

Listening to Our Youth

CENTER FOR
YOUTH  **WELLNESS**
health begins with hope



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“When we punish kids for their poverty, their toxic stress goes unaddressed. What we don’t need is increased punishment. What we do need is increased care.” – Leadership High School Student

At the Center for Youth Wellness, a big part of our work is to listen—to our patients, our youth and families, and our community.

We are committed to actively engaging members of the community to come up with effective solutions to prevent, screen and heal Adverse Childhood Experiences (ACEs) and toxic stress.

That's why we're working closely with inspiring students from Leadership High School. Last November, in a dynamic presentation at our [Children Can Thrive summit](#), these students profoundly moved the audience with their views and experiences of ACEs and toxic stress. [Watch the video of their presentation.](#)

"Our teenagers especially are so insightful and smart, and they have really good ideas," says Latanya Hilton, CYW's vice president of development and strategic partnerships. "They really know what they need, and they are willing to tell us if we can listen."

Leadership High School students also are collaborating with us to conduct a research study on how ACEs affect academic performance among San Francisco youth. Data collection is underway and the San Francisco schools selected to participate include: Leadership High, Thurgood Marshall High School, Balboa High School, Burton High School and Lowell High School.

We look forward to sharing more with you about this important project, and we are truly honored to work in partnership with these courageous students!

To support the work CYW is doing in partnership with our community, please click [here](#).

"The Mask You Live In"

Our Founder and CEO Dr. Nadine Burke Harris is featured as an expert in "The Mask You Live In," a new film by Jennifer Siebel Newsom that asks: As a society, how can we raise a healthier generation of boys and young men?

The film follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence.

These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become “real” men. Dr. Burke Harris weighs in on the impact of early adversity and toxic stress.

Learn more about the film [here](#).

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