

IN THAT NUMBER REFLECTION ACTIVITY

This activity does not have right or wrong answers. It is designed to make people think about the opportunities, resources, and support they have growing up and how that shapes who they are.

The activity includes a series of statements. Please circle either “yes” or “no” depending on which answer most accurately reflects your life. The statements come from the experiences of the youth interviewed in the Institute of Women & Ethnic Studies’ (IWES) *In That Number* campaign, as well as data collected from IWES’ Emotional Wellness Screener.

Since this activity was created from the experiences that elementary, middle, and high school-aged youth face, it is designed to reflect that time period.

After the statements, there are a few reflection questions to help think through this activity.

STATEMENTS

1. I feel like my teachers are patient with me and respect and care about me.
Yes No
2. If I act out (disrupt the class, cut class, etc.), teachers in my school are more likely to suspend me than talk to me about what is wrong.
Yes No
3. I have counselors in my school that I can talk to about my personal problems.
Yes No
4. It’s hard for me to focus/pay attention in school because I have too many other issues and problems.
Yes No
5. If I want to talk to a psychiatrist or counselor, I know where to go to get help.
Yes No
6. Myself or my family can afford to send me to a therapist/counselor.
Yes No
7. My parents have time to sit down and talk with me about my problems.
Yes No
8. Someone in my immediate family has gone to jail.
Yes No
9. My parents are there for me when I need them.
Yes No
10. I have a job in high school to help out around the house and cover my expenses.
Yes No

11. My parents rely on me a lot to help raise my siblings.
Yes No
12. If I don't get a scholarship or financial aid, I can still afford to go to college.
Yes No
13. I am the only one in my immediate family that speaks English.
Yes No
14. Someone in my immediate family suffers from addiction (alcohol, drugs, gambling, etc.).
Yes No
15. Someone in my immediate family has been deported from the United States.
Yes No
16. My family accepts me.
Yes No
17. I feel like my neighborhood is safe.
Yes No
18. I feel like police officers target me because of my race.
Yes No
19. One of my close friends/family members was murdered.
Yes No
20. I've seen someone get shot, stabbed, beaten, or murdered.
Yes No
21. People treat me badly because of my sexual orientation and/or gender expression.
Yes No
22. It's easy for me to make friends.
Yes No
23. I worry that people don't love me.
Yes No
24. I worry I may not have enough food to eat.
Yes No
25. Sometimes I worry about whether or not I'll have a place to live.
Yes No

REFLECTION QUESTIONS

- Did anything surprise you (reactions, feelings, etc.) as you did this activity?
- How did this exercise make you feel?
- What went through your mind as you did this activity?
- Which statement did you find most meaningful or eye opening? Why?
- Which statements, if any, hurt? Why?

ABOUT IWES

Founded in 1993, IWES is a national non-profit health organization that creates initiatives to heal communities, especially those facing adversity. Through community-driven research programs, training, advocacy and partnerships, IWES helps build emotional and physical well-being, resilience and capacity among women, their families, and communities of color, especially those who are disadvantaged.

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ABOUT IN THAT NUMBER

Influenced by the dearth of emotional health services being provided to youth in New Orleans post Hurricane Katrina, *In That Number* is a public will campaign designed to change negative perceptions of young people and increase awareness of the need of youth-focused Trauma Informed Care (TIC) services in the Greater New Orleans Area. *In That Number* views youth with behavioral issues as “sad,” not “bad.”

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