

MENTAL HEALTH AND SCHOOL SAFETY

**UNISERV ACADEMY:
SAFE SCHOOLS SERIES**

SESSION 2



Facilitators



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MENTAL HEALTH AND SCHOOL SAFETY



This workshop is one of three workshops focusing on health and safety.

1. Healthy buildings, systems, and schools.
- 2. Safe buildings, systems, and schools. Focusing on mental health and safe schools.**
3. Gun Violence and Crisis Guide Review

WORK SAFETY



- Allergies
- Asbestos
- Bloodborne hazards
- Bullying
- Chemical use/storage/exposure
- Climate justice
- Cold
- Disaster preparation
- Ergonomic hazards
- Food-service concerns (burns, etc.)
- Formaldehyde
- Gun violence
- Health education
- Health Services
- Heat
- Immunization/vaccination
- Infectious diseases
- Indoor air quality
- Infrastructure
- Lead (in paint, water, etc.)
- Mental health and stress
- Mercury
- Mold
- Musculoskeletal problems
- Natural disasters
- Opioids
- Polychlorinated biphenyls (PCBs)
- Pollution (generation of/proximity)
- Safe passage
- Sexual and reproductive health
- Slips, trips, and falls
- Smoking
- Staffing and workload
- Vaping
- Violence (sexual)
- Violence (threats, attacks)
- Water (access to clean water)

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WORK SAFETY



1. Prevention –
actions taken to
prevent crisis

2. Response – steps
taken to stabilize a
crisis once it has
occurred.

3. Recovery –
actions taken to
restore the school
environment.

Safe School Culture and Psychological Safety



School Safety encompasses a range of responses from prevention to crisis response.



When making efforts to build a school culture of safety, schools strive to make a continuous effort to:

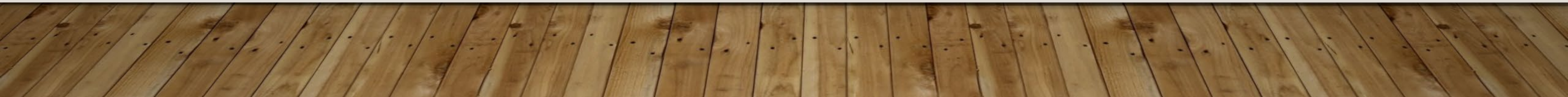
Ensure students and staff feel safe and included.

Create an environment that supports psycho-social development and academic achievement

Ensure that daily instruction and other activities are not disrupted by negative events

Create an environment of mutual respect of students, staff, and administrators

**WHAT'S
GOING
ON IN YOUR
STATE OR
LOCALS?**



REPORT

Impact of Social Media and Personal Devices on Mental Health

by National Education Association

Published: August 12, 2024

[Impact of Social Media and Personal Devices on Mental Health | NEA](#)

Polling of NEA Members

CONCERNS

- Over half say phones are very disruptive
- Social Media is concerning: leads to cyberbullying, impedes social skill development, disrupts instructional time
- 90% feel student mental health is a serious issue

ACTION

- Want school-wide policy, with parent and educator collaboration
- District policy limiting personal devices
 - 90% support during instructional time
 - 83% support during the entire school day
- 86% Support state and federal regulations to hold social media corporations accountable

Research

SOCIAL MEDIA IMPACT ON MENTAL HEALTH

- Brain development impacted and neurological pathways linked to risky behavior
- Adolescents who experience cyberbullying are more than FOUR TIMES as likely to report thoughts of SUICIDE AND ATTEMPTS as those who didn't
- Nearly half (46%) of teens ages 13-17 say they feel worse about their body image due to social media
- Relationship between excessive social media use and poor sleep quality, reduced sleep duration, sleep difficulties, and depression among youth
- 51% of 13-17 yr olds have experienced online harassment in the last 12 months , 21% had emotional or mental health challenges. Main sties Facebook and Instagram.

RECOMMENDATIONS: MENTAL HEALTH POLICY



Comprehensive School Mental Health Systems in Schools



Adequate staffing is needed – counselors, social workers, school psychologists, nurses, and others



Access to mental health supports, interventions can be gained through external partnerships with medical entities, non-profits



Educational workshops and programming to boost both student and educator knowledge and capacity on mental health promotion and incident prevention



Policy Action

Local

- **Limiting access to personal devices in schools**
 - **77% of US schools** prohibit non-academic use of cell phones or smartphones during school hours
 - School-wide, implemented consistently and uniformly

State

-
- **Limiting access to personal devices in schools**
 - **19 states:** ban or restrict, recommend or incentivize for local school policy
 - Legislation continues to be introduced
 - **Holding social media companies accountable**
 - Privacy –Defaults--**Age Appropriate Design Code**
 - Algorithmic
 - Age authentication

Federal

-
- **Holding social media companies accountable**
 - Kids Online Safety Act (KOSA)
 - Children and Teen’s Online Privacy Protection Act (COPPA 2.0)

RECOMMENDATIONS: AFFILIATE ACTIONS



Co-Collaborators

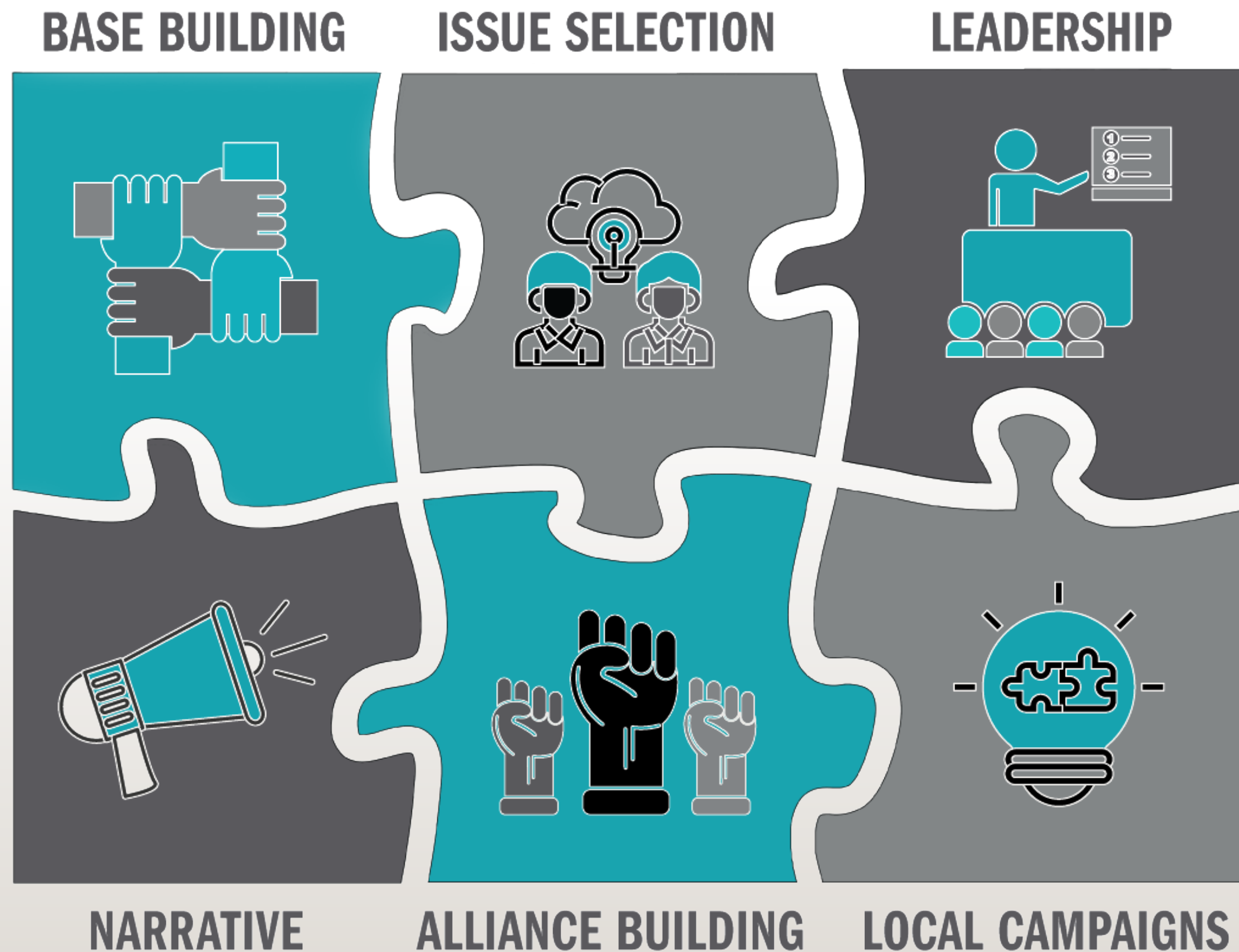
Promote Affiliate Position

Active Role in Policy Development

Collective Bargaining

ORGANIZING AROUND CREATING SAFE SCHOOLS

AFFILIATE ACTION IN PRACTICE



THE ROLE OF STAFF IN SCHOOL SAFETY: **BEFORE**



Coaching and Organizing to Build Capacity

THE ROLE OF STAFF IN SCHOOL SAFETY: DURING



Advocacy to Manage the Moment

THE ROLE OF STAFF IN SCHOOL SAFETY: **AFTER**



Coaching and Organizing to Build Resilience

PATHWAYS TO ACTION TOOL

Personal Devices and Student Mental Health Pathways of Action



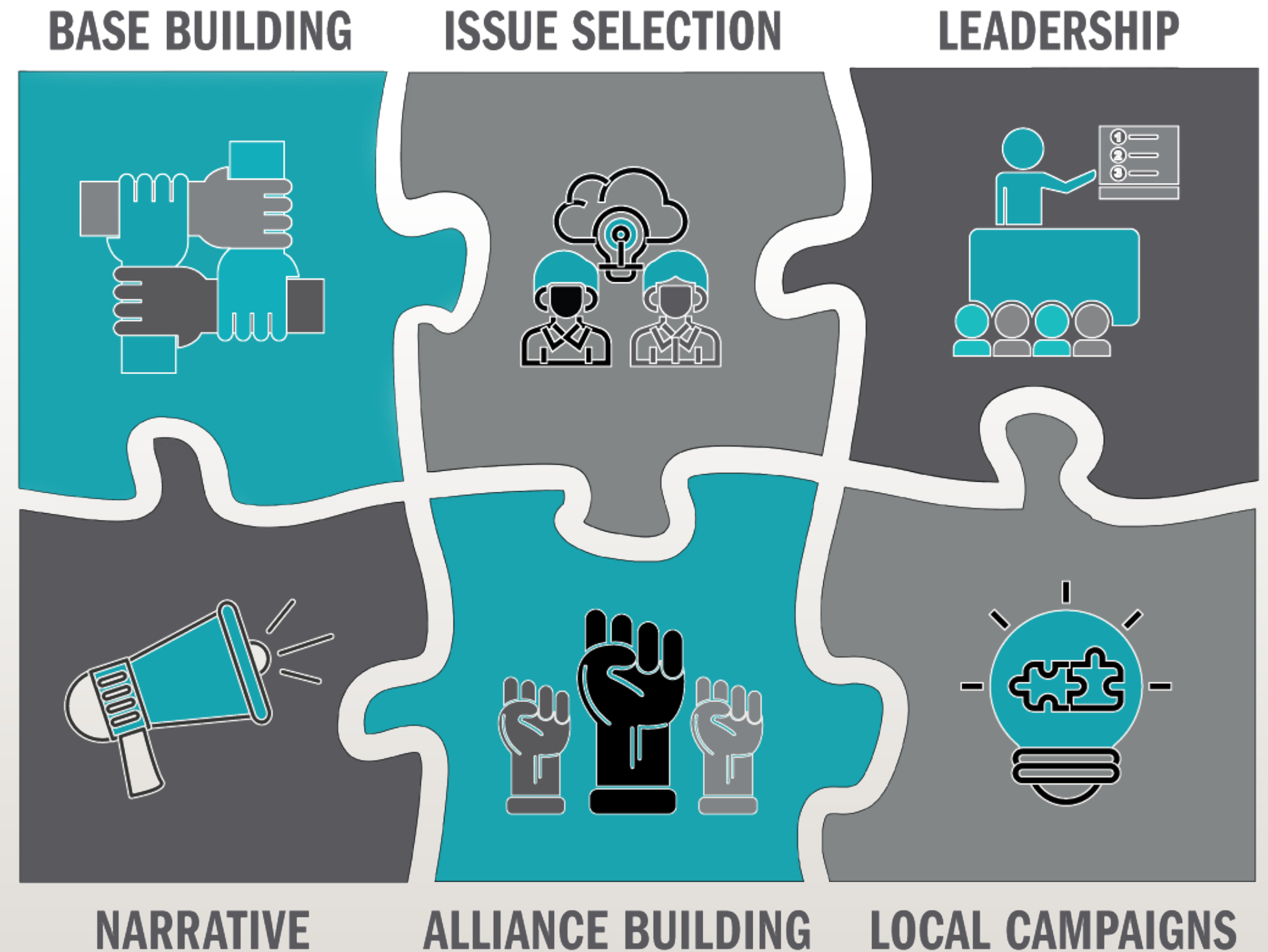
Section 1—Gap Analysis—helps users identify resources they have, or may need, and/or areas/items require further investigation to facilitate the development of actions to effectively limit student access to personal devices during the school day. Section 2—Questions for Action—guides users toward the establishment of a plan for action. Where the Pathways of Action form leads users, will depend on their own needs and the context in which they work. Please add further context in the comments (ex. whether or not the organization/entity is actively working on the issue).

Section 1: Gap Analysis

	Pathways of Action	Where to Look	Yes	No	Unsure	N/A	Comments
1	Are there any state regulations?	• Age-Appropriate Design Code • State Department of Education Guidelines • State law for Restricting Personal Devices					
2	Do you have any collective bargaining language?	• CBMA Database					
3	Do you have any school board policies?	• Found through school resources or Google search					
4	Do you have any community or national partners?	• Link to resource page for national partners					
5	Do you have any parent allies?	• Link to resource page for national partners					
6	Local association committees/ Leader Support	• Local branches of non-profits (county MHA's, city MHA's, NAMI's) • Local unions • School Health Advisory Committee					

ORGANIZING AROUND HEALTH AND SAFETY

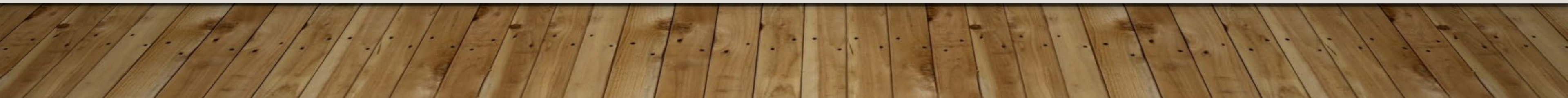
Look over the Pathways to Action Tool. How might you use this tool for assessment, prioritizing, and organizing around health and safety?



SCENARIO



**Aspen School District
sues social media
companies over impact
on youth mental health**





1. We will divide up into small breakout groups
2. Discuss the scenario in your small group
 - Assume/imagine some aspects of the scenario
 - using the Pathways to Action Tool
 - Identify some of the issues and determine the most widely felt and winnable issue
3. How might you organize around the issue?
 - **Key idea: Mental health hook** – A messaging focus that is simply understood and can be broadly applied....look back at the video what was the hook?



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ACTION STEPS AND TAKE AWAYS (UNISERV)



1. How will you use something you've learned today to facilitate positive change in school safety?
2. How would you be able to measure a win?
3. What have you learned today that would make your work with locals different than you always have?

THE NEA HEALTH AND SAFETY PROGRAM



Scan Me

- Environmental and occupational health and safety, including mold, indoor air quality, chemical safety, and more
- Violence prevention and response, and the creation of safe school cultures
- School health, including social media, student personal device use, mental health, vaccines, and more

<https://www.nea.org/healthy-schools>



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Contact Us



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