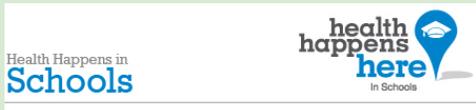


## HEALTH HAPPENS IN YOUTH MEDIA

### School Safety, Health Centers, Depression, and Changing Neighborhoods

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[Youth Media for Building Health Communities](#): Each week in the 14 BHC places, young people knit together experiences at school, at work, at home and in their neighborhoods to tell stories about how health happens.



Bay Area teachers are contemplating their roles in enforcing security at their own schools. One East Bay teacher feels an obligation to serve as the first line of defense between an intruder and his students. *"It's kind of the pinnacle of what it means to be a teacher or a leader, is to die for someone you're trying to educate."* [Youth Radio](#)

The Seal of Bilingual Proficiency is an award from the State, granted to students who have attained proficiency in more than one language by their high school graduation. California schools and students have been cheering about how this token of recognition increases job opportunities. *"Being bilingual helps others understand you to articulate your hopes and dreams."* Finally, Long Beach students are eligible to receive the award. [Voicewaves](#).

The Affordable Care Act includes funding for student health centers, aiming not only for general physical health, but to encourage school attendance and increase graduation rates. Since the law passed, California school clinics have received more than \$30 million. City Heights' newest school opened in October and has already made an impact on at least one student. [Media Arts Center on Speak City Heights](#).

School drills aimed at preparing students for an emergency have become commonplace, even at preschools. *"These kids are used to drills. They're used to real lockdowns too."* [Youth Radio](#) on [NPR's All Things Considered](#).

Following the Sandy Hook Elementary School tragedy, another small town, Taft, California, is reeling from a school shooting. The incident has raised worries that schools in small towns – once considered havens from the violence plaguing urban areas – may no longer be safe. *"These shootings seem to be getting closer and closer to home. Especially since we live in small communities in South Kern and both shootings also happened in small communities."* [South Kern Sol](#).

A high school senior documents her school lunch through a photo essay. *"Is the school food really giving what they claim 'health foods'?" Do they really have vitamins and nutrients?"* [AjA Project on Speak City Heights](#).

Youth in Merced discussed the Sandy Hook shootings and compiled their reactions to three questions that commonly arise in the mainstream media. *"I don't think it could have been prevented because these things happen no matter what. You can prepare yourself for what is coming but it is still coming."* [We' Ced Youth Media](#).

Studies have shown and that teenage and young mothers are more likely to drop out school, work at a low-paying jobs and be single parents. One young mother wants to prove otherwise. [Access Sacramento](#).

One in five high-school Latina girls in the U.S. have seriously considered suicide. They have the highest number of suicide attempts compared to other races. Long Beach has one of highest rates of suicides in Los Angeles County, but some parents admitted that those issues were almost taboo in their homes. [Voicewaves](#).

New research indicates that depression is more widespread than we thought, and can be related to gender, ethnicity, and experience in a school setting. Four findings on depression are featured on [KidsData.Org](#), a comprehensive database of children's health in California. [Youth Uprising's](#) "Pressing Issues" video project interviewed [experts](#) and [peers](#) about the difference between natural sadness that comes and goes, and depression, which stays for long periods and makes it hard to ask for help.

The Silver Tsunami is the phenomenon of baby-boomers aging out of industry jobs, like utility workers for Pacific Gas & Electric. But employers say they favor young people, even teenagers, to replace their generations of retirees. *"The analogy is really that if you go recruit someone out of high school or college on a baseball team, they have to go through that whole farm system before they can get to the major leagues."* [Youth Radio](#).

Along the Richmond Greenway, volunteers pushed wheelbarrows of compost and dug into dirt for Urban Tilth's 6th Annual MLK Day of National Service. Urban communities have come together to till the land, hosted by a local nonprofit, and inspired by the memory of Dr. Martin Luther King, Jr. *"It's great to walk around, and see the progress of the city. The city is getting better, little by little."* [Richmond Pulse](#).

The [RYSE Center's](#) Youth Justice Department led a circle-up to discuss the Newtown, CT., shootings in December. Youth and staff share opinions about the roots of the violence, the gun manufacturing industry, and prevention.

Boyle Heights residents have to travel far, or pay high prices, for fresh food. *"Coming and going to the market can take two or three hours. Sometimes the bus is too slow because it has to keep stopping."* [Boyle Heights Beat](#).

In his latest Diary entry, Joaquín Magón writes that his perception of his hometown in the Coachella Valley were transformed by having lived elsewhere. *"What amazes me about Coachella is how, in a sense, it sheltered me like a parent from what the world expected as 'normal.'"* [Coachella Unincorporated](#).

After more than three decades, La Casa del Músico, the legendary music store in Boyle Heights' Mariachi Plaza, is up for sale. The store is rich with history - Bob Dylan once sat on the floor playing guitar, and later bought a saxophone. The owners want to retire, but whether there is new blood to run the store is uncertain. *"It would be my hope that a young business person with vision and discipline would take on that task."* [Boyle Heights Beat](#).



**This wouldn't be a newsletter of youth voices if everything they said fit neatly into our agenda. On that note...** Dawon speaks and dances his emotional drama. Growing up with the confusion and instability of multiple foster families, he explains how [dance](#) and [spoken word poetry](#) help him tell the truth. [Youth Uprising](#).

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