YOUTH SUMMIT 2019

FRIDAY
APRIL 5
FOR STUDENTS
KNOWLEDGE, EMPOWERMENT, UNDERSTANDING

SATURDAY
APRIL 6
FOR PARENTS, EDUCATORS AND COMMUNITY
THEY’RE TALKING, ARE WE LISTENING?

Grappone Conference Center
Concord, NH

www.dhyouthsommit.com
Day 1: For Youth, Led by Youth
“Knowledge, Empowerment, Understanding”
350 Students from 65 School Districts

• Morning: 9 topical discussions
  • Each student attended 3 discussion groups
  • Approximately 120 in each group, divided into sub-groups of 40
  • Each group had 3 student facilitators, 3 content experts (educator, psychology, health care), and 6 scribes per group

• Lunch: report outs and discussion

• Afternoon:
  • Life Balance Challenges: Hannah Kearney, Olympic Gold skier from the Upper Valley
  • Social Media for Good: Seattle Mama Doc, Wendy Sue Swanson, Pediatrician
  • Film & Writing Festival: 50 submissions: 5 top videos, 4 top stories highlighted
    • Will be posted on NH Children’s Behavioral Health Collaborative: http://www.nh4youth.org/
Day 2: For Educators, Parents, Community
“They’re Talking. Are We Listening?”

• Approximately 150 attendees
• Report-out and discussion panels (students, content experts, audience)
  • Mental Health
  • Diversity
  • Timely Topics
• Social Media
• Community engagement
  • Researcher-Community Collaboration: *Teen Speak Out*
  • Public Health Networks as rich resources
  • Health care community collaborations
What We Heard: Experiences & Opportunities

“Anyone who harbors doubts about the younger generation—or the future of civil discourse, for that matter—should have gone to the Dartmouth-Hitchcock Youth Summit last Friday.”
Shawne Wickham
Manchester Union Leader, April 8, 2019

At right: Quincy Roy from Manchester Memorial High School leads a discussion at the Dartmouth-Hitchcock Youth Summit.
Substance Use

• Experience
  • Wide spread use: cope and escape, peer pressure, parental use
  • Vaping use huge, also use of marijuana, pills, alcohol
  • Kids are using at school without detection
  • Sense that there is an emphasis on punishment rather than providing help

• Hopes
  • Need education on the science of substances and health
  • Treat like a health issue so kids can come forward
  • Peer educators and support balanced with expert information
  • Concern with out of school suspension for kids who need help
  • More access to counseling to get at the root of the problem
Suicide, Self Harm & Depression

• Experience
  • Many people hurting
  • Mental health stigma keeps people from speaking up
  • Many feel abnormal coping with the range of human feelings
  • Social media can isolate and distort perceptions of others
  • Feel school counselors not available, too busy, need to schedule

• Hopes
  • Opportunities to discuss feelings
  • Education on mental health issues and signs of suicide risk
  • Trained peer counselors (e.g. NAMI program)
  • Access to counseling in school on an as needed basis

Fact: 9 out of 10 people who survive a suicide attempt are glad they survived. 9 out of 10 people who attempt suicide with a gun die. Remove from homes when depression or instability present.
Eating Disorders

• Experience
  • Pressure to look a certain way: bulk up or slim down for certain sports, be curvier or skinnier, taller or smaller, etc. all amplified by media
  • Body image distortions are common
  • Affects males as well as females
  • Focus on spectrum of eating beliefs, dieting, and challenges not just specific eating disorders; there is a need for information
  • Little understanding, hard to recognize in friends and respond

• Hopes
  • Celebration of different body types; healthy comes in different shapes
  • More education on healthy eating, on signs of a problem, intervention
  • Self acceptance
Race & Ethnicity

• Experience
  • Limited diversity in NH, few teachers of color or diverse ethnicity
  • Awkward to discuss, want to better understand the issues
  • Racism and racist remarks prevalent, even among well-meaning
    • Hear “Micro-aggressions” several times a day followed by, “It’s just a joke…”
    • Hear N word daily
  • History taught as white person’s history
  • People feel at risk if they question teachers attitudes

• Hopes
  • Greater respect, understanding that language can hurt
  • Readings by diverse authors, more balanced history, more diverse role models in schools
  • Celebrations of diverse cultures: such as food, cultural days
Gender & Sexuality

• Experience
  • LGBTQIA students still experience stigma and discrimination
  • Language and jokes reflect homophobia and transgender fears
  • Increasingly understand gender and sexuality as a continuum
  • Harassment and assumptions are common

• Hopes
  • Need education at younger ages, supports for experience
  • Peer support: GSA, DSA, Prom Out
  • Safe spaces and people,
    • E.g. wristbands as sign of safety
  • Gender neutral bathrooms
Bullying

• Experience
  • Bullies as traumatized individuals in need of help
  • Target marginalized people: race, gender, ethnicity, disabled, etc.
  • Social media has extended reach, home no longer is a haven
  • Noted that schools with better support resources have less bullying

• Hopes
  • Nee for upstanders not bystanders
  • Need for respect and recognize common humanity
  • Need for better psychosocial support services
Pressure for Success

• Experience
  • Definition of success differs for everyone: money, career, healthy life, relationships; accepting others values and different goals reduces judgment
  • Stress sources differ: siblings, friends, school expectations, parents, self
  • Learn in different ways: hands on, lectures, interactive
  • Can’t do everything well

• Hopes
  • Diverse learning options, schedules, methods
  • Mental health services
  • Learn coping skills
  • Self acceptance
School Violence

• Experience
  • Many feel unsafe in school, impairs attention, heightens anxiety
  • Diverse types of violence: bullying, fights, gangs, threat of gun violence
  • People who are bullied end up threatening others
  • Mixed impact of social media: document violence, but may encourage

• Hopes
  • Realistic drills and training for crises
  • Treatment for people with anger, aggression, other mental health issues
  • More connections and respect for all students, buddy system
  • Greater responsibility to report concerns
Road Trip: Distracted Driving

• Experience
  • Diverse distractions: passengers, texting, calls, substance use
  • Parents not always best role models
  • Kids think things won’t happen to them, feel invulnerable

• Hopes
  • Emphasize responsibility and consequences of actions for others
  • Reduce social stigma of objecting to risky behavior
    • Speak up, exit car
    • Find new friends if they don’t change their behaviors

• Strategies for help
  • Text code a word to get away from a situation
Consistent Themes Heard Throughout

• Health education on diverse topics. Realistic, non-directive
  • Mental health, gender and sexuality, substances, interactions/bullying, nutrition, other

• Access to health information, assessment of care at school as needed: physical, mental, social
  • SAPs, co-located health clinics, other

• Opportunities for meaningful, authentic discussions with others

• Trained peer supports