

PASH

Promoting Adolescent
Student Health

ALL THE FEELS

Student Journal



THE SCHOOL DISTRICT OF
PHILADELPHIA

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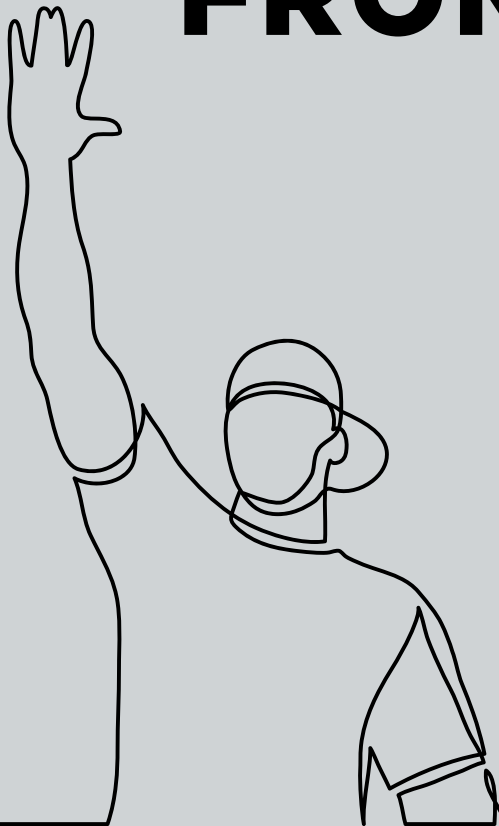
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This Journal Belongs To:

01.

WELCOME FROM PASH



*scan with your phone
to view the welcome
video*



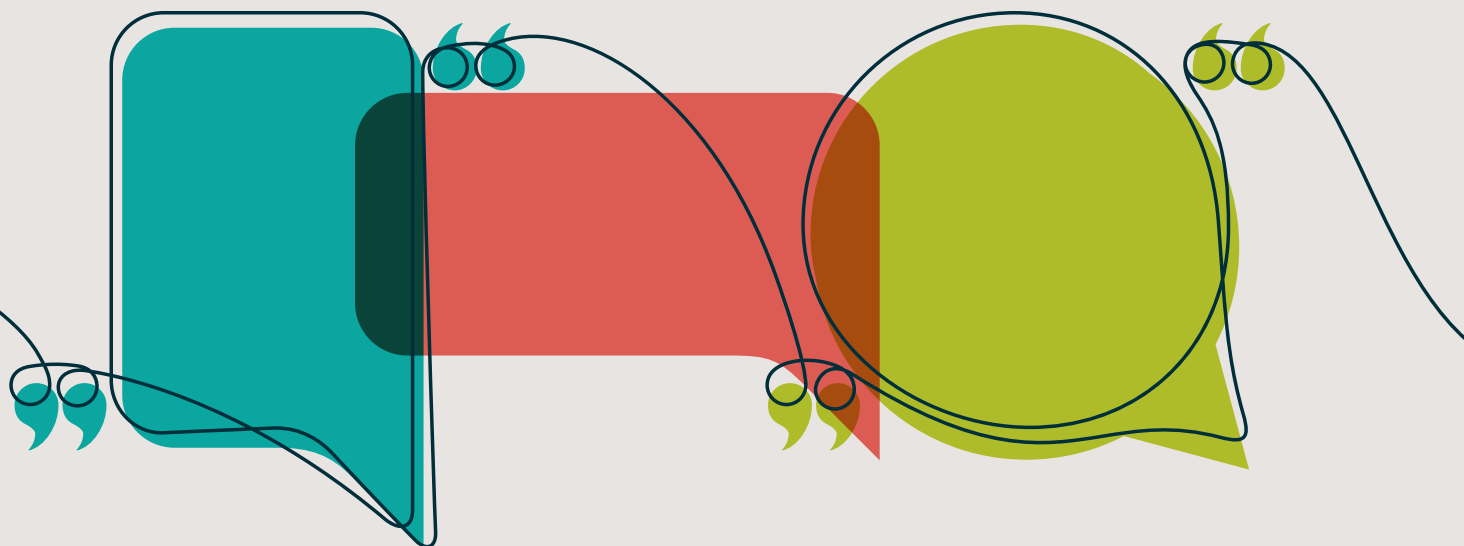
<https://bit.ly/3tVyyWe>

Hello student,

Little did we know that a 14-day quarantine would have carried its way to 2021. COVID-19 has changed our lives in a way that no one was prepared for. One thing that has outshined everything through this challenging time is the resilience you and your peers have shown. However, we do recognize that you need support now more than ever. The School District of Philadelphia's Promoting Adolescent Student Health Program, the Office of Prevention and Intervention, and Lakeside Global Institute partnered together to create this journal for you. A journal is used to write down your thoughts and feelings to understand them better. As you work through this journal, you will have the opportunity to explore different areas of who you are, learn how to emotionally support yourself, and access resources available to you. We hope this journal helps you to continue to flourish and strive!

THE PASH TEAM





TELL US HOW YOU REALLY FEEL!



<https://bit.ly/3fnSzzm>

*How was your
journaling experience?*

Let us know with this survey. It's quick and easy!



My Feelings Chart

CIRCLE HOW YOU FEEL TODAY:



HAPPY



INTERESTED



PROUD



HOPEFUL



PLAYFUL



SAD



LONELY



ASHAMED



BORED



IGNORED



FEAR



ANXIOUS



WORRIED



OVERWHELMED



REJECTED



DISAPPOINTED



AVOIDANT



JUDGEMENTAL



HESITANT



LOATHING



ANGRY



FRUSTRATED



IRRITATED



SARCASTIC



DEVASTATED

02.

JOURNALING



Welcome to the world of journaling!

You might be wondering what journaling is all about, why people do it and what people write about.

Journaling happens when a person has some kind of a notebook, like this, in which they can record stories, thoughts, hopes, dreams, struggles and other things as a kind of personal record of what life is about for them. You can use colors or drawings and scribbles. Whatever expresses something going on for you.

People journal about:



Everyday life experiences including places and people.



Hopes and dreams.



Struggles and challenges you are facing.



Plans.



Important quotes or what you have learned, been inspired by or what has guided you.

One of the cool things about journaling is that there aren't any rules you have to follow. No one grades a journal, you don't have to share it unless you want to and, unlike social media, what you write down is only being shared if you want to share it.

In this journal there are prompts which can give you some guidance as far as what you might want to write about.

Journaling Worksheet

Beginning your Journaling Experience

1. How is journaling different from a school assignment?

2. When you look at the list of possible things people journal about, what appeals to you? It can be more than one thing.

3. Is there something else not on the list that you would like to journal about?

4. Where do you want to sit when you journal?

5. What tools do you want to have for your journaling? Pens, pencils, markers?

6. Where do you want to store your journal where it will be safe?

Journal Entry



—WRITING PROMPT—

In this moment I am...

DATE: _____

Journal Entry

DATE: _____

“Many stories matter. Stories have been used to dispossess and to malign. But stories can also be used to empower, and to humanize. Stories can break the dignity of a people. But stories can also repair that broken dignity.”

”

—CHIMAMANDA NGOZI ADICHIE

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



DISAPPOINTED



DEVASTATED

03.

SELF-CARE PLAN



Self-care planning made simple

You may find yourself in a fun phase of life with:



Energy



Creativity



Dreams



Hopes

However, sometimes life throws you a curveball, or you find yourself dealing with stressful life events or circumstances that you need support in navigating. Some stressors are less significant and someone easily recovers. Others can be viewed as more significant and severe, having more impact on a person's brain and how it functions.



A **Self-Care Plan** is something important to write out and keep handy in many situations in your life (such as completing this journal). Sometimes writing descriptions of stressful life experiences, something you can do in your journal, gives you a safe place to store those memories, to allow them to be real without having to relive them. It is always your choice about what you put in your journal!

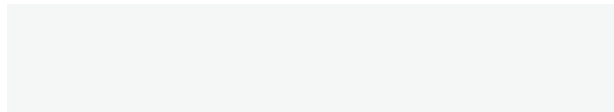
This Self-Care Plan can help to give you the power and plan to manage any thoughts, feelings or beliefs that are uncomfortable or sometimes even painful. Self-care plans can also help you plan practical steps to take if fear and anxiety rise up and you feel insecure, self-conscious or are concerned about something you are experiencing.

When journaling, your self-care plan can help you deal with emotions that come up.

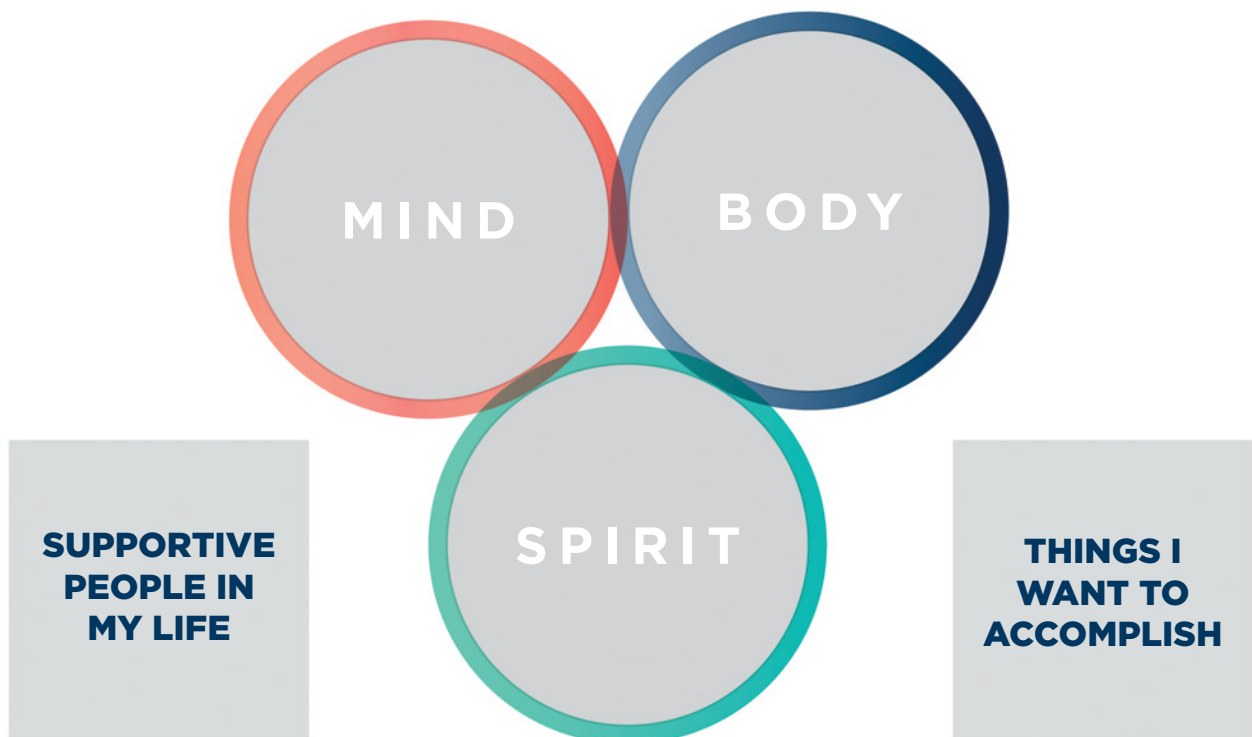
You might want to make a copy of your self-care plan to keep in your journal and another to carry with you when you are at school or other places where it could be helpful to remind yourself of what helps you feel comfortable and secure.

If you have experienced significant, stressful life events, you deserve to have opportunities to help recover and heal. Sometimes this involves speaking with a counselor or therapist. Talking to your friends is great when you want to share some of your problems, but you need to know you can reach out to adults for support and guidance.

Where might you keep your Self-care Plan?



Self-care includes:



Activity Instructions

Use this chart to create your personal self-care plan. Think about the kinds of things that help you feel safe, comfortable and secure in each of these ways.

Remember, your plan can help you deal with whatever might be causing you stress and fear. It can help you consider the things you can do or think about that help you stay calm, give you ways to protect yourself from things other people may be saying or doing and even to protect you from internal thoughts. Your Safety Plan can give you specific steps you can take to feel safe, even when experiencing our journaling about sad or scary things.

You might think about someone you trust and share your self-care plan with them. They may have helpful suggestions or affirmations of what you've developed. Don't allow anyone to be critical or discourage you from what you know can help you feel and be safe. You can keep what you put on your plan private, if that is what feels safest.

I can care for my body by... <div></div>	I can care for my mind by... <div></div>	Important people I can talk to... <div></div>
I can relax my body and mind by... <div></div>	Self-care My Way	I can keep myself clean and tidy by... <div></div>
I can make myself happy by... <div></div>	My hopes and dreams... <div></div>	When I need nourishment I will... <div></div>

Journal Entry



—WRITING PROMPT—

When in your life have you felt the most comfortable and secure? Describe the situation. What about it did you enjoy most? Was it more about the people, the place, or the activities?

DATE: _____

Self-Care Bingo

 <p>Washed Up</p>	 <p>Put on a Cute Outfit</p>	 <p>Spent Time with a Friend</p>	 <p>Tuned into my Feelings</p>	 <p>Complimented Myself</p>
 <p>Got Moving</p>	 <p>Enjoyed my Favorite Meal</p>	 <p>Took a Nap</p>	 <p>Held Myself Accountable</p>	 <p>Did Something Fun</p>
 <p>Fun in the Sun</p>	 <p>Experienced Something New</p>	<p><u>LIVED</u></p>	 <p>Exercised</p>	 <p>Sung Loudly</p>
 <p>Took Some Deep Breaths</p>	 <p>Had a Good Cry</p>	 <p>Sat quietly</p>	 <p>Reached Out for Help</p>	 <p>Checked off my to do list</p>
 <p>Washed my Face</p>	 <p>Loved Myself</p>	 <p>Drank Water</p>	 <p>Bought Myself a Treat</p>	 <p>Had a Good Night's Sleep</p>

Journal Entry

DATE:

“
“Caring for myself is not self-indulgence, it is self-
preservation, and that is an act of political warfare.”

”
—AUDRE LORDE

Journal Entry



—WRITING PROMPT—

Today I...

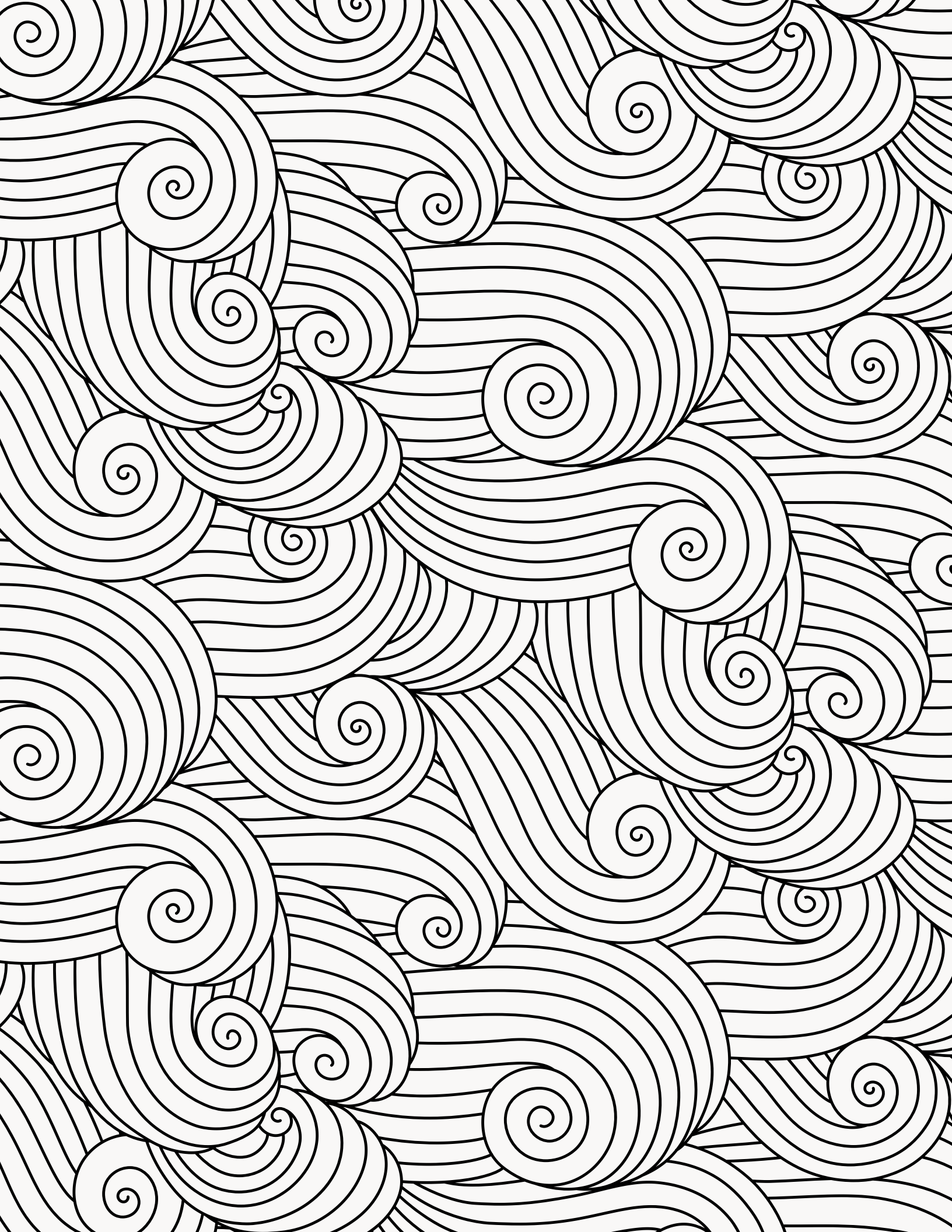
DATE: _____

Journal Entry

DATE:

Journal Entry

DATE:



Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



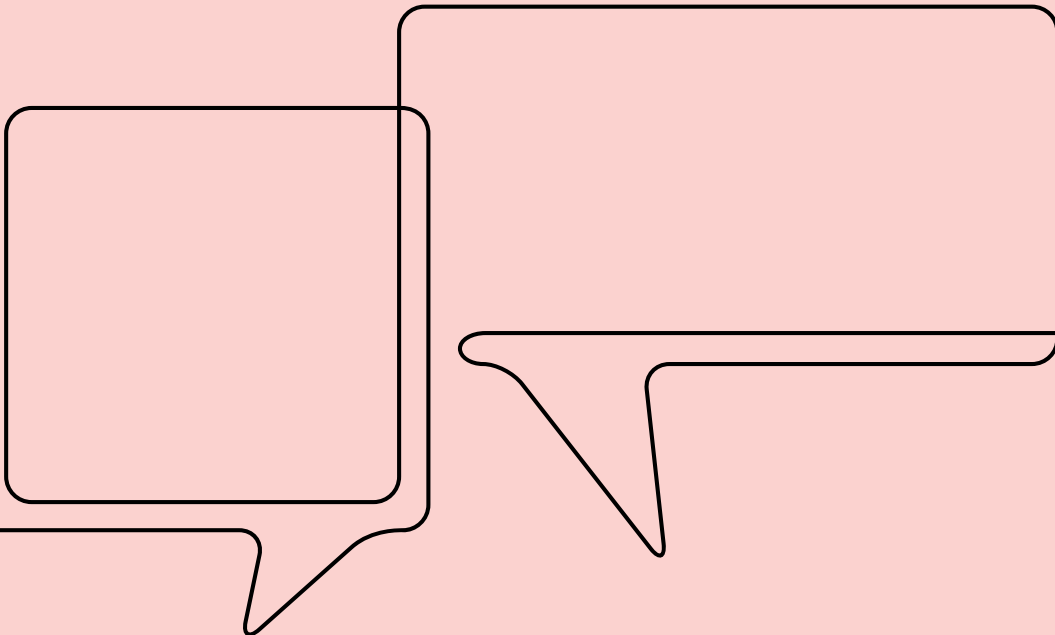
DISAPPOINTED



DEVASTATED

04.

YOUR INNER VOICE



It can be helpful to consider what you are thinking about.

You have the choice of making your journal entries as deep as you want them to be. Some days you might write things that are about what you are doing. Other days you might want to write about feelings, struggles and fears, hopes and dreams.

Whatever you chose to write about, the key source for what you write involves recording something you're thinking about.

The average person has about 48.6 thoughts per minute. That adds up to a total of 70,000 thoughts per day. We have a very busy inner world of thoughts and there is no way to say or record all the thoughts we are having in every moment of our lives.

We speak an average of 1600 words a day. We have more thoughts than we can ever put into words. This means most of us are talking to ourselves in our heads all the time. It is in being still and listening to our thoughts that can help process all that we think about everyday. Journaling can help with that.

There can be several ways our inner voice talks to us.



Sometimes we talk to ourselves in a **practical and non-emotional** way.



Sometimes we talk to ourselves in an **intense emotional** way, that sometimes isn't nice regarding ourselves or other people.



Finally, we may have learned to listen to ourselves in ways that compel us to comply and **behave properly**.

To better understand your inner world, ask yourself if your thoughts sound like any of these:

"You're going to be okay. You are smart and capable."

"You did that all wrong. You need to start over and take your time."

"Telling your friend she was fat was an unkind thing to say. You probably hurt her feelings very badly."

"Why are you always so stupid?"

"No matter how hard you try, you will always get it wrong."

"You're always saying the wrong things to people! That's why people hate you."

"Here's what I need to accomplish by the weekend..."

"Here's a list of the things I did today..."



PHILLY HOPELINE

833-PHL-HOPE 833-745-4673

Inner Voice Worksheet

1. Take a few moments to notice what you are thinking. Write down a few of your thoughts. They don't have to make any sense. You are just practicing noticing your thoughts. If you don't think in sentences, jot down a few words that come to mind or even sketch a picture of what's going on in your head.

2. As you think about how you talk to yourself, write down any messages you send to yourself that are supportive or healthy. How do these messages make you feel?

3. As you think about how you talk to yourself, write down any messages you send to yourself that are unkind or unfair. How do these make you feel?

4. What are some things you would like to do to change your inner world so it is fairer, kinder and healthier? What things do you want to be sure to keep?

Journal Entry



—WRITING PROMPT—

If I had it my way I would...

DATE: _____

Journal Entry

DATE: _____

“Happiness comes from living as you need to, as you want to. As your inner voice tells you to. Happiness comes from being who you actually are instead of who you think you are supposed to be.”

—SHONDA RHIMES

Journal Entry

DATE:

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



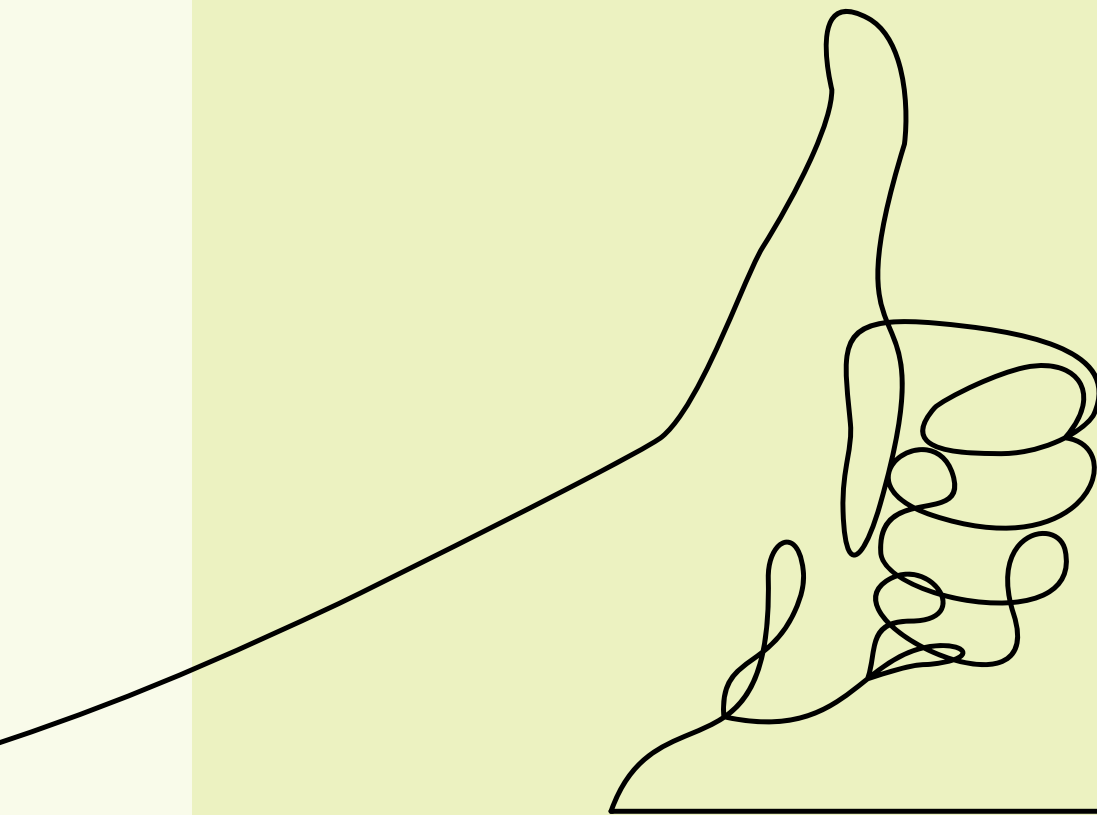
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05.

AFFIRMATIONS



It can be helpful to be aware of some of the ways you can communicate to yourself and to others.

Like the last section showed us, we each have an inner world with an almost constant flow of thoughts that create feelings. Slowing these down is one way to better understand ourselves and why we feel the way we do about who we are. Journals give us a place to share some of what is going on inside us and what we are experiencing in the world.

One of the ways we communicate with ourselves and others is through affirmations.

An affirmation is another person's or our own positive opinion of something we did or who we are.

Affirmations can be messages that encourage. Affirmations can be a way to tell ourselves we have worth, are capable, have potential and are a unique and special member of the human race.

Healthy affirmations are messages that empower people by confirming their right to:



Exist



Feel



Think



Behave



Grow



Have their needs
met



Be successful



Have structure



Have a purpose

The affirmations listed below are true for everyone, including you! Own them! It may take some work to change your beliefs around what you deserve to hear.

It is wonderful that you are in the world.

You deserve to be loved.

Your needs are important.

You have unique talents.

You can try new ideas.

You can get support and guidance from trustworthy people.

You can take your time growing and changing.

You can be powerful and ask for help at the same time.

You can learn the results of your behavior.

All of your feelings are okay.

You can trust your intuition to help you decide what to do.

You can find a way of doing things that works for you.

You can learn when and how to disagree.

You can think for yourself and get help instead of staying in distress.

Sometimes you feel frustrated and angry. You can accept these feelings and learn to manage your anger in healthy, constructive ways.

You can make your own decisions about healthy boundaries, rules and limits.

You are entitled to your opinions and perspectives, even when others disagree with you.

You can think and feel at the same time.

You can learn from your successes and your failures.

You can create structure for yourself that provides safety and opportunities to grow and learn.

You can learn healthy and effective ways to discuss and explore problems.

You can learn and practice skills for independence.

You can learn the difference between sex and nurturing and be responsible for your needs, feelings, and behavior.

You can develop your own interests, relationships and causes.

These affirmations can take a while to digest. Take your time. Read and re-read them. Work to make them part of your internal belief system. You are worth it!

Daily Positive Affirmations



I am
confident
in who I am

I am
happy
for others' success

Today I choose
happiness

I
learn
from my mistakes

I am
intelligent

I am
worthy
of a wonderful life

My life is
beautiful

I am
in charge
of my emotions

I will
not compare
myself to others

Affirmations Worksheet

1. Say an affirmation out loud that resonates with you. Write down how it makes you feel to believe this affirmation.

2. Say an affirmation out loud that resonates with you. Write out why that one might be hard to believe?

3. Think about the messages you have heard about your worth and abilities. Describe some of what you remember. How fair or accurate are these messages?

4. Think about the people in your life who are important to you. How can you affirm them?

Journal Entry

DATE:

“
Greatness is not this wonderful, esoteric, elusive, god-like
feature that only the special among us will ever taste, it’s
something that truly exists in all of us.

”
—WILL SMITH

Journal Entry



—WRITING PROMPT—

Write the words you need to hear, then read them to yourself

DATE: _____

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



DISAPPOINTED



DEVASTATED

06.

NARRATIVES



Writing Your Story



One of the most valuable outcomes of journaling happens as a result of you writing your story or narrative. Narratives are more than just random writings about casual things. Narratives are more purposeful and meaningful. Your narratives are important, meaningful stories of your life experiences. When you write some of your narratives, you actually support your brain's growth and development.

Several experts state that one of the best predictors of positive outcomes for a child is when parents and caregivers can make sense of their life stories. If you have the opportunity to ask your family members if they can share some of their stories, it can be helpful to you in your life.

Creating narratives based on your life story can help you make sense of your life. It can help you be more emotionally healthy and prepared to thrive. It can also be healthy for your children and future grandchildren, if you choose to have them. It isn't just about having a healthy childhood as much as it is being able to make sense of life experiences during childhood that really matters.

A narrative needs to be a true story that is logical. This narrative is created by a process where memories are sorted in a way that you can tell your life story in order and in a way that makes sense. Doing this can be hard for someone who has experienced stressful life events or has had difficult relationships with their family members. Often, their narrative can feel like it's shattered and hard to organize. Someone dealing with this may struggle with making sense of things, why they are the way they are or feel the way they feel. Slowing down and creating even short narratives of life experiences can help with connecting the pieces in your mind. This can be a very healing process. It can make you feel safer being who you are because you can now make sense of your life stories.

Sometimes recalling life experiences can be painful as you remember difficult or distressing times in your life. By recording these moments as a kind of autobiography, you can give voice to the pain and give yourself credit for whatever injustices there were. You can put words to the losses you have experienced and get to put the pieces together again.

You can take your time to do this. There is no perfect way to create a narrative. Over time you will get better at doing this and you benefit from being able to read your narratives after you write them. Sometimes life will get much clearer when you go back and re-read entries in your journal made weeks, months or years ago.

“
**There is no greater agony
than bearing an untold
story inside you.**

”
—MAYA ANGELOU

Narratives Worksheet

1.

Think about meaningful stories about your life. Find moments in your memory that left an impression on you. They may have caused you pain, motivated you, inspired you, gave you hope or took away your hope.

2.

Your narrative of an experience can be as long or short as you want it to be. You don't have to write it all at once.

3.

Think about yourself as a storyteller or writer. Imagine looking at yourself from afar, almost as if you can see your story like a movie. Your goal is to help put the pieces together so that the story becomes coherent.

4.

Start with facts. Write brief descriptions of who, what, where, when and how things looked at the beginning, middle and end of your story.

5.

Attach feelings to the facts of your story. Writing down your stories helps make sense of why you think, feel and behave the way you do.

Journal Entry



—WRITING PROMPT—

This is my story...

DATE: _____

Journal Entry

DATE:

Journal Entry

DATE: _____



**DON'T FORGET TO
LET US KNOW ABOUT
YOUR JOURNALING
EXPERIENCE.**

*Complete the quick and easy
survey with the QR code.*



<https://bit.ly/3fnSzzm>

Journal Entry



—WRITING PROMPT—

My biggest fear is...

DATE: _____

Journal Entry

DATE:

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



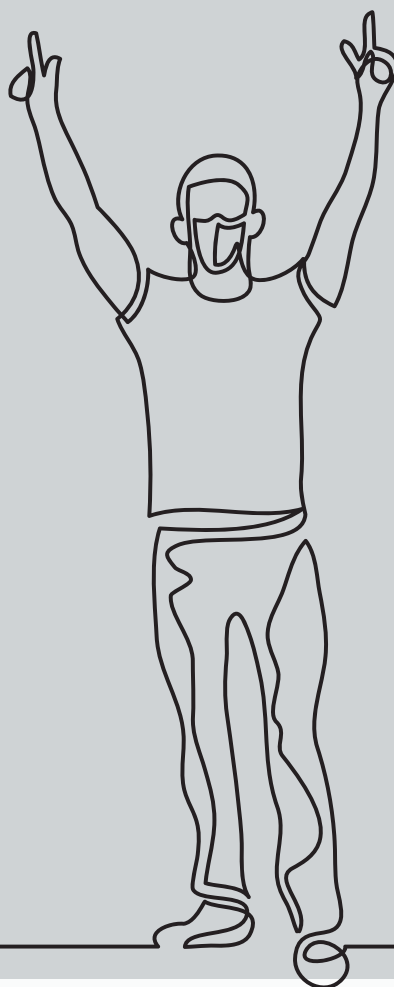
DISAPPOINTED



DEVASTATED

07.

SELF-ESTEEM



Appreciating Your Self-Esteem

Something that each human being carries within them is the degree to which they experience self-esteem.

According to the website [Very Well Mind](#) “the term self-esteem is used to describe a person’s overall subjective sense of personal worth or value—in other words, how much you appreciate and like yourself. (Examples: “I am the creative artist,” “I’m a terrible friend,” “I deserve to be loved”, “I don’t deserve to be loved”).



Somewhere inside you is an awareness of how much you believe you have personal worth or value. How much do you appreciate and like yourself? How do you feel about things like your appearance and your behavior?

There are a number of ways to consider self-esteem. Having high self-esteem does not always mean someone has healthy self-esteem. Sometimes people think a little bit too much of themselves or their abilities. Some people think they are better than other people. While their self-esteem could be considered high, it is not really healthy.

Healthy self-esteem comes through recognizing your talents, limits and goals so that you can set your own course through life, finding success and accepting disappointment. Healthy self-esteem involves a sense of self-respect, a feeling of self-worth, a deep sense of self-love, appreciation and value.

“

Self-esteem means knowing you are the dream.

”

—OPRAH WINFREY

Low self-esteem can distort your perspective. It allows negative beliefs about yourself, impairs communication and can lead to isolation.

Self-esteem is not earned. It is not a question of whether or not you deserve to feel good about yourself. You have a right to feel good about yourself.

Healthy self-esteem is not competitive. Self-esteem does not come by pushing someone else aside, by winning it from them or by being one-up when someone else is “one down.” It is not achieved through finding fault in others or through proving you are more special, capable or successful than others.

Self-esteem continues to develop as you collect, sort and categorize the millions of messages you receive from within and from those around you.



Messages that blame, scare, intimidate or discount you will lessen your self-esteem.



Messages that affirm, accept, nurture and encourage raise levels of healthy self-esteem. You value yourself as you sense the important people in your life value you. You deserve to feel cherished, prized and special. You need clear messages and life experiences describing your lovability, worth and competence.



Verbal messages – words – are important, but even more important are the attitudes and feelings that accompany them. Messages must be believed before they can be incorporated into your internal belief system. The growth of healthy self-esteem requires emotional safety in other people, in oneself and in the life experiences that occur and are processed.

I am awesome because ...



Self-Esteem Worksheet

1. Would you say you have a healthy self-esteem or a low self-esteem? How so?

2. Who are some of the people and/or experiences in your life that have contributed to your self-esteem? How have they helped promote healthy self-esteem?

3. Are there people in your life who may have lowered your self-esteem? How does that influence you in your day-to-day life?

4. Who can you trust who might help you identify and appreciate your worth in the world?

5. What are some things you could say or do that would help others appreciate their worth?

Journal Entry



—WRITING PROMPT—

In a perfect world I would...

DATE: _____

Journal Entry

DATE:

“
A great figure or physique is nice, but it’s self-confidence that
makes someone really sexy.

”
—VIVICA A. FOX

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



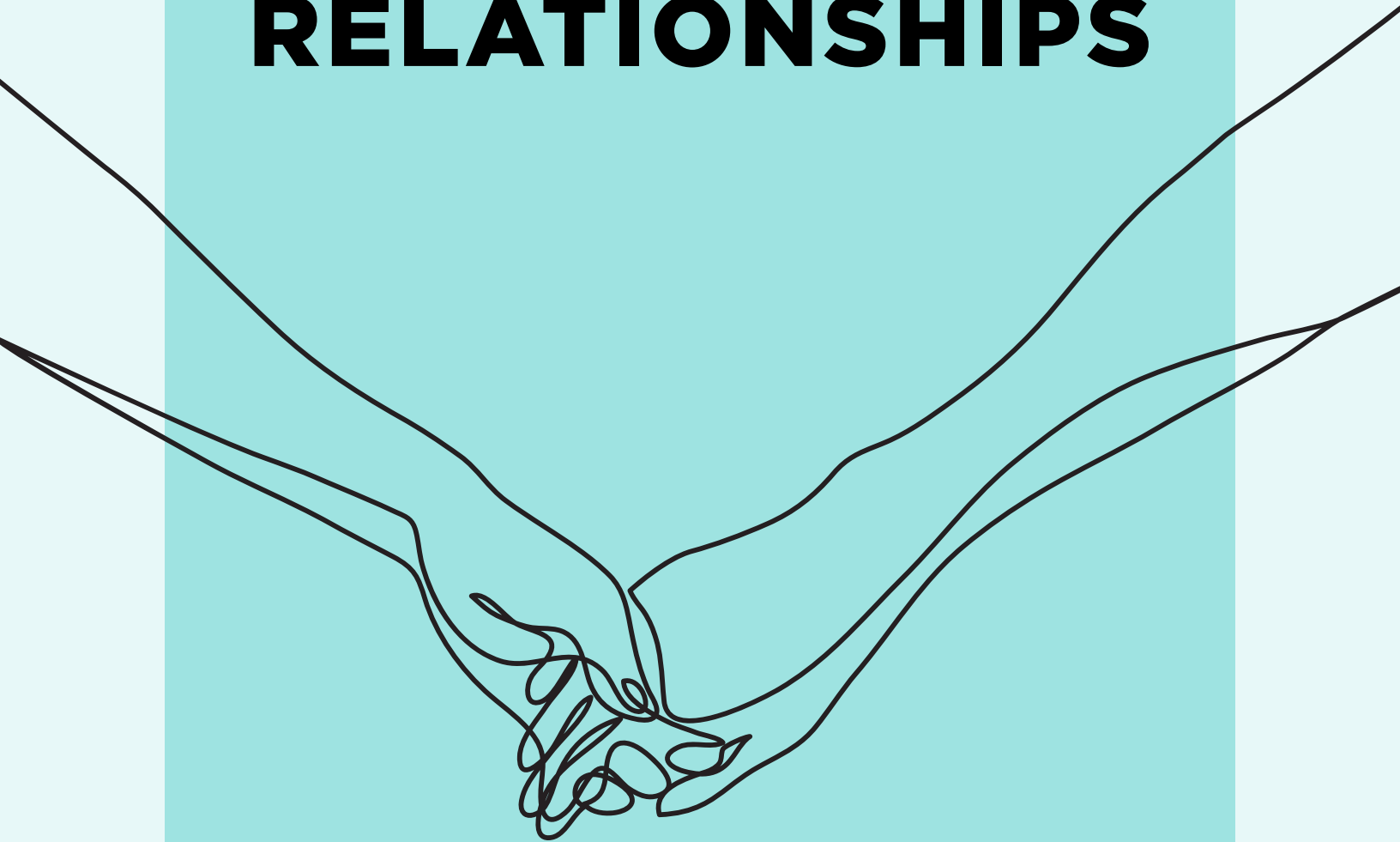
DISAPPOINTED



DEVASTATED

08.

HEALTHY RELATIONSHIPS



Healthy Relationships

All of the relationships we have with the people in our lives are impacted by how we show up in and experience the world through our senses, thoughts, behaviors and feelings. Whether romantic, friends, or family, in relationships that are healthy there is respect, trust, honesty and open communication.

Healthy Signs:



You feel good about yourself.



Everybody feels safe, seen, heard, and valued.



Vulnerability is welcome. Communication is open. Secrets are safe.



You like to spend time together but also enjoy doing things apart.



You get to be your 100% true self



You can agree to disagree

The Relationship Spectrum

FROM
LOVEISRESPECT.COM

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



If you're worried about a friend, or need to talk with someone....

Help is available! Call the citywide, 24-hour **PHILADELPHIA DOMESTIC VIOLENCE HOTLINE (1-866-723-3014)**

Describe what you would like in a healthy relationship.

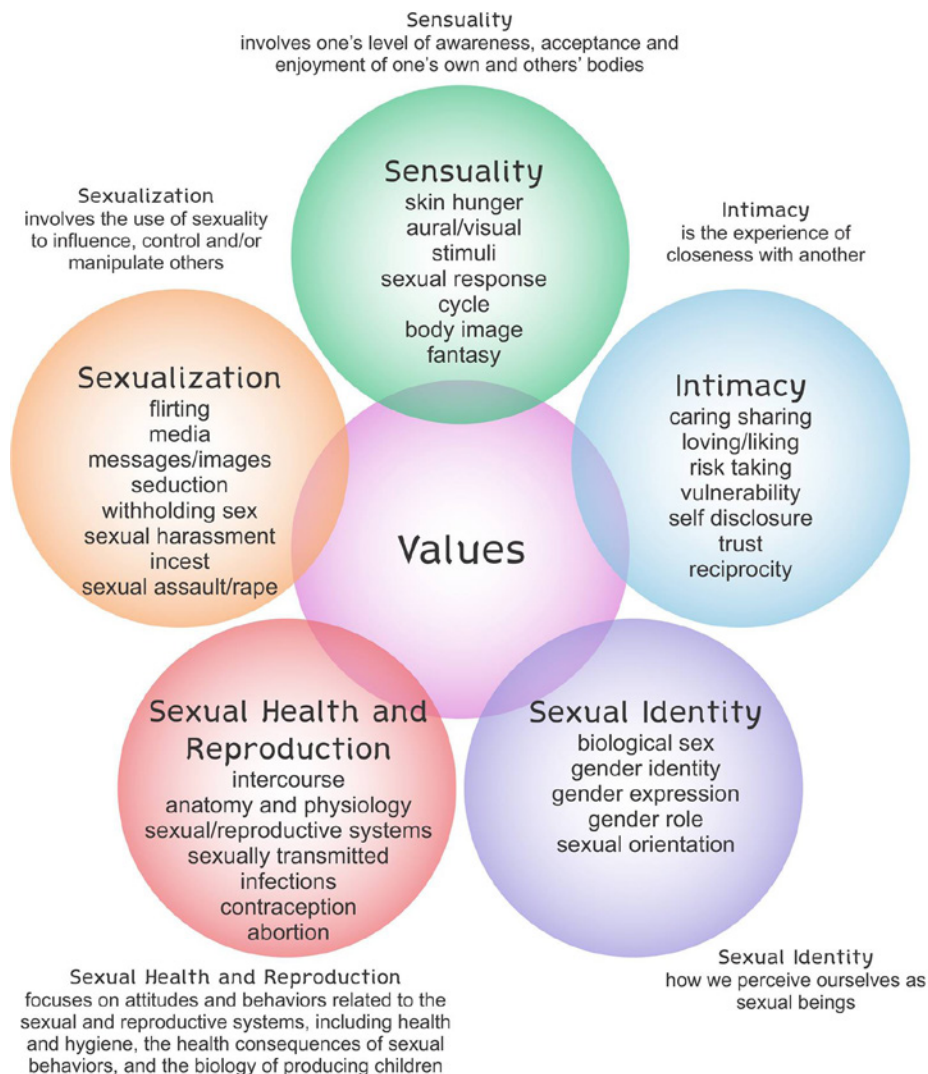
Who in your life would fit in this category?

Who in your life is the opposite of this category?

Circles of Sexuality

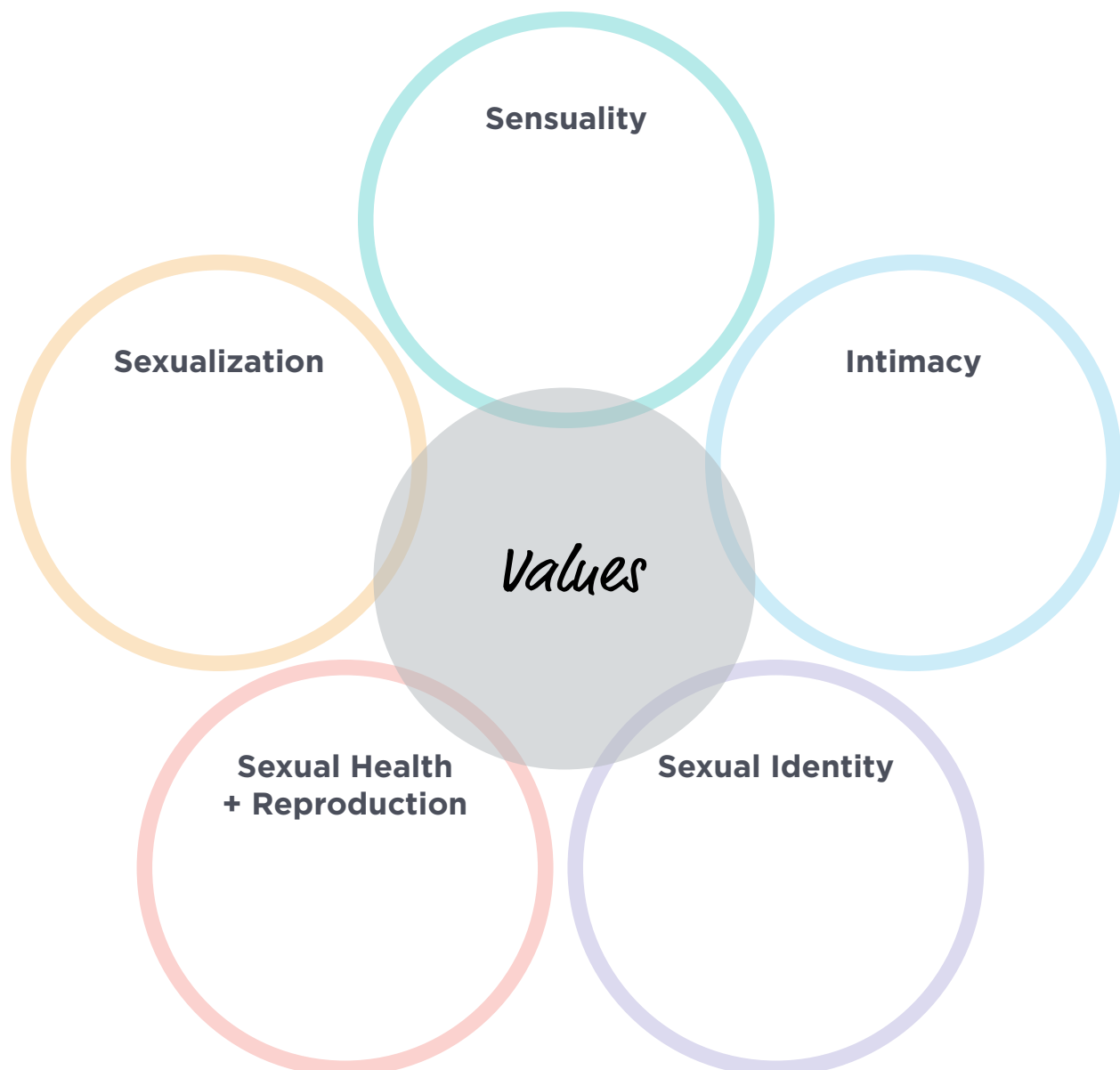
A major part of how we see ourselves and how we show up in the world is related to sexuality. Sexuality is what makes us human. Believe it or not, sexuality is so much more than having sex. We encounter sexuality everyday and have since the womb. Understanding sexuality helps people know who they are and who they will be in life and in love. Originally developed by Dennis M. Dailey, Professor Emeritus at the University of Kansas, and later adapted by Advocates for Youth, the model The Circles of Sexuality, explains all the categories and influences that make up their individual sexuality.

The circles are: sensuality, intimacy, sexual identity, sexual health & reproduction, and sexualization. A sixth circle, values, accounts for the impact of the beliefs regarding the different components of sexuality and intimacy. These values and beliefs are more often developed in two ways. They are either taught, directly (caregivers, church, school, friends) or indirectly (observations, vicarious exposure, media).



Activity

Take a look at the different categories that fall under each circle on the previous page. Create your own Circles of Sexuality highlighting some important experiences in your life.



Journal Entry



—WRITING PROMPT—

True love is...

DATE: _____

Journal Entry

DATE:

“

You’ve got to learn to leave the table
when love’s no longer being served.

”

—NINA SIMONE

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



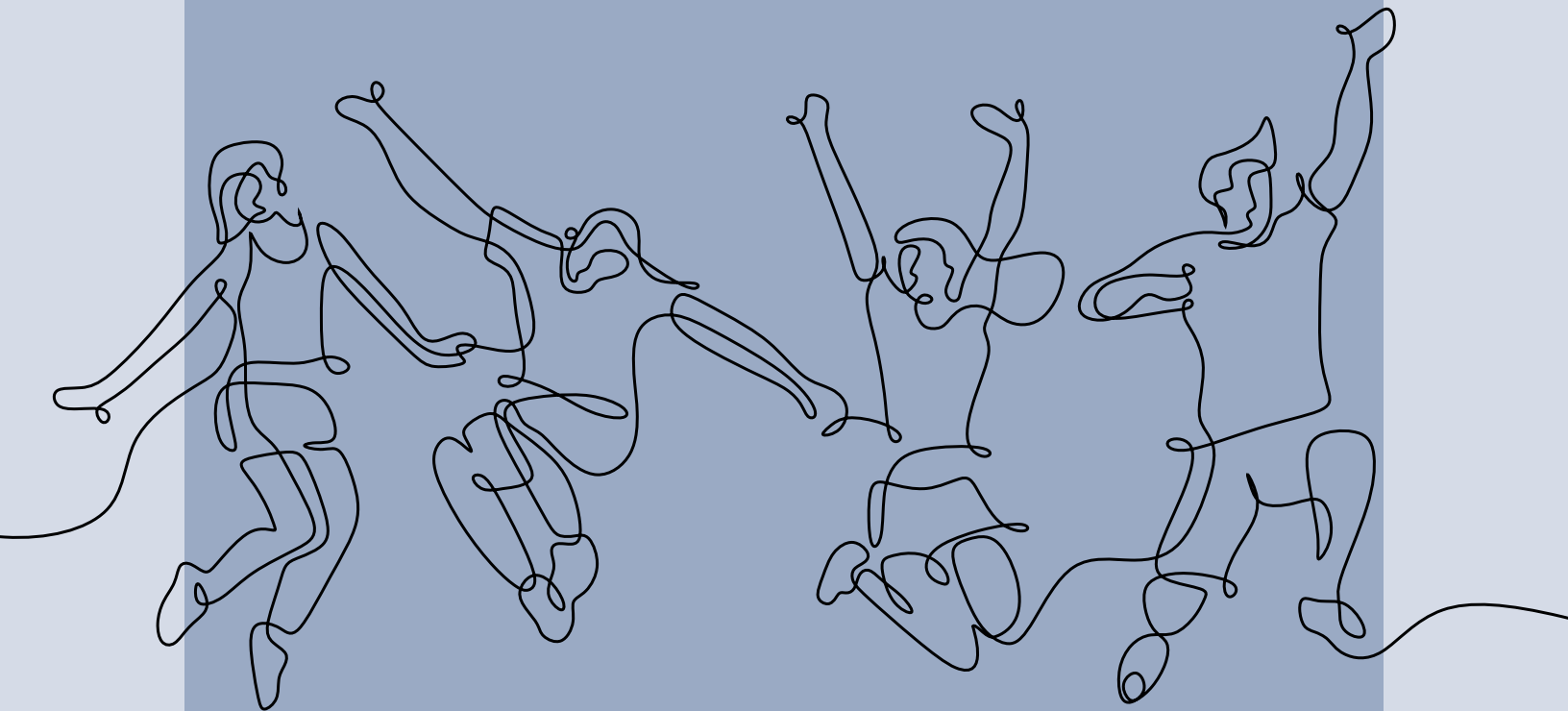
DISAPPOINTED



DEVASTATED

09.

WHO ARE YOUR PEOPLE?



Each of us has within us a deep sense of how people in the world are.



Much of that comes from how attached (or connected) we were as young children to at least one parent or person who cared for us.

How deep, positively or negatively, those connections are influences your thoughts and feelings about yourself, others and your relationships. In doing so, it impacts who we see as a sources of support, entertainment, encouragement, and even negative influence.

Identify “Your People”

Who
meets my
basic needs?
(food, clothing
shelter)

When I want to have fun I call...?

When
I'm with.....I get in
trouble?

I can most be myself
with...?

When
I'm feeling
sad I call?



I really like...?

When
I'm scared I
call...?

I really love...?

Journal Entry



—WRITING PROMPT—

If you were to be seen for who you truly are, what would the world see?

DATE: _____

Journal Entry

DATE: _____

“

One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.

”

—MICHELLE OBAMA

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



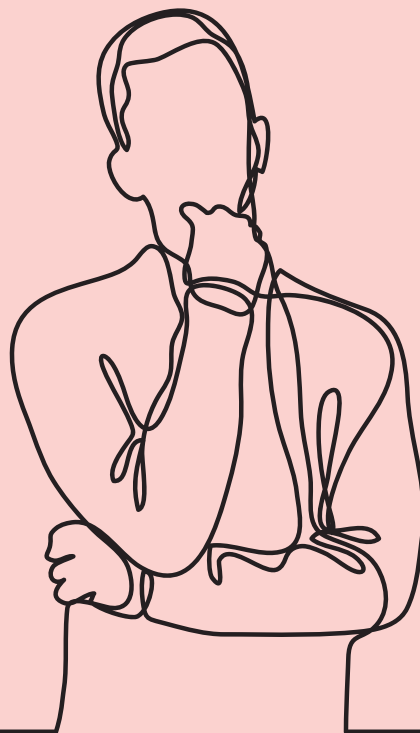
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10.

AS A YOUNG PERSON: WHAT DO YOU NEED?



Understanding Needs

Have you ever spent time thinking about needs? What they are? How a person's needs affect their life? What happens when your needs are not met?

You can write in your journal about your needs and how well they are being met. Before you do that, it can be helpful to consider what needs are all about.

Needs are those things that are required to sustain life and also include those things that can enhance someone's quality of life and allow people to better achieve their potential and goals.

Every human being has needs. These needs can rise and fall during one's lifetime. Some needs are applicable for all ages. We all need air and food, sleep, shelter, a sense of connection and belonging. Other needs are specific to circumstances or individuals.

Needs can be:



Moral



Relational



Social



Physical



Intellectual



Emotional



Spiritual

There are other categories under which we can assess needs. How:

Immediate is a need (must be met now or I can wait awhile)



Clear is a need (am I hungry or bored)



Necessary is a need (air or food compared to specific sports equipment)



Independent is a need (can I meet it on my own or do I need help)

Even as we grow up and become more capable of taking care of ourselves, we continue to have daily needs. Sometimes it is hard to ask for help to meet a need.

When someone has unmet needs, they may have a difficult time recognizing or meeting the needs of others.

Almost all behavior is needs driven. If you can figure out the needs behind a behavior, you are able to understand or change an unacceptable behavior. When you do not see the need behind the behavior, it is easier to become frustrated, impatient, angry or disappointed.

It is important that you know you have the right to understand your needs and find healthy ways to have those needs met. A good place to start is taking time to consider needs by reflecting at a personal level.

As you think about it, you can put your ideas in your journal.

“

**I need to see my own beauty
and to continue to be
reminded that I am enough,
that I am worthy of love
without effort, that I am
beautiful, that the texture of
my hair and that the shape
of my curves, the size of my
lips, the color of my skin, and
the feelings that I have are
all worthy and okay.”**

”

—TRACEE ELLIS ROSS

What You Need Worksheet

1. When you think about the needs you have had, how well would you say they were met?

2. Can you think of any specific needs that were not met well? What happens when that particular need goes unmet?

3. What do you need to help get your needs met in healthy and safe ways?

4. Who can you trust and turn to for helping you get your needs met?

Journal Entry



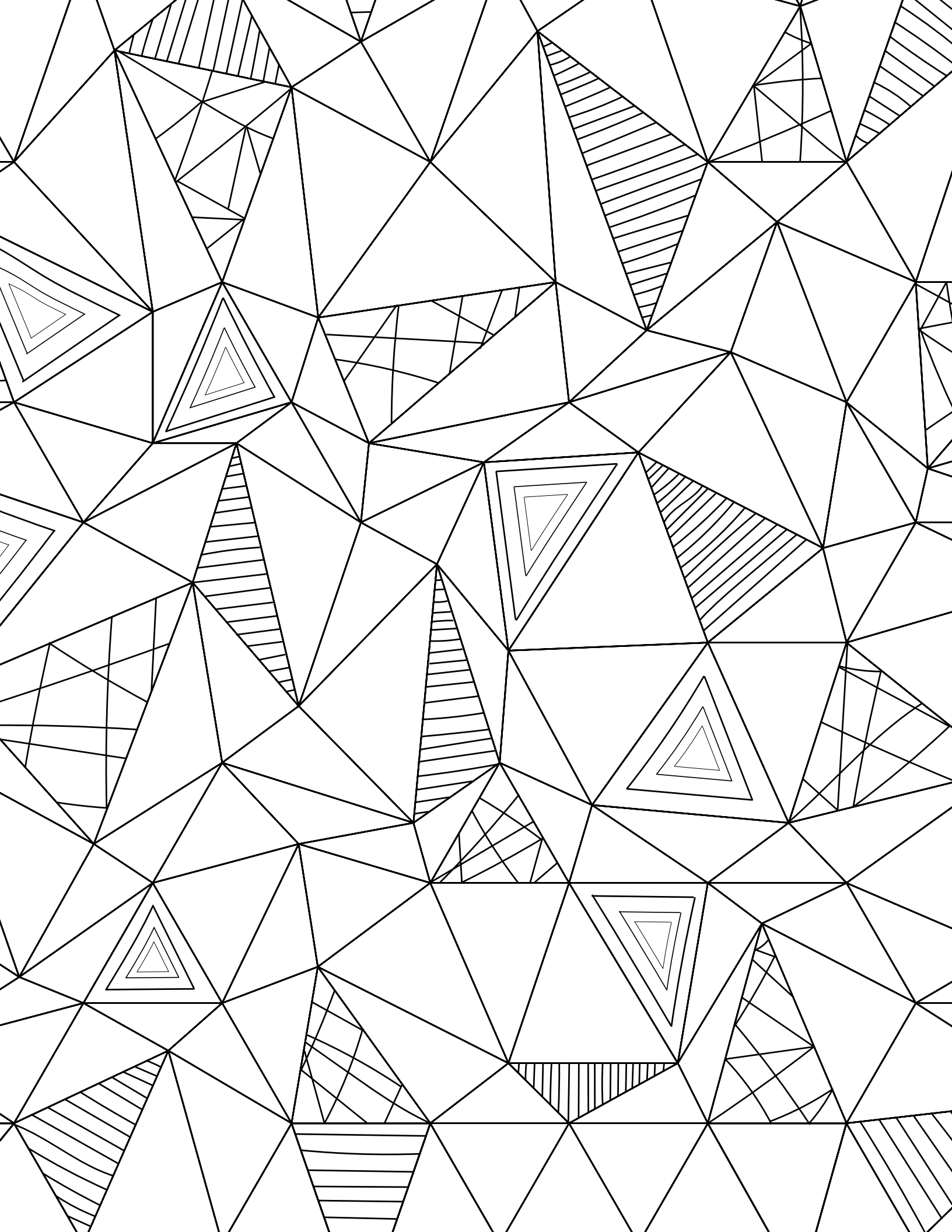
—WRITING PROMPT—

If I had a superpower it would be ...

DATE: _____

Journal Entry

DATE:



Journal Entry

DATE:

“
Stop letting people who do so little for you control so much of your
mind, feelings and emotions.

”
—WILL SMITH

Journal Entry

DATE:

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



DISAPPOINTED



DEVASTATED

11.

KNOW YOUR RIGHTS



MENTAL & REPRODUCTIVE HEALTH CARE

Bill of Rights

You have the right to...



RESPECT

- Be spoken to with dignity and good manners, at all times
- Have your cultural, spiritual, and personal values honored when receiving care
- Be called by your chosen name and desired gender pronoun
- Know the names of staff caring for you
- Ask a staff person to be with you during your exam



CONFIDENTIALITY

- Expect that your health records are kept private
- Expect that your health records are only shared with your written consent, unless required by law or health insurance
- Receive care in ways that ensure your privacy and safety



QUALITY SERVICES

- Be offered a range of services by qualified staff
- Get quality care no matter what your race, ethnicity, religion, sex, gender, sexual orientation, or disability



VOLUNTARY PARTICIPATION

- Receive outpatient mental health and sexual health examination and treatment for themselves without parental consent (Youth 13 and older)
- Refuse any and all services without penalty
- Be included in decisions about your care



INFORMATION

- Get medically accurate information with no judgments
- Get clear information in your preferred language
- Be informed about your clinic's policies and procedures, including costs for services and what insurance will cover



STATE YOUR CONCERNS

- Ask questions about anything that concerns you or that you do not understand
- Have your complaints handled quickly and with respect
- Offer suggestions to improve services

Adapted from Reproductive Health National Training Center Patient Bill of Rights

Journal Entry



— WRITING PROMPT —

My perfect day would be...

DATE: _____

Journal Entry

DATE:

Journal Entry

DATE: _____

FEELINGS CHECK POINT

Right now I feel: _____



HAPPY



HOPEFUL



INTERESTED



ANGRY



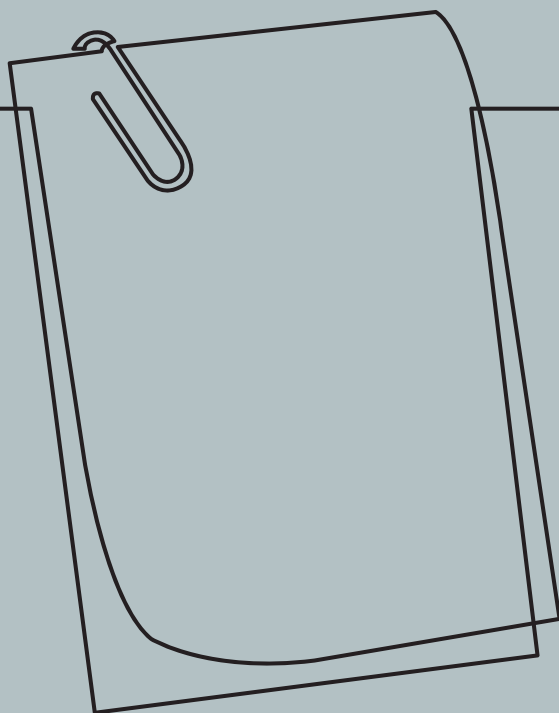
DISAPPOINTED



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12.

RESOURCES



*scan with your phone
to view resource intro
video*



<https://bit.ly/3bziZx4>

District Services



<https://bit.ly/3eScTtx>

SUPPORT DATABASE

*scan with your phone
for more resources*



I should talk to an adult if ...

- Constantly feeling sad or “empty”
- Frequently feeling hopeless or feeling like you are worthless
- No longer enjoying activities you used to enjoy, even though you are allowed to do them
- Eating more or less than usual
- Sleeping more or less than usual or feeling tired all the time



- Having nightmares
- Trouble concentrating or making decisions
Feeling very worried or nervous
- Having more stomach aches or headaches than before
- Worried about leaving the home
- Missing your friends
- Thinking about or actually harming yourself



WHO DO I GO TO FOR HELP?

Seek out support from a trusted adult in your school Teacher, School Counselor, Climate Staff, STEP Team Members, School Nurse etc

Try your best to describe to them what you are feeling and the ways it is affecting you

If you do not feel as though you have received the support you need, please try someone different.

Local Agencies + Hotlines

MENTAL HEALTH HELP DURING COVID-19

FOR MORE RESOURCES VISIT [MINDPHLTOGETHER.COM](https://mindsphltogether.com)

24/7 Mental Health & Addiction Services



888-545-2600
CBHPHilly.org

Free Behavioral Health Screening



healthymindsphilly.org

School District Counseling Services



833-PHL-HOPE
833-745-4673

Crisis Text Line



Text: HOME to 741741

24/7 Crisis Hotline



215-685-6440

24/7 Opioid Treatment Support



844-533-8200
215-408-4987

Mental Health Warm-line



267-687-4381
non emergency

National Suicide Prevention Lifeline

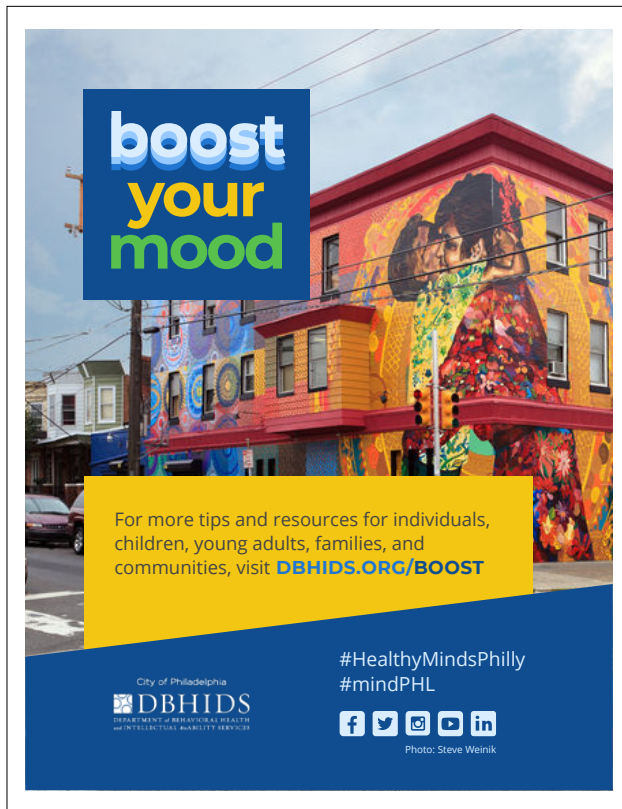


800-273-8255

24/7 COVID-19 Helpline Referral & Support



855-284-2494



Boost Your Mood and be #mindPHL together with wellness tips and mental health resources.

Visit healthymindsphilly.org/boost/ to download the printable resource packet from The City of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services



**DON'T FORGET TO
LET US KNOW ABOUT
YOUR JOURNALING
EXPERIENCE.**

*Complete the quick and easy
survey with the QR code.*



<https://bit.ly/3fnSzzm>

Promoting Adolescent Student Health Program
THE SCHOOL DISTRICT OF PHILADELPHIA

Office of Student Health Services
440 North Broad Street
Philadelphia, PA 19130

pash@philasd.org



THE SCHOOL DISTRICT OF
PHILADELPHIA