



Tempe[®]

Mayor's Youth
Advisory Commission



40TH

YOUTH TOWN HALL

ACTION PLAN

2020

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TEMPE CENTER FOR THE ARTS

Host of Youth Town Hall 2020



MYAC HISTORY & BACKGROUND



ABOUT THE COMMISSION

The Mayor's Youth Advisory Commission was established in 1980 in response to the challenges youth often face such as teen violence, substance abuse, mental and emotional issues and lack of positive recreational opportunities. Recognizing the importance of youth collaboration, Tempe has provided an advisory commission made up 100 % of youth. The commission reports directly to the Mayor and City Council.



COMMISSION PURPOSE

To promote youth involvement by:

- Offering a platform for youth to express their views, and interests
- Initiating and coordinating activities for Tempe youth
- Providing opportunities to develop leadership qualities
- Representing youth's interests, needs and ideas



COMMISSION MEMBERS

The commission consists of 18-24 members in 8th-12th grade who reside in Tempe and/or attend school with the City of Tempe. Members represent a variety of youth perspectives and interests



COMMISSION GOALS

- Explore solutions for local youth issues and relay suggestions directly to the Mayor and City Council
- Represent Tempe youth's interest and perspectives
- Sponsor annual youth events
- Support community efforts that recognize youth's accomplishments
- Represent Tempe youth at local, state and national events



MAYOR'S YOUTH **2019** ADVISORY COMMISSION **2020**

CHAIR

Regan Hatch

VICE CHAIR

Issyss Kelly

ADMINISTRATIVE RECORDER

Surabhi Sajith

MEMBERS

Adya Austin

Eleanor Buchta

Sabrina Dagher

Rowan DeBaise

Natalie Edgington

Aaron Harris

Brook Kirke

Jack Masche

TREASURER

Sarah Shick

YOUTH TOWN HALL CHAIR

Shea Catero

COMMUNICATIONS CHAIR

Kristen Pigon

MYAC ADVISOR

Adrian Cascio

Lilliana Pearson

Sofia Piraino

Synthia Ramos

Aviva Sanchez

Rachel Russell

Sjahhn Washington

Mariam Zubair



TEMPE CITY COUNCIL

MAYOR

Mark Mitchell

VICE MAYOR

Lauren Kuby

COUNCILMEMBERS

Jennifer Adams

Arlene Chin

Robin Arredondo-Savage

Randy Keating

Joel Navarro



Dear Mayor and City Council,

On February 25 2020, Tempe MYAC had the honor of holding the 40th annual Youth Town Hall at the Tempe Center for the Arts. Nearly 100 students from schools in Tempe gathered to participate in such activities as a teen resource showcase, a networking workshop, and surveys on the topics of Student Life, Teen Professional Development, and Police and Youth Engagement. These focus areas were gathered with the

immense support of the City of Tempe’s Strategic Management team and Budget Office which we would like to take the opportunity now to thank.

The following is all the information MYAC gathered from these students as well as the recommendations we formulated from this information. Our hope in sharing this is to further strengthen the impact of Tempe youth on their community. These students challenged themselves to put their ideas together into succinct ideas and requests from Council. On behalf of MYAC, I would like to thank you for your continued support of this event and willingness to provide a platform for these ideas to be shared. The participation of youth in city government proceedings is instrumental to have a successful community and we are all proud to be residents of a city that is dedicated to the youth and their wellbeing.

Sincerely,

Shea Catero
MYAC Youth Town Hall Chair



LETTER FROM SHEA CATERO
YOUTH TOWN HALL CHAIR

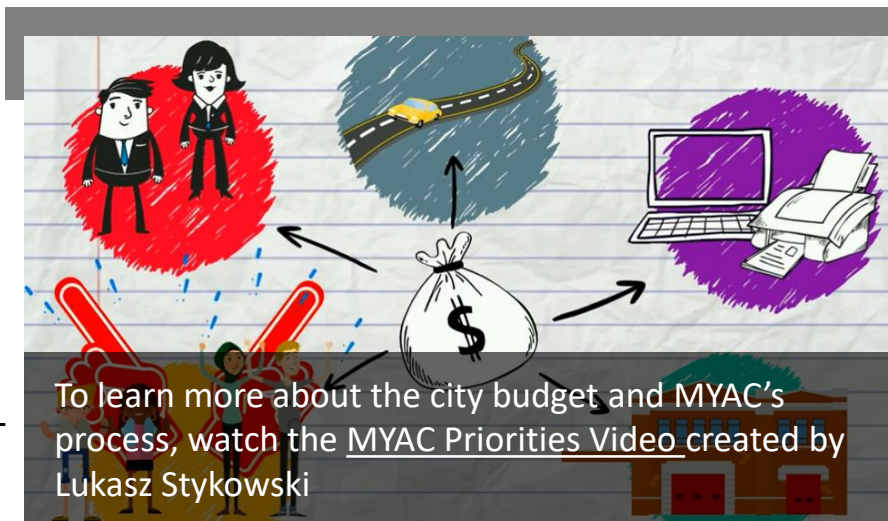


UNDERSTANDING THE CITY BUDGET

This year marks the first year that MYAC received training from the City Budget Director, Mark Day with the help of Strategic Management Intern, Intern, Lukasz Stykowski. Using “Tempe Dollars,” commissioners were tasked with reviewing the City Council Strategic Priorities and providing youth input on budget priorities.

With the help of Strategic Management Specialist, Wydale Holmes, MYAC MYAC reviewed their top 7 priorities and identified their top 3 priorities to present at this year’s Youth Town Hall.

This exercise also helped commissioners understand what Mayor and Council must go through to decide how the city’s budget will be used and how the city gathers input from the community in the decision-making process.



To learn more about the city budget and MYAC’s process, watch the [MYAC Priorities Video](#) created by Lukasz Stykowski

YOUTH TOWN HALL OVERVIEW

Youth Town Hall is an annual event planned and sponsored by the Mayor's Youth Advisory Commission (MYAC). Youth Town Hall gives teens the opportunity to have direct input into policy affecting them and experience the results. The annual event brings students together in Tempe with community decision makers, including school board members, civic and business leaders, public service agencies, and elected officials. Youth and adults exchange ideas and propose viable solutions for issues facing Tempe's youth.

This year's event was held on Tuesday, February 25, 2020 at the Tempe Center for the Arts. During this year's event, more than 90 participants gathered in discussion groups in order to address three topic areas. Visit www.tempe.gov/myac to view a video featuring teen and adult participants.

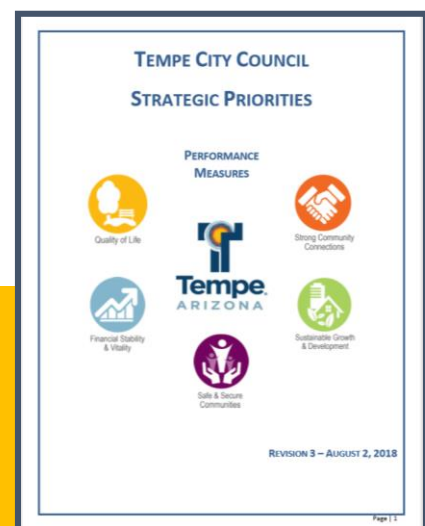
Recommendations generated at Youth Town Hall are published in the accompanying Youth Town Hall Report. The report is presented to the Tempe City Council for possible action and policy changes. The report is also widely disseminated in our community and will be presented to local school district governing boards.

THIS YEAR'S TOPIC AREAS

Topic areas identified align with the Tempe City Council Strategic Priorities Performance Measures.

Visit

www.tempe.gov/strategicmanagement
for more information on City Council Strategic Priorities.





NETWORKING 101

MYAC was honored to have Alberto Olivas as a keynote speaker Youth Town Hall. Alberto facilitated a workshop called *Networking 101*. This topic was chosen by MYAC Chairs to support students in combating nervousness and more effectively take advantage of networking opportunities as a representative of their school, club, organization and/or on their own behalf.



Alberto Olivas, Founding Executive Director

Congressman Pastor Center for Politics & Public Service
ASU College of Public Service and Community Solutions

Contact Info: Alberto.olivas@asu.edu; (602) 496-0947

Networking 101 Highlights:

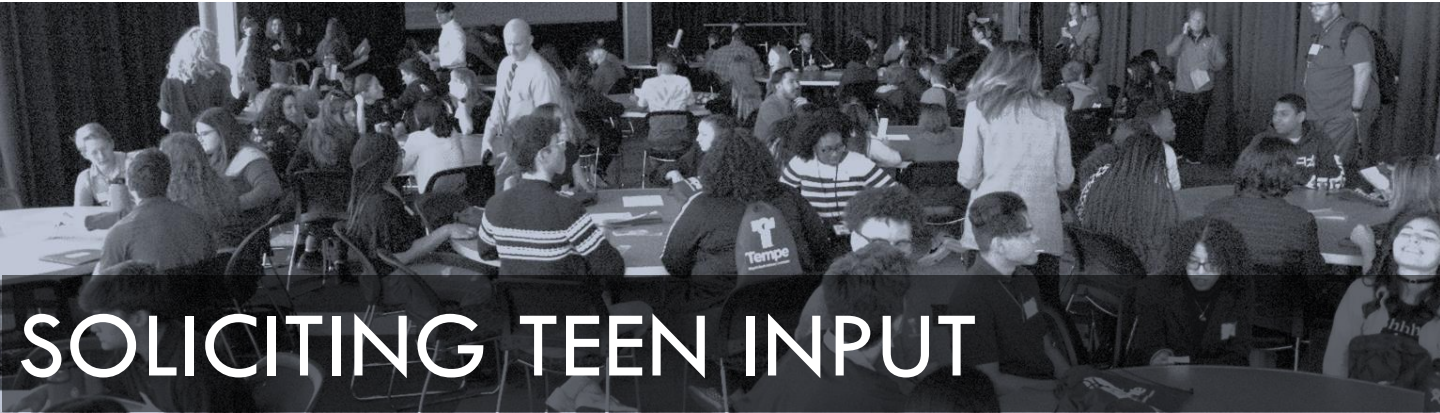
Alberto Olivas delivered an interactive workshop specifically to support young people in developing their confidence and effectively networking.

1. Networking 101 Overview Presentation
 - Why networking matters
 - How Networking Will Help You
 - Networking Tips
2. Practice exercise networking with peers.
3. Panel of adult participants



that included a City of Tempe recreation center supervisor, Tempe PD Officer and a middle school teacher:

- Teens had the opportunity to ask questions to the panel members regarding their profession, situations they experienced relating to networking and challenges they have overcome.



SOLICITING TEEN INPUT

The spirit of Youth Town Hall relies on receiving and capturing input from participants. This year brought a new format of presenting topics to teens and soliciting their input during the "Be Heard!" activity.

Notable changes include:

- The ability for teens to participate in each topic and provide input
- Youth Facilitators sharing a research board to present their topic that provided leading questions, background information, statistics and relevant resources
- Submitting input through use of Google Forms via their phone or tablets at each topic satiation. Post-Its were also available to share input
- Provide a post Youth Town Hall Poll that could be shared to students who were unable to attend

YTH Be Heard! Activity



50 responses

Post YTH Survey



75 Responses

By receiving responses through Google Forms, MYAC was able to more accurately capture participant input and suggestions. We also hope that this allowed participants to be more comfortable with sharing honestly and anonymously if preferred.

This year's approach provided new opportunities and challenges that MYAC hopes to continue to improve on for future events. We thank, Strategic Management Intern, Lukasz Stykowski for the idea of incorporating technology and MYAC commissioners who took on a new and innovative strategy.

HOW TO READ THE TOPIC TITLE PAGE

TOPIC TITLE

This is a topic that was addressed at YTH.



COUNCIL PRIORITY
PERFORMANCE MEASURE 0.00

[Performance measure description.]

Each topic relates to a City of Tempe Council Priority and performance measure.

Each topic was presented by two MYAC Commissioners at YTH.

MYAC YOUTH FACILITATORS

[Names]

SUBJECT MATTER EXPERTS

[Names]

Subject Matter Experts (SME) are professionals who work in a field that relates to the topic. The SME's came to Youth Town Hall to support the MYAC Youth Facilitators to answer questions from students and listen to input.



YOUTH TOWN HALL TOPIC SUMMARIES

1. POLICE & YOUTH ENGAGEMENT

Addresses barriers to positive engagement with youth and Tempe law enforcement and strategies to develop a more constructive relationship.

City of Tempe Council Priority: Strong Community Connections



2. TEEN PROFESSIONAL DEVELOPMENT

Addresses barriers to professional development opportunities for Tempe teens

City of Tempe Council Priority: Financial Stability and Vitality



3. STUDENT LIFE

Addresses the challenges of students maintaining balance of school life and the accessibility of emotional wellness support.

City of Tempe Council Priority: Strong Community Connections





POLICE & YOUTH ENGAGEMENT



STRONG COMMUNITY CONNECTIONS PERFORMANCE MEASURE 2.06

Achieve ratings of "Very Satisfied" or "Satisfied" with the "Feeling of Officers" (1) treating you fairly, (2) listening carefully, (3) caring about one's well-being, (4) being honest and (5) being satisfied with how encounters are resolved greater than or equal to the 2017 benchmarks as measured in the ASU Citizen Survey.

MYAC YOUTH FACILITATORS

Brooke Kirk - *Tempe Preparatory Academy*

Sarah Shick - *Tempe High*

SUBJECT MATTER EXPERTS

Michael Hayes - *Tempe PD*

Josie Monegro - *Tempe PD*

Charles Pheanis - *Tempe PD*

Michelle Reyes - *Tempe PD*

Scott Smith - *Tempe PD*

Lauren Wallace - *Tempe PD*

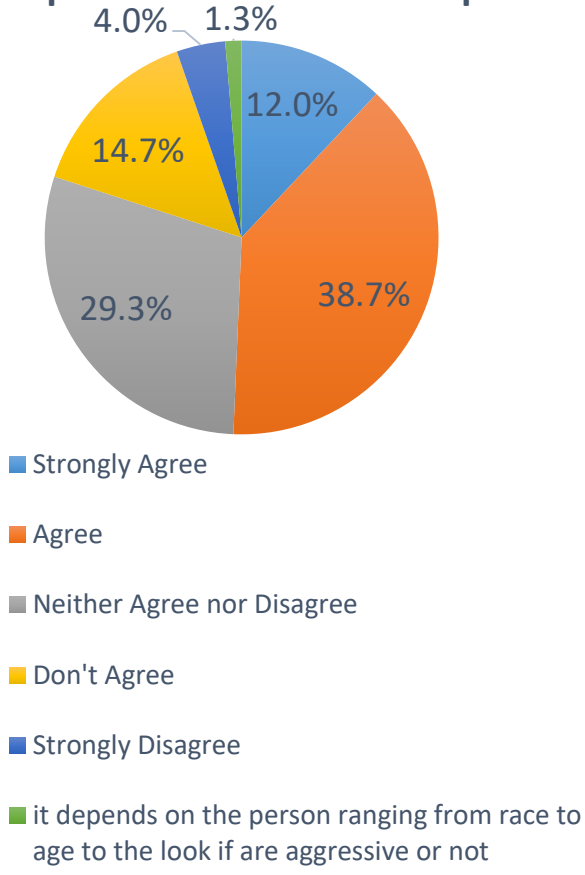


POLICE & YOUTH ENGAGEMENT

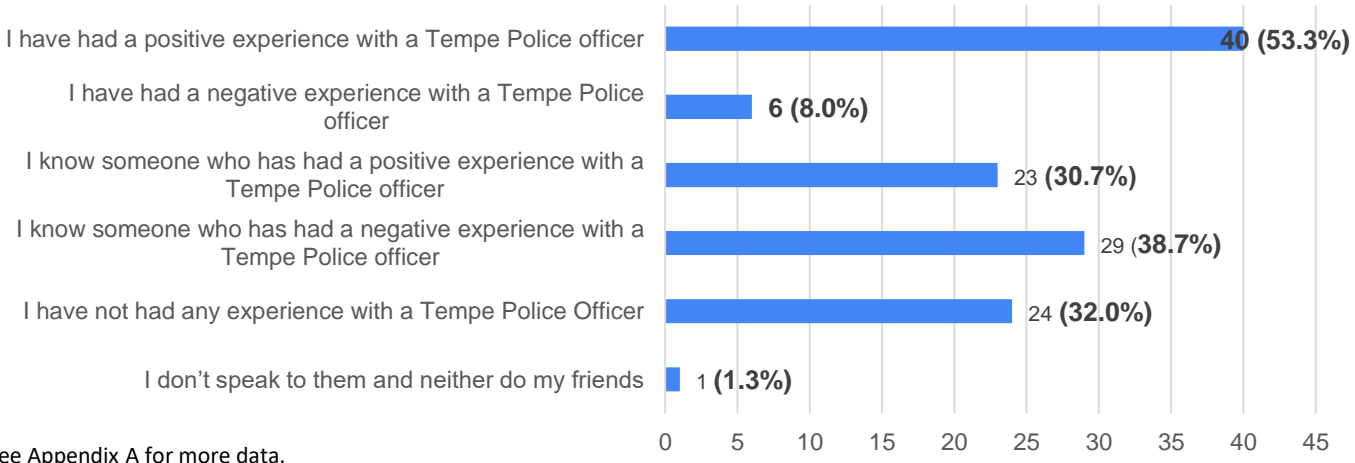
A CLOSER LOOK

Recent events in Tempe have put a spotlight on **police and youth engagement**, with many Tempe youth hoping to strengthen the connection between police officers and the Tempe youth community. From 2015 to 2017, teens' perception of law enforcement dropped to be equally as negative of the justice system, while confidence in other institutions remained the same (Fine, 2019). Of the 75 students surveyed, about only half feel that they can ask a Tempe police officer for help. However, over half of respondents reported having a positive experience with police officers. Students are asking to improve the youths' relationship with Tempe police by increasing familiarity with police and creating an environment where they feel more comfortable communicating with each other.


I feel like I can ask a Tempe Police Officer for help.



Experiences With Police



See Appendix A for more data.



POLICE & YOUTH ENGAGEMENT

BEYOND THE NUMBERS



Student quotes

“Our SRO comes into my classes occasionally and talks to us and is very friendly and I really enjoy talking to him because he is just a nice guy. He is not an SRO for our school but he is also someone you can go to if you are stressed or just need to talk. I feel like this just makes me feel safer and more comfortable at school.”

“One time my friend was pulled away by an officer and I felt threatened and worried as I thought he was in trouble but the cop just wanted to let him know something kind, but I just want to be able to fix that kind of mindset.”



Student Questions

“Is there anyway for me to get involved in police department today?”

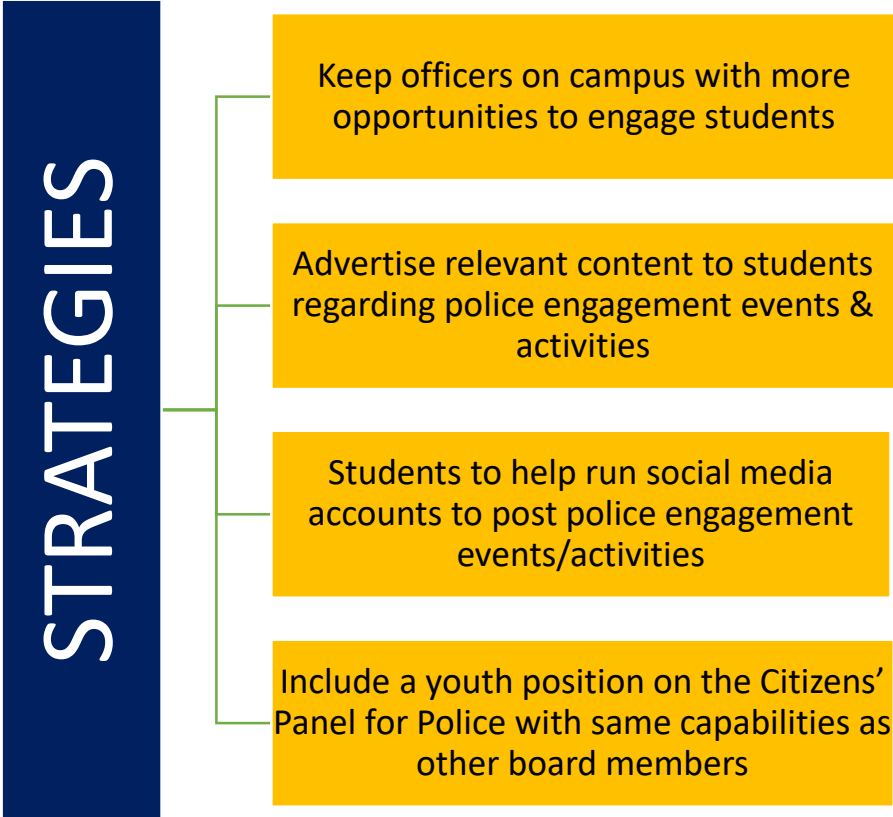
“How can we humanize police officers with the youth?”



POLICE & YOUTH ENGAGEMENT

MYAC'S RECOMMENDATION

Create an ongoing dialogue with Tempe PD - in-person; through social media and through community conversation.





POLICE & YOUTH ENGAGEMENT

ANTICIPATED OUTCOMES

Create an ongoing dialogue with Tempe PD - in-person; through social media and through community conversation.



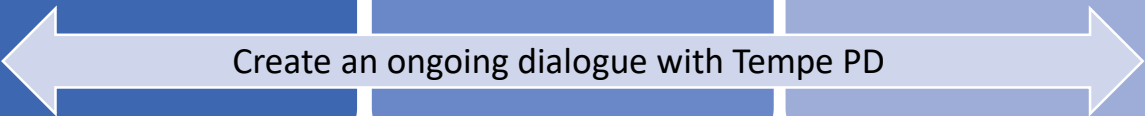
Opportunities for youth to engage with Tempe PD may increase positive perceptions and trust.




Youth-led social media will ensure relevant content to youth and increase awareness of police-related activities and events.



Having youth representation on the Citizens' Panel for Police will allow for a platform for youth to be part of decision-making and increase knowledge of processes.





TEEN PROFESSIONAL DEVELOPMENT



FINANCIAL STABILTY & VITALITY PERFORMANCE MEASURE 5.02

Achieve ratings of "Very Satisfied" or "Satisfied" with the "Feeling of Officers" (1) treating you fairly, (2) listening carefully, (3) caring about one's well-being, (4) being honest and (5) being satisfied with how encounters are resolved greater than or equal to the 2017 benchmarks as measured in the ASU Citizen Survey.

MYAC YOUTH FACILITATORS

Adya Austin - Tempe High

Sofia Piraino - McClintock High School

SUBJECT MATTER EXPERT

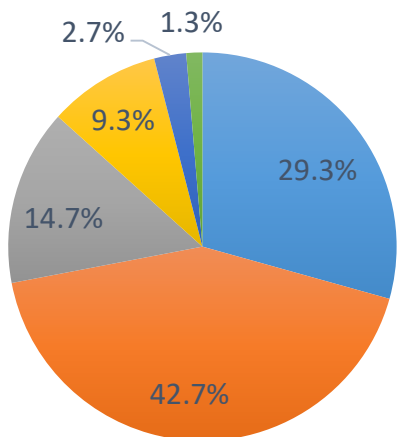
Jinkee Pacifico - Arizona@Work

TEEN PROFESSIONAL DEVELOPMENT

A CLOSER LOOK

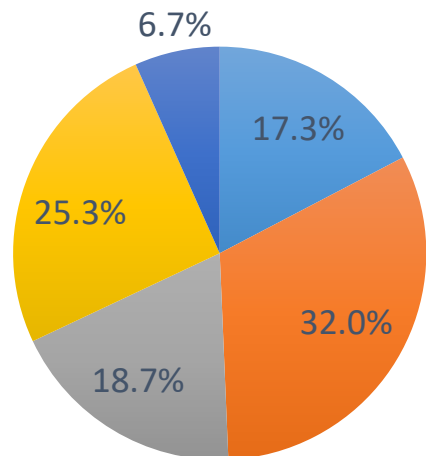
Teen professional development is crucial to prepare youth to meet the requirements of selective higher education institutions and achieve their career goals in an increasingly competitive job market. According to Arizona@Work Workforce Program Supervisor, Jinkee Pacifico, the essential skills many young people seem to lack include critical thinking, problem-solving, effective communication, and attention to detail. Programs like Career Ready Tempe and College Connect Tempe provide much-needed access to information and resources for students. However, only half of the students surveyed know where to get help to develop professional skills. Youth Town Hall feedback showed many students are eager to work but felt that internships either lacked variety or were not available to them because they were not 17 or older. Tempe youth are ready to develop the skills they need to meet their career goals and are asking for further opportunities.

I would be interested in an internship through the City of Tempe to gain work experience.



- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Don't Agree
- Strongly Disagree
- Live in Phoenix

I know where to go to get help to develop professional skills.



- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Don't Agree
- Strongly Disagree

TEEN PROFESSIONAL DEVELOPMENT

BEYOND THE NUMBERS



Student quotes

“As a member of Tempe Youth leadership, I have taken a liking to local government and would like to continue experiencing it even when the program ends.”

“As a student wanting to go to college, it sometimes isn’t the easiest job to find info on my career for a specific college.”



Student Questions

How can teens get more involved in internships?

Do you have any plans to expand the program beyond Tempe Union High School District? If so, how?

What are you doing to get the word out there?

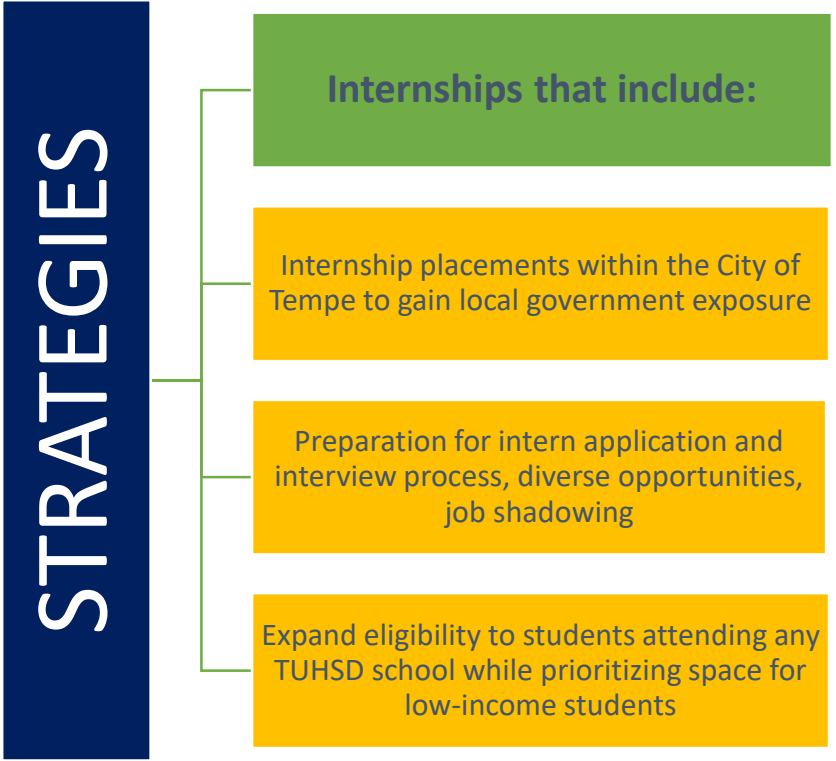
What sources are there? Where can I go to specifically help my needs with my career?



TEEN PROFESSIONAL DEVELOPMENT

MYAC'S RECOMMENDATION

Expand and continue The City of Tempe's teen internship program: [Career Ready Tempe](#)



TEEN PROFESSIONAL DEVELOPMENT

ANTICIPATED OUTCOMES

Expand and continue The City of Tempe's teen internship program: [Career Ready Tempe](#)



More students feel better prepared for the workforce.



Students gain valuable experience that increases their skillset and knowledge of city government.



Students who go to school in Tempe can also work in Tempe and contribute talent.

Expand and continue Career Ready Tempe



STUDENT LIFE



QUALITY OF LIFE PERFORMANCE MEASURE 3.37

Place Holder: Mental Health & Wellness

MYAC YOUTH FACILITATORS

Issyss Kelly - *McClintock High School*

Surabhi Sajith - *BASIS Ahwatukee*

SUBJECT MATTER EXPERTS

Eskesha Clark - *CARE 7*

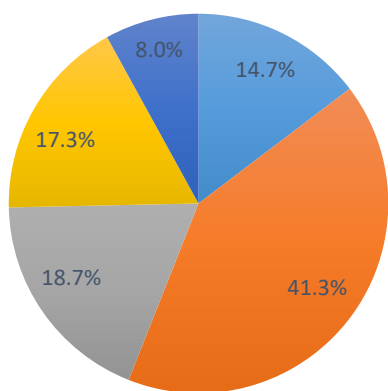
Maria Gonzalez - *CARE 7*

STUDENT LIFE

A CLOSER LOOK

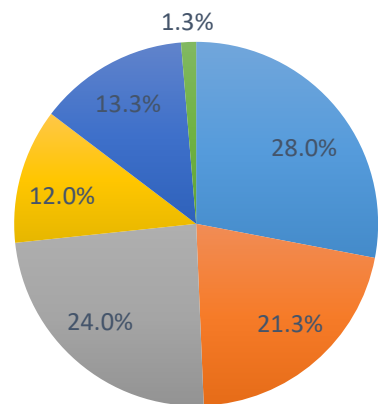
Student life consists of the daily challenges that students balance, including being overworked, responsibilities at home, and managing their mental wellness. 70% of students feel that anxiety and depression are a major problem affecting people their age in their communities (Horowitz & Graf, 2019). Less than half of the students surveyed feel that they can manage their negative feelings. More concerning is that some students surveyed share that they know peers who are overly stressed from balancing school and other responsibilities. Fortunately, the City of Tempe has CARE 7 Youth Specialists assigned to each TUHSD school. In addition to CARE 7's current support, Tempe youth are asking for more type guidance on managing stressful workloads and improvements to school climate that could improve their well-being.

I know how to positively manage negative feelings.



- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Don't Agree
- Strongly Disagree

I feel comfortable talking to a school staff when I am stressed at school.



- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Don't Agree
- Strongly Disagree



STUDENT LIFE

BEYOND THE NUMBERS



Student quotes

“During school I have had friends that go to the restroom to cry or have had panic attacks in the restroom because they are so overwhelmed, I think that by putting brighter colors around campus students will feel better.”

“I think schools in TUHSD have taken more precaution to listening to students because their ideas about safety issues and health awareness are extremely prevalent. Specifically, my school has dedicated a room to allowing students to relax when they're stressed. While I haven't been, most people think it's unnecessary, but I think that an inside perspective would be helpful.”

“Our SRO comes into my classes occasionally and talks to us and is very friendly and I really enjoy talking to him because he is just a nice guy. He is not an SRO for our school but he is also someone you can go to if you are stressed or just need to talk. I feel like this just makes me feel safer and more comfortable at school.”



Student Questions

“How important is social emotional wellness of students to school district officials? Depending on this answer, how far are they willing to go to provide resources for the less represented students?”

“How can we resolve the hesitant person from asking for help?”

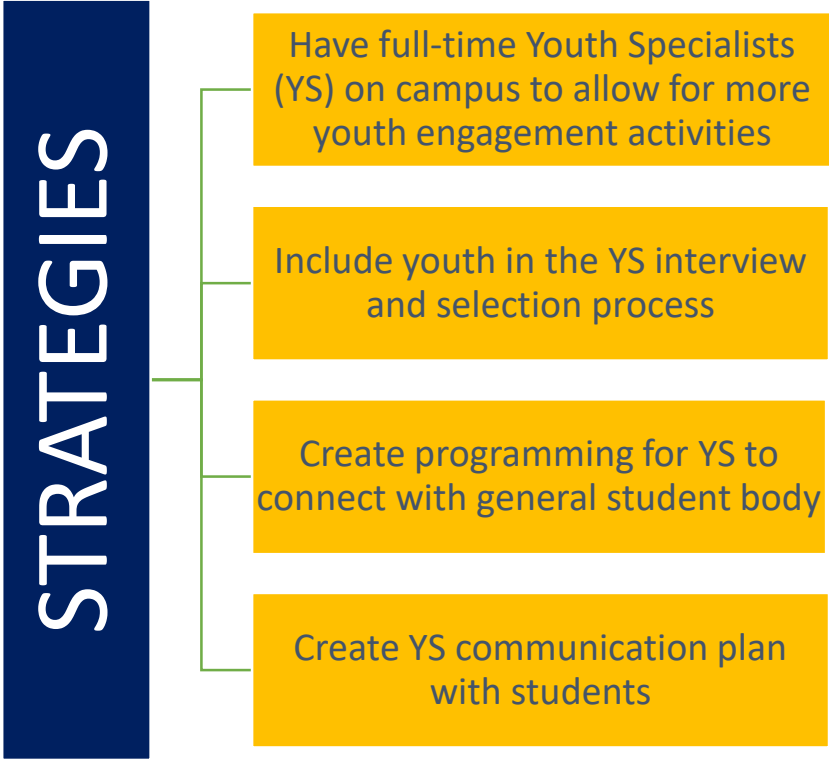
“What could we do to make school less of a burden on those with poor home situations?”



STUDENT LIFE

MYAC'S RECOMMENDATION

Increase the capacity of CARE 7 Youth Specialists and youth involvement with Youth Specialists





STUDENT LIFE

ANTICIPATED OUTCOMES

Increase the capacity of CARE 7 Youth Specialists and youth involvement with Youth Specialists



Having Youth Specialists able to facilitate discussions in class may increase the amount of youth who feel comfortable asking for help.



Decrease the stigma of mental health issues like stress, depression, anxiety, etc.



Students will more effectively manage negative feelings.

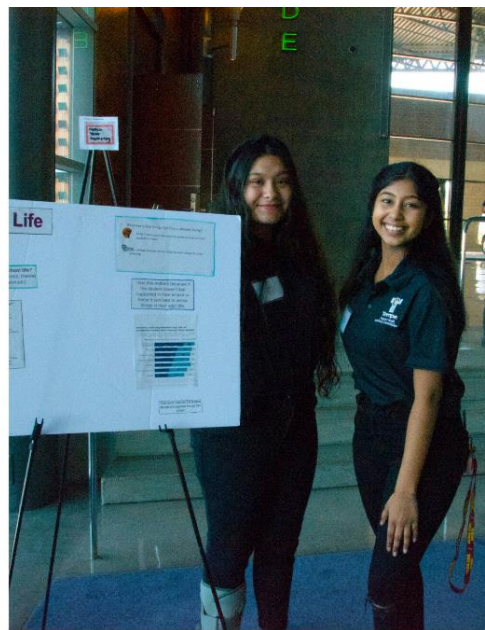
← Increase the capacity of Youth Specialists and youth involvement with Youth Specialists →



THANK YOU FOR YOUR PARTICIPATION!



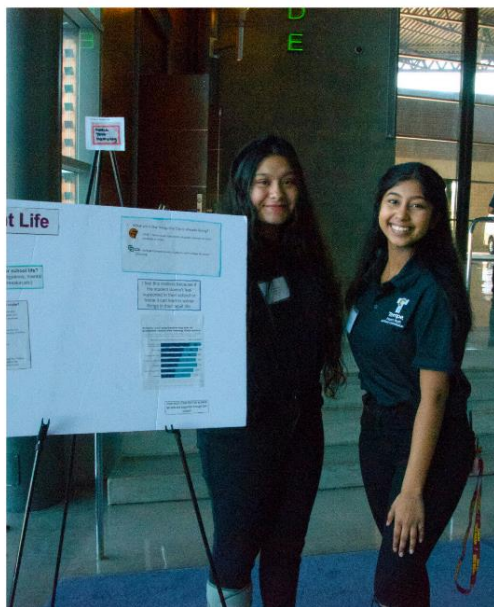
Principals, vice principals, activities principals, school administrators, faculty, parents/guardians we appreciate your coordination and support!



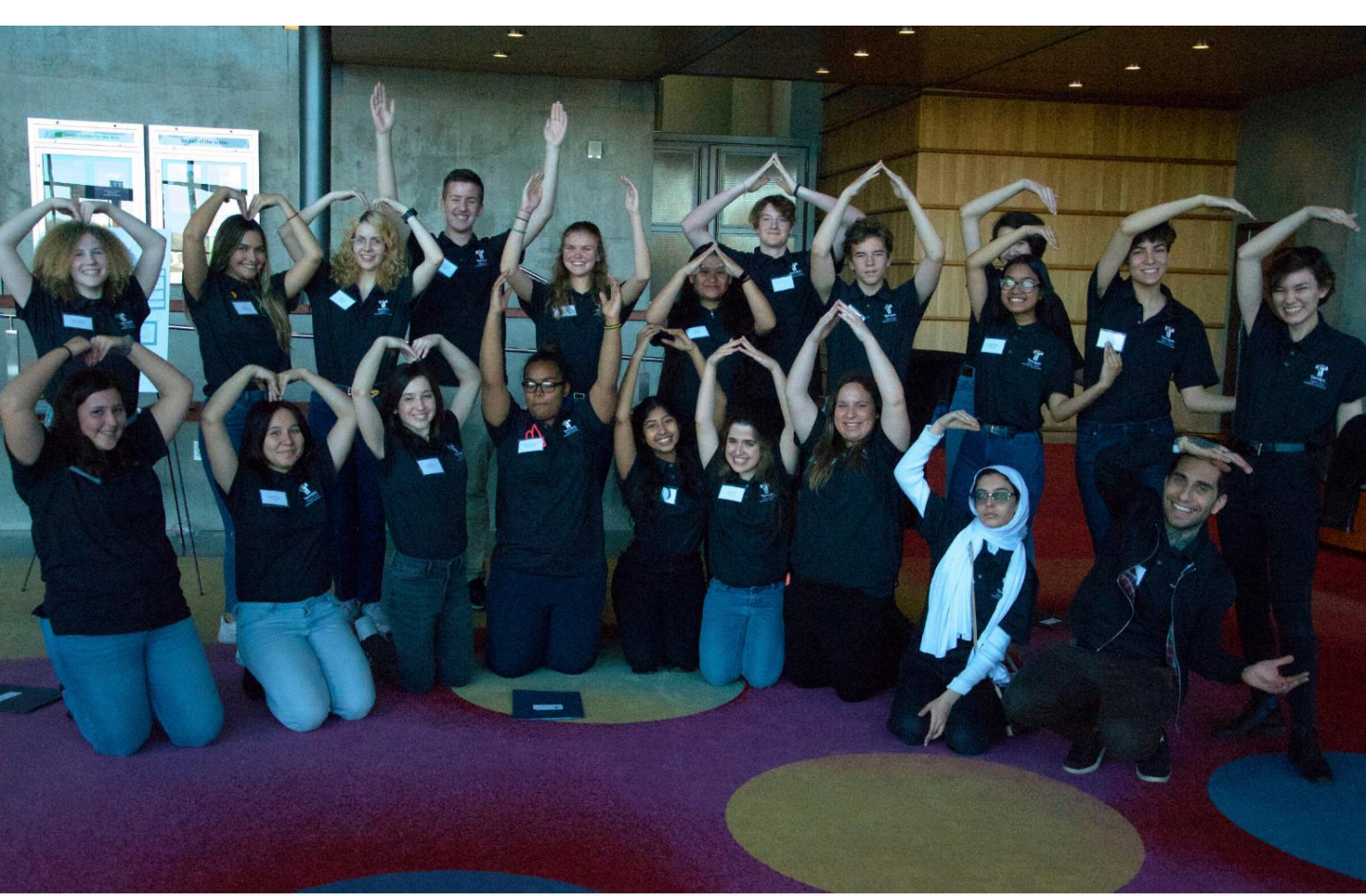
Pictures by Thia Fuller



Pictures by Thia Fuller



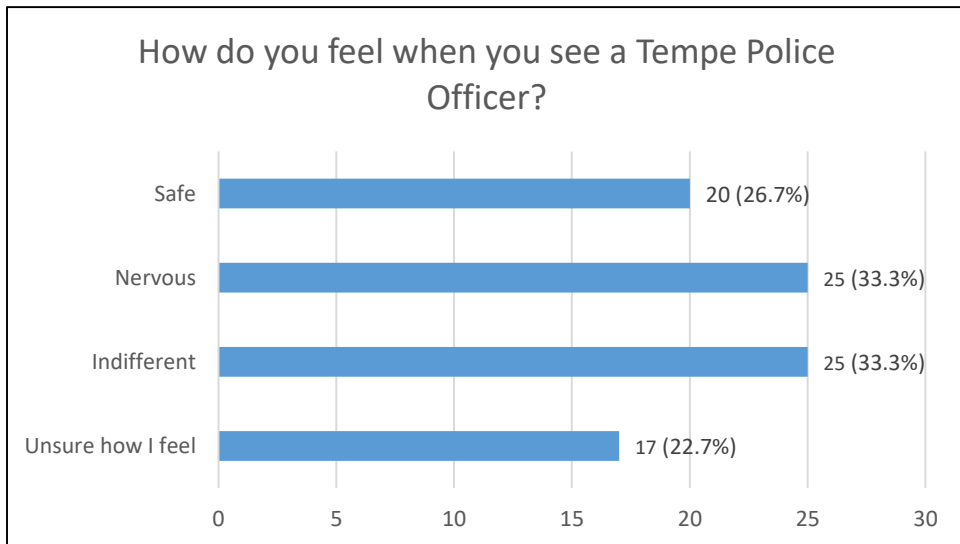
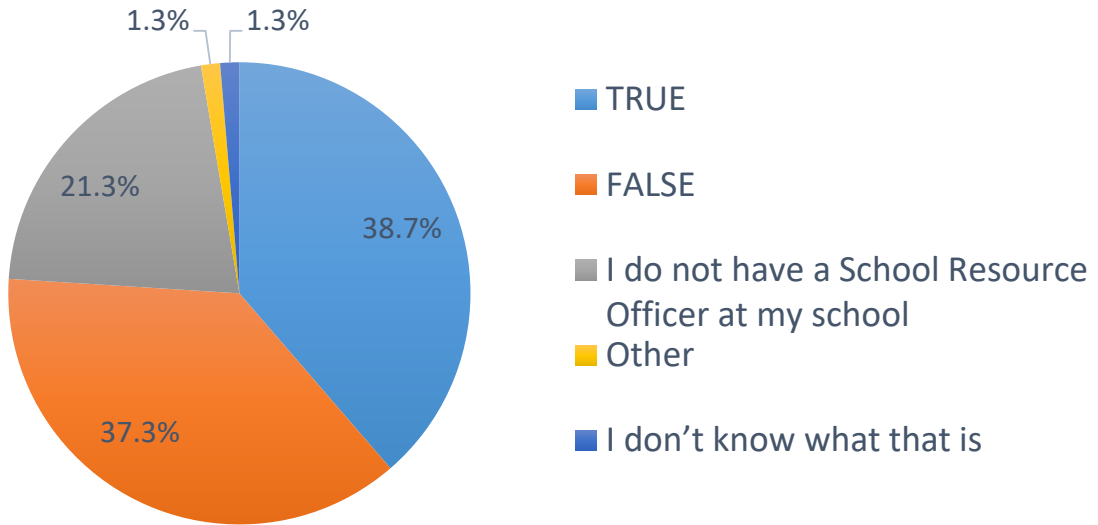
Pictures by Thia Fuller



Pictures by Thia Fuller

APPENDIX A: Poll Responses to Police & Youth Engagement

I have met my School Resource Officer.



APPENDIX B: **Student Responses** to Police & Youth Engagement

“This topic has affected me because I have done classes like criminal justice and government. I feel better informed and know my rights to ensure I’m not violated or violating laws. Some kids don’t however and they get themselves in more trouble by over explaining and speaking when they don’t have to , or breaking laws they didn’t know existed.”

“The Tempe Police Department needs intensive and thoughtful reworking—a necessary adjustment which I have not seen reflected in any Tempe police officer I have ever met. The presence of so many officers at Youth Town Hall deterred honest feedback and suggestions from students (specifically of color) who feel threatened and outcast by their “law enforcement” (a title which has come to mean a stringent reinforcement of the comfort of white citizens as the EXPENSE of the lives of CHILDREN of color). No officer should EVER have been approved to work in a community if he would prefer murdering a fourteen year old instead of handling any situation which would arise with consideration, empathy, and REASONING; thus proving himself incapable of performing the requirements of his job. The Tempe City Council severely lacks in their ability to lead and govern because of their inaction or insufficient action in regard to this, and the Tempe Police Department, while always the laughingstock of Arizona law enforcement, has illustrated itself as a detached and cruel faction dedicated to the proliferation of racism, classism, and harassment in their city.”

“Maybe coming to the schools personally and advertising would be better exposure?”

APPENDIX C: **Student Suggestions** to Police & Youth Engagement

“I think police officers that prove to be problematic should not only have special training but they should also get a probationary period.”

“Get people to know the police more, like create meeting days. I sometimes feel stressed around officers so make it to where I can meet officers in my area in a calm environment.”

“Tempe can create more interaction between the police if our city and the youth so there is an open line of communication. Tempe can also facilitate more open communication and discussion between the youth of the city and the police.”

“I think just more exposure with teens would be a good idea. I myself have never had a personal interaction with a police officer. “

“Kids need to be more exposed to law enforcement and their rights. So engagement with police doesn't have to be such a scary experience. Uninformed kids may first assume they are in trouble when approached by enforcement, but being aware of their rights can make it just that much less scary. Instead of assuming they are in trouble knowing their rights will make them feel comfortable in their judgment when doing things to stay in the frame of the law. Rights and law should be taught to children younger to make sure they are always comfortable. Let's take the harsh light off of police officers ♡”

“- Civilian review board with subpoena and firing power.

- Decreasing the amount or eliminating officers from campuses and instead having more social workers. If officers must be on campus, they should never have guns.

- Next time instead of having officers come and try to defend their job they should listen to the people they are 'serving' because MANY people in this conversation felt silenced or invalidated because of some reactions the officers gave.

- Extensive background checks and if they are found to have racist posts, comments, etc. they will go to the civilian review board.

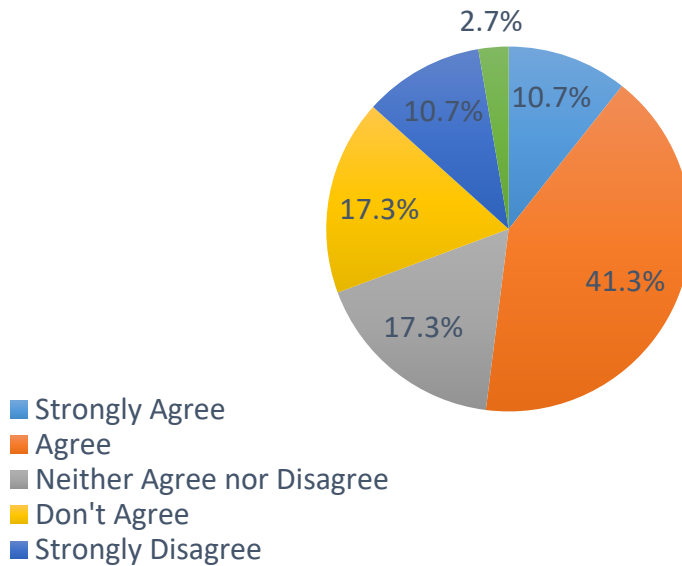
- The city needs to stop criminalizing homeless and let people sleep in their cars or under bridges.

- Decriminalize marijuana and use restorative justice when dealing with drug charges because addiction is serious and is often not handled well by officers. This is yet another place where social workers and unarmed community helpers are more practical and safe.

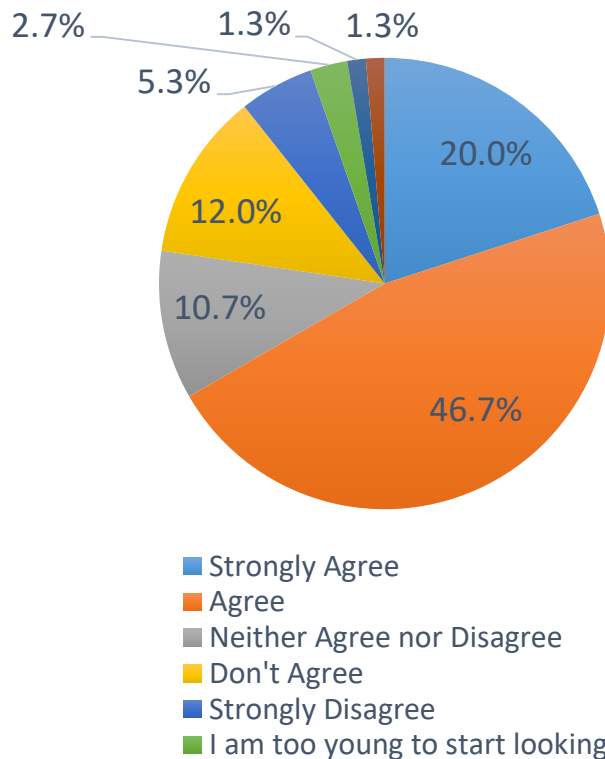
- Work with valley metro to get less security on the light rail and allocate the money to free public transportation cards for low income people.”

APPENDIX D: Poll Responses to Teen Professional Development

I know what I can do to get experience that will help me get a job.



I feel prepared to get a job.



APPENDIX E: **Student Responses** to Teen Professional Development

“I have a little experience with working and I do feel like it made me more responsible and mature.”

“I was actually a part of a think tank for a summer program where we voiced our concerns about things affecting us as teens, and one possible problem was how to access jobs that grant more life skills than just ‘Would you like some ketchup with that?’”

APPENDIX F: **Student Suggestions** to Teen Professional Development

“More opportunities for internships and immersion in local government and politics
I think that we should have a group to help find jobs.”

“Teens need to be made more aware of opportunities and choices they have. Postings and making students more aware of their options will push students to further take advantage of what is available . Some people have not had enough time or settings where they can network and learn of these opportunities. General awareness and Programs will help kids know what their options are.”

“Maybe expand the 2 year pilot program to more than a summer internship
I think that we should have a group to help find jobs.”

“Although last summer had a 7.8% increase in teen jobs, I few like the majority are in the fast food industry. I think adding more emphasis or just exposure to jobs that can grant possible college career benefits would make a difference!
Publicize the resources of college help & financial aid.”

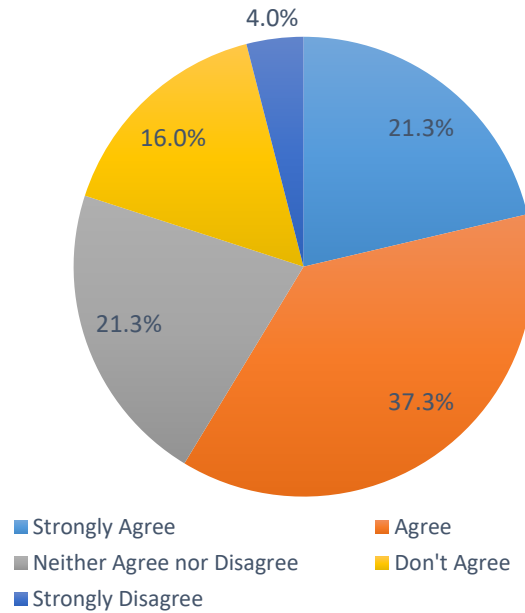
“Tempe can make these volunteer and internship opportunities known. Also they can be more inclusive to more age ranges rather than 17+.”

“Have more job/ internship fairs at schools to increase awareness. Provide incentives for internships like school credit.”

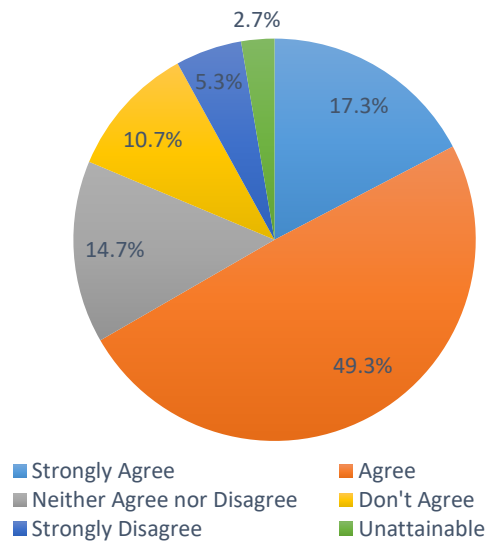
“I will pay for college by getting good grades and maintaining a good GPA. These will help me to get scholarships.”

APPENDIX G: Poll Responses to Student Life

I feel like I can manage all my responsibilities at school.



I am aware of resources at school and out of school to help promote positive mental health wellness.



APPENDIX H: **Student Responses** to Student Life

“I had pretty severe social anxiety and our school would grade harshly based on participation. Whenever I would try to tell teachers, many just shrug it off. I'm also getting like 0 sleep because of the hw load lol.”

“I feel really sad that mental health awareness isn't really taught or how people who are crying or upset don't really seem to have a positive safe place at school.”

“I have been homeless in the previous two years, and no matter how hard I try to reach out. It's the basic solution of 'ask help', 'contact the state'. I rather have a friendly figure one on one help me. Yet not a single resource has helped me beside my teachers and semi-counselor. Luckily, I am supportive enough to myself, yet others need that help available to comfortability.”

“Student Life is extremely important to me as Student Body President at my school. Administration and Teachers should not be in a classroom if they do not like children or can not deal with them.

If there it is obvious to the majority of a school that they have a terrible environment, then actions must be taken by administration and teachers but especially student leaders. I despise the idea of leaving those environments alone because kid's lives are destroyed every day in them..”

“Most of the students in my school feel insecure and don't want to show who they want to be that is why I want this.”

“I am not close with my counselor and she doesn't not have experience with children who have gone through traumatic experiences. However she is great for the college admissions process and helped me a lot with that.”

“My siblings are very stressed about their workload. This problem can't be solved, it's just the way the school operates. Maybe a limit on how much a school can assign?”

“How do I become comfortable while talking to adults that I will encounter?”

APPENDIX H: **Student Responses** to Student Life

“Why is this not a requirement?”

“How can we help a student’s home life?”

Why is there so much unnecessary busy work?”

“Why cant teens feel safe?”

“What are the limits on what the city can do about homework levels?”

“Is there a way for students to still retain information they learned in class without assigning lots of homework?”

APPENDIX I: Student Suggestions to Student Life

“Make a mandatory day at schools to show this.”

“Tempe can encourage students to express their feelings and their mental health so there is a lower rate of burnout.”

“I think this is a great topic to bring awareness to because many students and people are struggling with anxiety, stress or even depression. I think ways to relieve stress should be shared to students along with ways to manage your stress. “

“Add more social workers to schools. Have counselors who handle emotional well being while others handle academics.”

“Educate teachers better on the idea of anxiety/to look for signs of depression etc
Something's affecting my school life, are things such as sports, or even being in honors classes. I say this because sport takes up time for you to study and do your homework, and honors classes go into more depth and require much more work and thinking.”

“Require sex ed for the school curriculum.”

“More school funding for problems such as these would help. I feel like some of the problems are related to not feeling like they have an equal opportunity to get a good education. This can be linked to underfunding of schools. Better school funding would help with some of these problems.
I like Care 7 because it decreases students stress.”

“Have monthly or weekly surveys for students about how they are doing, what their workload is like, and what their home life is. It could be optional.”

“Honors and AP classes be more forgiving”

Increased awareness of existing programs and having trauma informed teachers who know how to handle students in distress “

“I think there should be a group of people to support teens to show what they want to be and for everyone of the group to be in each school.”

“Most students experience s lot of homework-related stress. Something that I think will help with reducing this is allowing more in-school time for work and tutoring, and also using outside programs to promote existing tutoring programs at school.”

“I believe the initial response of every participant to contribute to the questioning would take a viewpoint of stress. Stress can lead to many things that include depression, anxiety, and eventual life affecting problems. Stress should be analyzed as an issue that need to work towards of relieving. By near by, easy to access, programs with community PEOPLE. Not computers or brochures. Human connection. Be more of a Neighborhood community, not distant. “

APPENDIX I: **Student Suggestions to Student Life**

“My problem is that I just don’t feel like all of these programs are directed towards me. I go to Tempe Prep and it doesn’t fall under the Tempe Union School District so the things Care 7 focuses on don’t really reach me. “

“Students are put under lots and lots of pressure during school. I way that students can try and cope with this might be to implement a type of garden in the school for them to breath, relax, and reflect on what’s going on. Most campus' are full of dull colors not helping students feel welcomed or happy. I think that by adding bright colors or in the restroom put inspirational or positive body messages helping students confidences.”

“Opening up the students who secretly do well in school be more comfortable should really help them out. I feel like students that are more quiet, overthinking, or really stress tend to keep things/thoughts to themselves. Even when teachers try to put students in groups or interact, students feel very uncomfortable. I feel like if there were more advertisement local close programs that could help teens have a voice instead of being in their own little worlds.”

“Teachers should work on regulating assigned work and consider student's outside life”

“Having a bus protocol for kids going home & lost bus passes.”

“Reducing stigma around mental illness/inciting solidarity among students. Encouraging teacher/counselor intervention, finding the root of the problem.”

“We need more teachers working to help students. Be more open & understanding. Also, having resources open for everyone!”

Promoting recreational centers. Having a step process to benefit healthy awareness

“District officials need to figure out what schools are not supporting the social emotional wellness of students. Once they identify these schools they must figure out the issue with the school. How are the teachers treating each and every student? Is there racial or socioeconomic status bias?”