

Resources

The collection of resources below includes a variety of topics that may assist schools in addressing discrimination. Included are links to web sites, videos, news articles, and help lines.

Support for Youth

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained crisis counselor.

[Crisis Text Line](#)

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The Trevor Project

Access information for the prevention of suicide and Trevor's unique resources for LGBTQ youth.

[The Trevor Project](#)

To Write With Love On Her Arms

This non-profit movement is dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

[To Write with Love on Her Arms](#)

Helping Diverse Students Find Common Ground

[Helping Diverse Student Find Common Ground](#)

How to Move Forward After a Divisive Election

[Moving Forward after a Divisive Election](#)

Students Advocate for Diversity in Reading Lists

Students Empowering Activism and Leadership at **Needham High** in **Needham, Mass.**, addressed the English department about the lack of diversity in assigned reading.

[Diverse Reading](#)

Support for Family/Parents/Caregivers

Look Through Their Eyes

Information on how to prevent, identify and overcome trauma for your child

[Look Through Their Eyes](#)

Child Mind Institute

What to do if you're worried about your child and suicide.

[Child Mind Institute](#)

Parents.com

Tips for parents of young children about talking about the outcome of the election

[Tips for Parents of Young Children about Outcome of Election](#)

Today Show Segment: How to Talk to Your Kids About the Election Results

[Today Show: Talking to Kids about Election Results](#)

Huffington Post: What do we tell the children? Tips for talking to your children about the election

[Huffington Post: What do we tell the Children?](#)

Support for Professionals Working with Youth

Teaching Tolerance (resources for teachers)

[Teaching Tolerance](#)

Human Rights Campaign (help for LGBTQ youth)

[Human Rights Campaign](#)

Youth Suicide Prevention Program (information on youth suicide)

[Youth Suicide Prevention Program](#)

Healing the Divide in the Classroom

Oren Sofer at *Mindful Schools* provides ways to [practice mindfulness to process the election results while respecting differing perspectives.](#)

[Mindfulness in the Classroom](#)

Human and Civil Rights Organizations

NATIONAL SITES

Immigrant Coalition of Immigrant and Refugee Rights

[Immigrant Coalition of Immigrant and Refugee Rights](#)

American Civil Liberties Union

ACLU works to defend individual rights and liberties guaranteed by the Constitution.

[American Civil Liberties Union](#)

Anti-defamation League

This organization fights against anti-Semitism and bigotry as one of the largest civil rights organizations in the country.

[Anti-Defamation League](#)

Border Angels

This all-volunteer non-profit organization advocates for immigration reform and social justice focusing on the U.S.-Mexico border. It offers educational and awareness programs and migrant outreach programs to San Diego County's immigrant population.

[Border Angels](#)

National Association for the Advancement of Colored People (NAACP)

This organization works to promote the civil rights of people of color and to eliminate race-based discrimination

[National Association for Advancement of Colored People](#)

NAACP Legal Defense Fund

This organization fights for racial justice through litigation, advocacy and education.

[NAACP Legal Defense Fund](#)

National Immigration Law Center

The Law Center dedicated to fighting for the rights of low-income immigrants through litigation, policy analysis and advocacy, and various other methods

[National Immigration Law Center](#)



National Immigration Forum

This immigrant advocacy group offers various programs to integrate immigrants into the workforce and obtain citizenship.

[National Immigration Forum](#)

Lambda Legal

The mission of this organization is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work.

[Lambda Legal](#)

Pennsylvania Resources

Pennsylvania Bullying Prevention Toolkit

The Pennsylvania Bullying Prevention Toolkit and related guides are resources for parents, educators and professionals serving youth in school and out-of-school time settings. They include specific information about how to differentiate between bullying and conflict, how to respond to protected class bullying and harassment, cyberbullying, and potential legal implications of bullying-type behaviors.

<http://www.safeschools.info/bp-toolkit-guides>

Third Tuesday Bullying Prevention Webinar Series

Third Thursday Bullying Prevention Webinar Series for educators, parents and youth-serving professionals. Supported with funding from the Highmark Foundation, each session will provide information on the most current research or relevant topics to the field of bullying prevention, including sessions on preventing and responding to protected class bullying and harassment.

<http://www.safeschools.info/bullying-prevention/professional-development>

Pennsylvania Training and Technical Assistance Network (PaTTAN)

The Pennsylvania Training and Technical Assistance Network has developed a broad array of web-based publications, materials, and streaming media resources addressing the topic of cultural responsiveness. These materials span an array of educational topics and can be accessed via the following links:

- Streaming Media/Videos: [Pattan: Streaming Media Videos](#)
- Handouts: [Pattan: Handouts](#)
- Materials: [Pattan: Materials](#)
- Publications: [Pattan: Publications](#)

Positive Behavior Support Network

The Pennsylvania Positive Behavior Support Network (PAPBS Network), through training and technical assistance, supports schools and their family and community partners to create and sustain comprehensive, school-based behavioral health support systems in order to promote the academic, social and emotional well-being of all Pennsylvania's students.

Access these resources at [Pennsylvania Positive Behavior Support Network \(PAPBS\)](#).



The Pennsylvania Human Relations Commission (PHRC)

The Pennsylvania Human Relations Commission, or PHRC, enforces state laws that prohibit discrimination: the [Pennsylvania Human Relations Act](#), which covers discrimination in employment, housing, commercial property, education and public accommodations; and the [Pennsylvania Fair Educational Opportunities Act](#), which is specific to postsecondary education and secondary vocational and trade schools.

<http://www.phrc.pa.gov/Pages/default.aspx#.WDMwuNwo6Uk>

PHRC: Related Resources

Civil Rights & Teens

[PHRC - Civil Rights & Teens](#)

Are teens ok with using the N-word and other slurs?

[Are Teens ok using N-Word and other Slurs?](#)

Cyber Etiquette for Teens

[Cyber Etiquette for Teens](#)

9 Things your Teen should never post on social media

[9 Things your Teen should never post on Social Media](#)

How might my Teen be Sexually Harassed at School?

[How might my Teen be Sexually Harassed at School](#)

IMPORTANT STEPS ADULTS CAN TAKE TO SUPPORT YOUTH

(Shared by the Center for Childhood Resilience and the Collaborative for Academic and Social Emotional Learning)

1. Model positive coping and stay calm.

Communicate with your words and your behavior that you will keep them safe.

2. Ensure and promote safety.

Many of the racist and hateful things people say or do are not only wrong, but also against the law. Reach out to authorities and leaders who can help hold individuals accountable for promoting hatred.

Help youth identify safe spaces and safe adults who can speak up on their behalf.

3. Connect with social support and decrease sense of isolation

Universities and schools can offer circles of support, and other safe spaces for students to express concerns and seek support.

Connect with faith communities, a source of support for many refugee/immigrant communities.

4. Raise awareness of organized support for refugee/immigrant/LGBTQ rights.

Just knowing that there are organizations that will safeguard their rights can be reassuring to youth. Increasing their sense of control and influence over their environment and their future promotes hope. By donating to or volunteering with these organizations, adults and youth both increase social support and sense of control over their situation.

It's important not to challenge or dismiss a young person's fears that prejudice will harm them. However, reassure them that there are people and organizations that will help. Affirm LGBTQ identities by actively showing support for LGBTQ youths' orientation, gender identity or gender expression. Support can include helping the young person attend LGBTQ youth groups, advising or attending the LGBTQ student groups at your school if you are an educator, or including a young person's LGBTQ friends in family events if you are parent or family member.

5. Promote healthy coping. Good ways for youth to cope include:

- Keeping family and school routines
- Relaxation practice
- Talking and spending time with family, friends, or faith communities
- Distraction
- Using humor
- Scheduling pleasant activities



- Exercising
- Writing in a journal
- Being creative or artistic
- Avoiding substance use and isolation
- Limiting media use to avoid repetitive images and messages that remind them of bad events.

6. Familiarize yourself with signs of distress and signs of potential suicidality:

- Withdrawing from family and friends
- Dramatic mood change
- Threatening to kill him/herself
- Talking, thinking, or writing about death or suicide
- Feeling hopeless or helpless
- Unusually reckless behaviors
- Giving away prized possessions
- Exposure to others' suicidal behavior

KEY WAYS ADULTS SHOULD COMFORT CHILDREN

1. Remind children that ‘Adults around you will protect you.’

Kids are scared by adult reactions, like strong emotions, violence, or talking about moving to other countries. This makes kids think that adults in their life are not in control and cannot keep them safe.

It is important for parents to model taking care of themselves and good coping skills.

2. Remind children we have a government system of checks and balances.

There are democratic processes in local, state, and federal governments. Lawmakers can use democratic processes to prevent individuals from making decisions alone.

3. Remind them there is still hope, and people will fight for them.

The United States is a country of immigrants.

Our country is founded on the principles of freedom of religion.

Human and civil rights organizations will fight for individuals’ rights and to prevent unlawful decisions.

We accept different opinions in a democracy, and individuals should stand up for what they believe is right.