

U Matter Week

Goal of the Week

There are teenagers in our community are experiencing difficulties with depression, anxiety, self-image, and other issues that are surrounded by stigma. U_Matter is a program focused on empowering teens to shatter these stigmas, and make sure teens know *they matter*. The goal of this week is to give Pinckney teens the ability to speak up and make a difference in their lives and the lives of others.

When will it be?

January 27-31

Outline Of The Week

Monday:

Topic: Suicide

Everyone wears yellow

Teacher reads paragraph about suicide at the start of the day

Announcement at the end of the day: reminder to wear Green for Tuesday

Tuesday:

Topic: Depression

Everyone wears Green

Teacher reads paragraph about depression at the start of the day

Announcement at the end of the day: reminder to wear Blue for Wednesday

Wednesday:

Topic: Stress/Anxiety

Everyone wears Blue

Teacher reads paragraph about stress and anxiety at the start of the day

Announcement at the end of the day: reminder to wear Purple for Thursday

Thursday:

Topic: Self Image

Everyone wears Purple

Teacher reads paragraph about self image and eating disorders at the start of the day

Announcement at the end of the day: reminder to wear Red for Friday

Friday:

Topic: Teenage Substance Abuse

Everyone wears Red

Teacher reads paragraph about teenage substance abuse at the start of the day
Assembly/presentation in advisory (video/speaker/etc.)

Example Reading (for teachers)**Teenage Substance Abuse (Red)**

Today we are wearing red to remind us about Teenage Substance Abuse. Substance Abuse is categorized as overindulgence or dependence on any addictive substance, including the hard drugs we commonly think of, like opioids or cocaine, as well as alcohol and nicotine. All of these substances can be fatal and permanently damage a person's physical and mental health, even if the person thinks they're using in "moderation". If you know anyone who uses or abuses a substance that is unhealthy for them, even if that person is yourself, encourage them to seek help and support them in living a healthier lifestyle. Some resources can be found in the Student Family Service Center, on the awareness posters hanging around the school, or in the email from _____ from the beginning of the week.

Remember to wear (**Color**) tomorrow for (**Cause**) Awareness Day.

Speakers:

1. Jeff Yalden <http://www.jeffyalden.com/contact/>
https://m.youtube.com/watch?v=UfwGUKf_JLs#

2. Josh Shipp

https://topyouthspeakers.com/speakers-topics/josh-shipp?_ga=2.7683185.2128383496.1565563197-1455387297.1565563197

3. Kevin Hines

<http://www.kevinhinesstory.com/>