

'Be the Change'
Youth Training Program
July 12-14, 2022

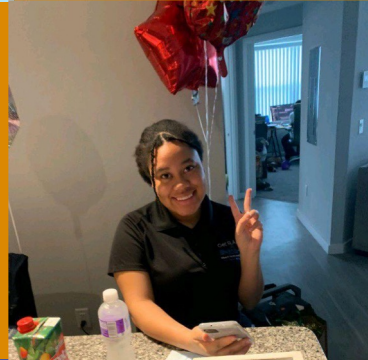




Get R.A.W.



Ribault Access and Wellness
For Teens ♥ By Teens



Chat It Out, Act It Out, We Are RAW

Advocacy for mental health within the Black
community



Presentation by: Jaden Peters & Cortney Smith



Agenda

Meet the Presenters

Meet the Guest!

What is Get R.A.W.

Events and Activities

Annual Survey + Results

Discussion Time!

Why We Lead?

Common Damaging Practices

Statistics

Q & A

Thank you + Closing Remarks



Meet The Presenter

Hi! I'm Cortney I was a member of Get R.A.W. for 2 years and just graduated highschool with an A.A. degree and a highschool diploma. In the fall, I will be going to the University of Florida and plan on majoring in biology with the goal of becoming a marine biologist or microbiologist. During my free time, I enjoy reading webcomics and watching Asian drama shows.



Meet The Presenter

Hi everyone, I'm Jaden! I was apart of Get R.A.W for three years and served as secretary for 2 years. I have also recently graduated from High School while attaining my A.A. In the fall, I will be attending Georgia Southern University to major in Communication Sciences and Disorders in hopes to become a speech-language pathologist!



Question #1

The zombie apocalypse is coming, who are 3 celebrities you want on your team?

Meet the Guest!



Question #2

Waffles or Pancakes?

Question #3

You have your own late night talk show, who do you invite as your first guest?

Question #4

What song describes your life right now?

Question #5

If aliens landed on earth tomorrow and offered to take you home with them, would you go?



What Is Get R.A.W?

Get R.A.W. (Ribault Access and Wellness) is the student advisory committee to the Wolfson Children's Health Center at Jean Ribault High School in Jacksonville, Florida. R.A.W. promotes the on-campus Health Center to their peers and the community. In addition, we bring awareness to topics such as sexual health, healthy relationships, Adverse Childhood Experiences (ACES'), LGBTQIA+, and other pertinent topics that are of interest to our peers. Lastly, we promote healthy living and well-being.



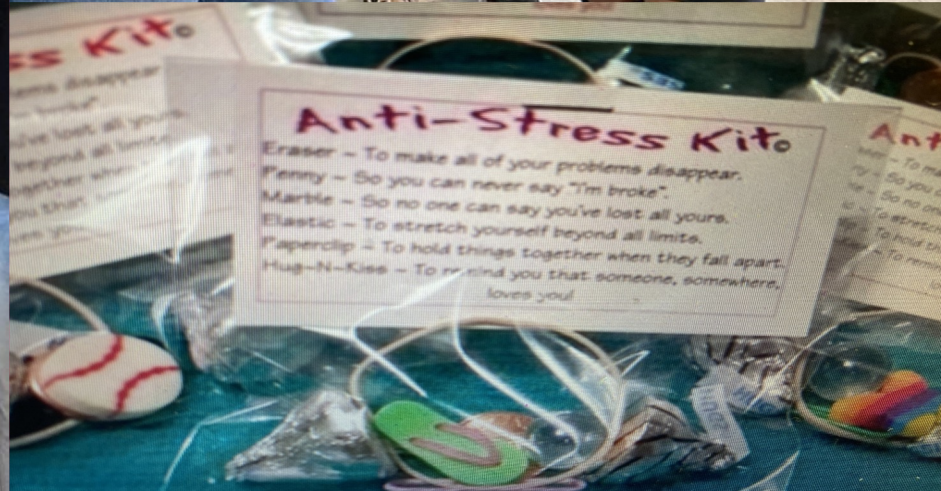
Our Events and Activities

- R.A.W Chats
- De-stress Fest
- Elementary and Middle School Field Day
- Annual Health Fair
- Teacher Appreciation Week
- 1st Annual Girl Talk
- Raines and Ribault Parade
- Back to School Bash
- Wellness Wednesdays
- Annual Survey

RAW Chats



De-stress Fest



Elementary and Middle school Field day



Teacher Appreciation Week



1st Annual Girl Talk



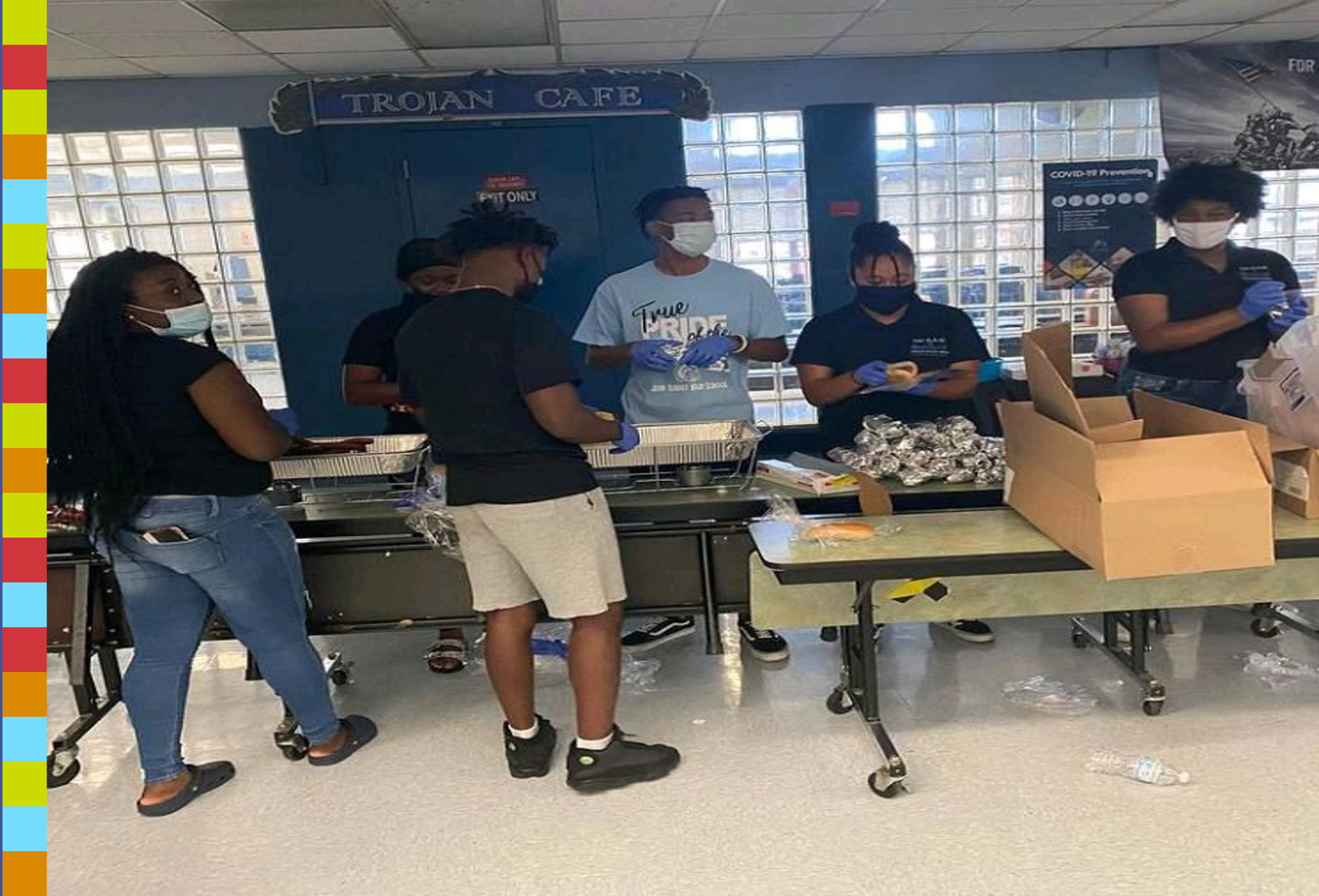
Annual Health Fair



Raines and Ribault Parade



Back to School Bash



WELLNESS WEDNESDAY

TIPS FOR STUDYING

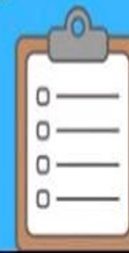
BENEFICIAL STUDY TIPS THAT WILL HELP YOU STUDY BETTER NOT MORE AND PRODUCE QUALITY GRADES!

1 Studying for 2 hours, with 10 minute breaks in between (apps that may help: "Focus Keeper" & "Flat Tomato")

2 Get rid of distractions that may hinder your performance (one way to do this is by creating sacred space specifically for studying)

3 Track homework with planner/ to-do list (apps that may help: "My Study Life" & "Done")

4 Finding a study Technique that works for you



Annual Survey

Get RAW Annual Survey

Mental Health

1. What contributes to good health?

2. What are your preferred ways to get information (health related)? **Circle One**
a. Social Media b. Browsing the web c. Parent d. Friend
e. Other: _____
3. What are adults not asking, but should be asking?

4. Do you talk to your friends about mental health? Yes or No **(Circle One)**
5. On a scale of 1-5 **(with 5 being highly supported and 1 being not supported at all)**, how supported do you feel by peers here at Jean Ribault High School? _____

Teen Pregnancy & Sex

1. Are you sexually active? Yes or No **(Circle One)** If so, do you practice safe sex?
Yes or No **(Circle One)**
2. Have you visited the on campus Health Center to receive protection or birth control?
Yes or No **(Circle One)**
3. What influences teens to be sexually active?

4. Do you know the consequences of having unprotected sex? Yes or No **(Circle One)**
5. **Females ONLY!** Do you know your options if you get pregnant? Yes or No **(Circle One)**

Safety

1. On a scale of 1-10 (with 10 being extremely safe and 1 being not safe at all), how safe do you feel here at Jean Ribault? _____

COVID-19 Vaccine

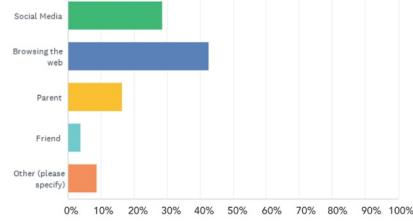
1. Have you been vaccinated? Yes or No **(Circle One)** If not, why not?

Annual Survey Results

Mental Health

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What are your preferred ways to get information (health-related)?

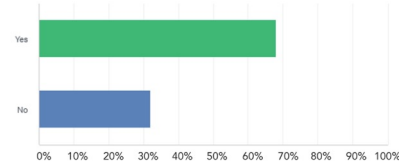


Wolfson Children's Health Center

Mental Health

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Do you talk to your friends about mental health?

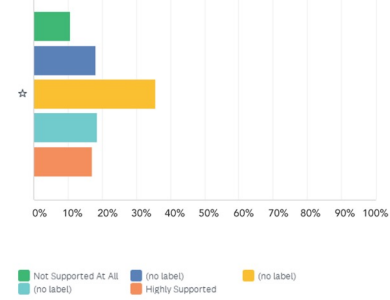


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Mental Health

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On a scale of 1-5, how supported do you feel by your peers here at Jean Ribault High School?

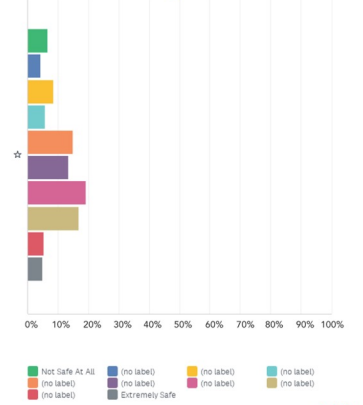


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Safety

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On a scale of 1-10, how safe do you feel here at Jean Ribault High School?

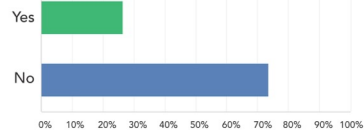


Wolfson Children's Health Center

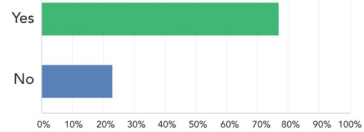
Teen Pregnancy & Sex

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Are you sexually active?



If yes, do you practice safe sex?

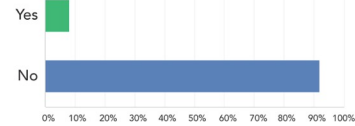


Wolfson Children's Health Center

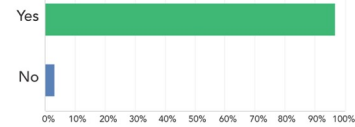
Teen Pregnancy & Sex

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Have you visited the on-campus Health Center to receive protection or birth control?



Do you know the consequences of having unprotected sex?

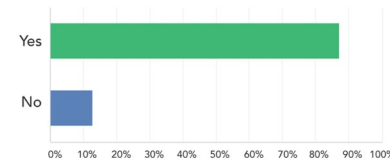


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Teen Pregnancy & Sex

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Females Only:
Do you know your options if you become pregnant?



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Mental Health

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What contributes to good health?

50% or more responded:

Exercise
Eating healthy
Good mental state

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Annual Survey Results

Mental Health

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What are adults not asking, but should be asking?

50% or more responded:

Are you ok?

About their
mental health

Are you sexually active?


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Teen Pregnancy & Sex

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What influences teens to be sexually active?

50% or more responded:

**Peer pressure/
friends**

Social media


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COVID-19 Vaccination

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Have you been vaccinated?

50% or more responded:

**No, I don't trust
it/it's not safe**

**No, my parents don't
want me to get it**


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Health Center

Discussion Time!



What qualities do you look for in a friend group to avoid negative peer pressure?



How can adults be more engaged with student's mental health?



What are some things happening at schools that make students feel unsafe?

Why We Lead?



Open up conversation for mental and physical health within the Black community in our school and inspire others to lead open discussions regarding mental and physical health.



Educate those in our community and school and help them to become more knowledgeable about health related topics



Educate ourselves on topics concerning our community and peers along with learning what we can do to help improve our overall health.

Common Damaging Practices Regarding Mental Health Within The Black Community



Seeing mental health conditions as a sign of attention seeking, labeling people with a mental health condition as crazy, and thinking those with depression are being lazy.

Invalidating the mental state of others by comparing or highlighting circumstances. Common phrases include; you're too young to know about depression, you have nothing to be sad about, someone else has it worse, and stop overreacting.

Treating one's mental health struggles as gossip and not keeping the information secure or private.

Statistics

In a 2018 study, it was found that **63%** of Black Americans thought that having a mental illness was a sign of weakness or a personal fail.

When it came to attitudes towards seeking mental health services, a 2013 study found that **80%** of Black Americans are extremely concerned about the stigma of mental health, which often discouraged the seeking of treatment.

Black females, grades 9-12, were **60%** more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age.

Q&A



Now it's time for our Q&A!

Feel free to type your questions in the chat or turn on your mic!

Thank you!

Instagram: @ribaultgetrow

