

Toolkit Post Election Reflections



Supporting Mental Wellness and Community in Schools Office of School-Based health Programs Webinar

The Office of School-Based health Programs

The Jed Foundation Resources:

- [Election Stress: Tips to Manage Anxious Feelings About Politics](#)
- [Tips for Navigating Stressful Election Conversations](#)
- [How to Combat Misinformation and Find Reliable News Sources](#)
- [When Everything Feels Hostile: 6 Ways to Cope](#)
- [Why Civic Engagement Is Good for Youth Mental Health](#)
- [Media Bias Chart & Fact-Checking Resources](#)

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Orange County Department of Education

- **Applying a Critical Lens: SIFT.** [The SIFT Method](#)
Stop
Investigate the source
Find better coverage
Trace claims, quotes, and media to the original context

Resources:

- **News literacy Project:** You have the power to stop misinformation.
<https://newslit.org>
 - In brief: News media bias: This infographic provides six tips to help you think clearly about this nuanced and important topic:
[In brief: News media bias](#)
- **#GoodforMEdia's News Guide:** This guide was created to support other teens seeking ways to navigate the amount of news we consume and the emotions that come with it. [GoodforMEdia's News Guide](#)
- **edWeb.net:** Practical strategies to cultivate a classroom of civil discourse with lessons and quick activities to build essential news and media literacy skills for

students. [Teaching Civil Discourse and Critical Thinking: Beyond the Headlines](#)

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Wellness Together

Integrated mental health intervention for every student who needs help. Every single day: wellnesstogether.org

- **Wellness Education lab:** Practical & Empowering Mental Health Training
Students (11+) · Parents/Guardians · Educators/School Staff:
[Wellness Education Lab \(wellnessedlab.org\)](https://wellnessedlab.org)
- **Rethinking Anxiety:** [Start Training Now](#)

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Youth Creating Change

Youth Creating Change is a non-profit organization (501 c3) dedicated to placing young people's voices and creativity at the center of suicide prevention and mental health programming.

- **Directing Change Program & Film Contest:** <https://directingchange.org/>
- **Hope & Justice Film & Art Contest:** Youth are asked to share how they find hope, ways they cope with tough times and complex feelings, and the changes they hope to see in their communities. [HopeandJustice.art/contest](https://hopeandjustice.art/contest)
- **Election Lesson Plan:** This lesson plan guide includes a variety of resources including lesson plans, discussion questions and activities with the goal of encouraging youth to explore topics related to the election and voting. hopeandjustice.art/monthly_prompt
- **Mental Health Thrival Kits:** The Mental Health Thrival Kit can be used to celebrate wellness and promote positive coping skills for youth with easy-to-follow activities to enhance skills for social-emotional wellness. [Mental Health Thrival Kits](#)
- Download and share the Hope & Justice [monthly prompt calendar](#) and [October's prompt](#)
- [Volunteer to judge](#) youth art and film submissions
- Use youth-centered [PSA's](#)
- Explore the [virtual art gallery](#) and use youth art
- [Subscribe](#) to our monthly newsletter
- **ABC7 Highlight of the Directing Change Film Contest 2023-24:** [Youth Creating Change Video](#)

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All It Takes

Self Care is not Selfish!

- **Selfish:** (Of a person, action, or motive) lacking consideration for others; concerned chiefly with one's own personal profit or pleasure.
- **Self Care:** The practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
"expressing oneself is an essential form of self-care"

Lori Woodley-Langendorff, MS
All It Takes, CEO