

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 had growing up and how that has shaped who they are today.

The activity includes a series of statements. Please circle either “yes” or “no” depending on which answer most accurately reflects your life. The statements are derived 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. Please think back to that time period when you respond to these statements.

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

STATEMENTS

1. I felt like my teachers were patient with me and respected and cared about me.
Yes No
2. If I acted out (disrupted the class, cut class, etc.), teachers in my school were more likely to suspend me than talk to me about what was wrong.
Yes No
3. I had counselors in my school that I could talk to about my personal problems.
Yes No
4. It was hard for me to focus/pay attention in school because I had too many other issues and problems.
Yes No
5. If I wanted to talk to a psychiatrist or counselor, I knew where to go to get help.
Yes No
6. Myself or my family could afford to send me to a therapist/counselor.
Yes No
7. My parents had time to sit down and talk with me about my problems.
Yes No
8. Someone in my immediate family had gone to jail.
Yes No
9. My parents were there for me when I needed them.
Yes No
10. I had a job in high school to help out around the house and cover my expenses.
Yes No

11. My parents relied on me a lot to help raise my siblings.
Yes No
12. If I didn't get a scholarship or financial aid, I would have still been able to afford college.
Yes No
13. I was the only one in my immediate family that spoke English.
Yes No
14. Someone in my immediate family suffered from addiction (alcohol, drugs, gambling, etc.).
Yes No
15. Someone in my immediate family was deported from the United States.
Yes No
16. My family accepted me.
Yes No
17. I felt like my neighborhood was safe.
Yes No
18. I felt like police officers targeted me because of my race.
Yes No
19. One of my close friends/family members was murdered.
Yes No
20. I saw someone get shot, stabbed, beaten, or murdered.
Yes No
21. People treated me badly because of my sexual orientation and/or gender expression.
Yes No
22. It was easy for me to make friends.
Yes No
23. I worried that people didn't love me.
Yes No
24. I worried I may not have enough food to eat.
Yes No
25. Sometimes I worried about whether or not I'd 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.

iwesnola.org

@iwes_nola 



 /IWES.NOLA/

@iwes_nola 

INSTITUTE OF
WOMEN &
ETHNIC
STUDIES

 /iwesnola

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.”

inthatnumber-iwes.org

@inthatnumber_iwes 



 /InThatNumberIWES/

@inthatnumb_iwes 