

Belonging

the newsletter from the *FIRST* NC ED&I Team – August 2023

Equity – Treating everyone fairly, having equal opportunities and removing barriers.

Diversity – The way we are all different.

Inclusion – Creating space for everyone where differences are embraced.

Teen Depression: More than just moodiness

Teen Depression: More than just moodiness

Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?

- Do you often feel sad, anxious, worthless, or even "empty"?
- Have you lost interest in activities you used to enjoy?
- Do you get easily frustrated, irritable, or angry?
- Do you find yourself withdrawing from friends and family?
- Are your grades dropping?
- Have your eating or sleeping habits changed?
- Have you experienced any fatigue or memory loss?
- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?

You're not alone, and help is available. You can feel better. To get help:

- Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.
- Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.
- Try to spend time with friends or family**, even if you don't feel like you want to.
- Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.
- Try to keep a regular sleep schedule.**
- Eat healthy foods.**

For immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.

www.nimh.nih.gov/depression
NIMH Identification No. OM 21-4319

FIRST, is committed to creating a diverse, inclusive, and equitable community for all participants. Well-being is important and *FIRST* encourages coaches and mentors to educate themselves on ways to best work with their students.

A helpful fact sheet created by the National Institute for Mental Health is linked below. If specific questions or situations arise, we advise you to reach out to organizations that specialize in well-being.

This fact sheet is intended for teens and young adults and presents information about, and how to recognize the symptoms of depression and how to get help.

- [English](#)
- [Spanish](#)

Do you have tips for other teams on how to include people and help them feel they belong?

Send them to FIRSTNC-EDI@googlegroups.com or use this [GOOGLE FORM](#) and we'll include them in upcoming newsletters.

From *FIRST*: Just in case you missed it! - People Of STEAM: Meet Tom

#PeopleofSTEAM is an ongoing blog series that highlights diverse voices in our community and the impacts they are making on the world of *FIRST*®, the world of STEAM, and/or in their own backyard.

Tom Wexler (he/him) is a *FIRST* alum, volunteer, founder & board member of The Rainbow STEM Alliance and an Industrial Technology Support Specialist for a school district in Pennsylvania. He has always been passionate about STEAM since his days on *FIRST* Robotics Competition Team 487 "Hedgehogs," and through his time volunteering for *FIRST* in a variety of capacities. Then his passion for STEAM inspired him to found The Rainbow STEM Alliance with two friends in 2018. The Rainbow STEM Alliance began as the friends, all alumni of *FIRST*, saw a need to promote the *FIRST* Core Value of Inclusion and decided to take action. The mission of the organization is to promote acceptance and inclusion of LGBTQ+ youth within the STEAM educational fields.

Read more - <https://community.firstinspires.org/people-of-steam-meet-tom>

August Events:

August 1: *Lammas* is a festival to mark the annual wheat harvest within some English-speaking countries in the Northern Hemisphere.

August 6: Transfiguration of the Lord, or Feast of the Transfiguration, is celebrated by various Christian denominations. The feast day is dedicated to the transfiguration of Jesus.

August 13 to August 15: *Obon*, or *Ullambana*, is a Buddhist festival and Japanese custom that honors the spirits of ancestors.

August 15: Assumption of Blessed Virgin Mary commemorates the bodily taking up of the Virgin Mary into heaven at the end of her earthly life according to the beliefs of the Catholic Church, Eastern, and Oriental Orthodoxy, as well as parts of Anglicanism.

August 17: Marcus Garvey Day celebrates the birthday of the Jamaican politician and activist who is revered by Rastafarians. Garvey is credited with starting the Back to Africa movement, which encouraged those of African descent to return to the land of their ancestors during and after slavery in North America.

August 23: Both International Day for the Remembrance of the Slave Trade and its Abolition and the anniversary of the uprising in Santo Domingo (today Haiti and the Dominican Republic) that initiated the abolition of slavery in the Caribbean are recognized on this day.

August 26: Women's Equality Day commemorates the August 26th, 1920 certification of the Nineteenth Amendment to the US Constitution that gave women the right to vote. Congresswoman Bella Abzug first introduced a proclamation for Women's Equality Day in 1971. Since that time, every US president has published a proclamation recognizing the 26th as Women's Equality Day.

August 30: *Raksha Bandhan* is a Hindu holiday commemorating the loving kinship between a brother and sister. "Raksha" means "protection" in Hindi and symbolizes the longing a sister has to be protected by her brother. During the celebration, a sister ties a string around her brother's (or brother-figure's) wrist and asks him to protect her. The brother usually gives the sister a gift and agrees to protect her for life.

Inspiration & Recognition Spotlight: *Zoe Oli – Beautiful Curly Me | Atlanta, GA*



Ten-year-old Zoe Oli is the CEO of Beautiful Curly Me, a toy and media company on a mission to instill and inspire self-love and confidence in young Black and brown girls.

How does being connected to something bigger than yourself help you see light in the world?

Seeing the smiles on girls' faces, hearing their stories and following their growth makes me feel excited and ready to do more. I see that every single act of goodness, no matter how small it may seem, creates a spark that lights up the lives of so many more people.

Click here to read more about [Zoe and Beautiful Curly Me](#)

Equity, Diversity, & Inclusion Training: *I Can Be Inclusive Too e-Course*

These interactive Inclusion tools will help you feel confident in understanding inclusion, creating accommodations, supporting and responding positively to behavior challenges and creating supportive environments.

- [Part 1 - ADA Basics](#)

The *FIRST* NC ED&I Team: Contact us at: FIRSTNC-EDI@googlegroups.com

We are a team of coaches/mentors who want to help create a community and culture of people who embrace the values of equity, diversity, and inclusion, who want to develop themselves, and who understand that growth and diversity of all types lead to team excellence.

Anisha Patel - *The Pitt Pirates* 2642
Dave Lashley (he/him) - *Team SPORK* 3196

Linda Whipker (she/her) - *Team PyroTech* 3459
Melissa "Bee" Bube (they/she) - *Girls on Fire* 5679

All Editions are Available Online at: <https://www.firstnorthcarolina.org/belonging-newsletter>