



Foster Youth Speak Out: Police Brutality and Racism



FOSTERING MEDIA CONNECTIONS



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Fostering Media Connections (FMC) uses the power of media and journalism to lead the conversation about children, youth and families in America.

- FMC's Youth Voice Program began in 2016 as a journalism training program.
- We support young people with lived experience in the foster care or juvenile justice systems.
- Recently have emphasized perspectives from youth in higher education.

TODAY'S AGENDA

Welcome & About FMC – 10 mins

House Rules & Agenda – 5 mins

Introduction of Panelists – 5 mins

Open Discussion w/ leading question – 20 mins

Wrap up: What are methods for youth to use to deal with emotions related to experiencing traumatic events like these?
(Open to everyone) – 25 mins

Introduce writing and video project – 5 mins

Poll Questions/Q&A – 15 mins

(Please introduce yourself and organization/affiliation)

Close out – 5 mins

90 mins total time



HOUSE RULES



1. We ask that everyone be respectful and use active listening.
2. Know that this presentation is being recorded.
3. We will save questions for the end. You may post them directly in the chat.

Meet Our Panelists



TATIANA LEMIRE

Full-time college student
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ALIYAH ZEIEN

Registered social worker, life
skills specialist, and foster
youth advocate
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TASHA MATTHEWS

Skills Trainer, Walden
Family Services and
Peer Advocate at
Children's Legal
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IVORY BENNETT

English Teacher & Cheer
Coach; Foster Youth
Advocate; Education Equity
Advocate
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COPING WITH TRAUMATIC EVENTS

1. Try to avoid bottling emotions, feelings, and beliefs. When we bury our feelings, those feelings arise and can cause harm to ourselves and others.
2. It's imperative to process our experiences with people we trust, and who can listen non-judgmentally. This allows for more genuine conversations and finding further solutions to cope, and helps create a strong support system.
3. Always put on your oxygen mask first. You can opt out at any time to care for yourself holistically. Tend to your mind, body, and spirit daily.
4. Seek mental and emotional support from friends, families, community members, and THERAPISTS. ***Give yourself permission to cry and to grieve.***

Source: Today's Panelists



NATIONAL RESOURCES

Foster Youth In Action - <https://www.fosteryouthaction.org>
Contact Anna Gennari

Congressional Caucus on Foster Youth
<https://fosteryouthcaucus-karenbass.house.gov>

National Foster Youth Institute - national advocacy network and hosts Foster Youth Shadow Day every year - <https://www.nfyi.org/what-we-do/>

<https://www.fcncfoundation.org/>

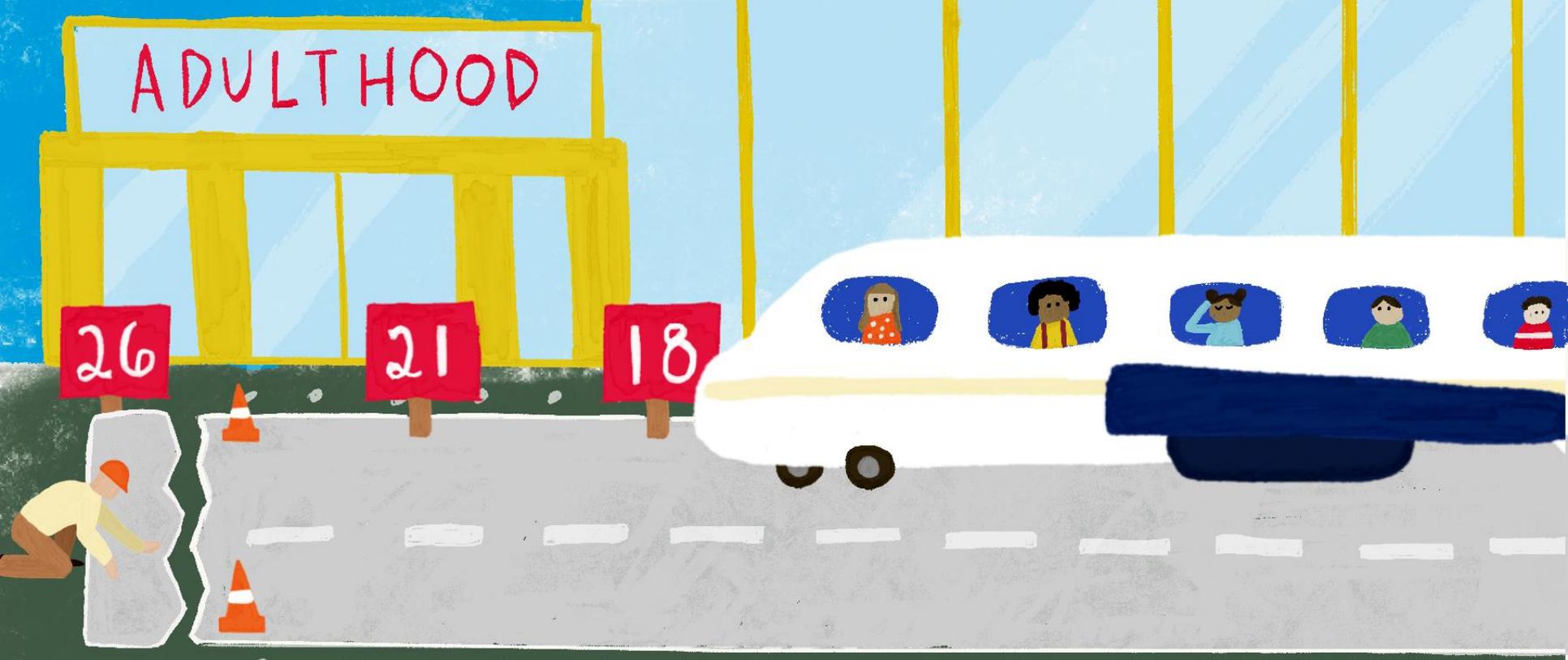
<https://therapyforblackgirls.com/>

<https://www.fosterclub.com/resources>

<https://dreammakersproject.org>

<https://www.onesimplewish.org>





THANK YOU!

Contact us at youthvoice@fosteringmediaconnections.org

