Change Anxiety

- Students attended a Climate Summit in Olympia in January with youth across the state.

three



Safety

Strategies to Plan

- Make housing accessible & stable
- More streetlights & sidewalks
- Clean parks of needles, etc. so they can be used

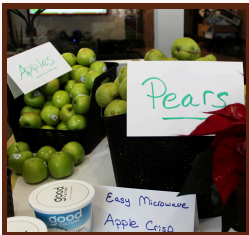
Increase Sense of Community

- Create classes geared toward increasing peer to peer relationships centered around youth wellness.

Online Safety

- Planning all-school & Parent night trainings about sexual exploitation through social media.

four



Healthy Food

Increase fresh fruits & vegetables

- The Ziltch Project with Second Harvest: OTA students are running a fresh produce distribution for their entire school body bi-weekly with perishable food donated by a local food bank, to have more "good for you" food at home.
- Spread awareness of reducing landfill carbon emissions, working toward zero waste.

five



Connection to Community

High School students mentoring Elementary students

(On Track Academy & Regal Elementary)

- Uniforms were purchased for high school volunteers on the playground & in classrooms. Participants report the branded shirts & jackets improved the sense of community & feelings of professionalism.

Photo project

- Surround yourself with people who see & accept you as YOU.

WHAT ARE YOUTH ASKING COMMUNITY TO DO?

WHAT WILL YOU DO?

PROTECT
OUTDOOR SPACES
FROM FIRE &
POLLUTION

Keep them safe & accessible so that youth can get out in nature promoting both mental & physical wellness.

KEEP TALKING
ABOUT MENTAL
HEALTH

Reduce stigma. Teach how to talk to people with mental health issues & other diagnoses like ADHD.

PROVIDE MORE
TOOLS &
EDUCATION

Provide more tools & education to teens to know what to do when they notice peers or younger siblings struggling with thoughts of suicide or self-harm.

OFFER PARENTS
CLASSES

Offer parents classes on how to parent teens. It's different. Resources are out there to support youth.

ACCEPT
DIFFERENCES

Include everyone. Be welcoming. Lead with love.

OFFER SPACE

Offer space for youth to hang out, be connected, & be safe.

NEIGHBORHOOD
WATCH

Neighborhood Watch programs to keep youth safe.

OFFER FREE
EVENTS

Offer free events for families to be connected.

BUILD MORE
HOUSING

Build more housing low-income families can afford.

OFFER
EMPLOYMENT

Offer employment to youth.

BE A MENTOR

Be a mentor for youth.

TEACH LIFE
SKILLS

Teach life skills to youth such as navigating finances, housing, buying a car, how to ask for help, & where to be connected.



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