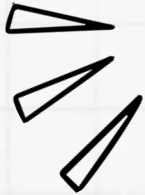
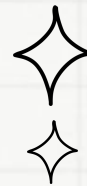




*Centering  
Student Voices in  
Mental Health  
Coverage*



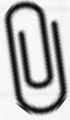
# Moderators



**BREE CAMPBELL**



**JAMES KIM**



## ABOUT STUDENT REPORTING LABS

**STUDENT REPORTING LABS IS A HANDS-ON STUDENT JOURNALISM TRAINING PROGRAM THAT CONNECTS YOUNG PEOPLE TO REAL-WORLD EXPERIENCES AND EDUCATORS TO RESOURCES AND COMMUNITY.**



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PBS NEWS HOUR STUDENT REPORTING LABS



# ON OUR MINDS

WITH BREE & JAMES



On Our Minds is an Edward R. Murrow award-winning, student-led and student-produced podcast about the biggest mental health challenges young people face. In each episode, two teen reporters guide you through stories by high schoolers from PBS NewsHour Student Reporting Labs about the teenage experience that connects, educates and inspires listeners of all ages.

# Panelists



*Briget Ganske*



*Dr. Laura  
Erickson-Schroth*

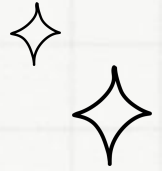


*Areli Rosales*

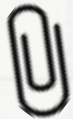




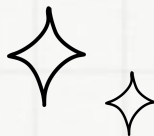
*Why report on youth mental health?*







 *Why include youth voices? And how?*



# How to explain and get consent?



**MAKE SURE YOU AND YOUR SUBJECTS AGREE TO AND UNDERSTAND THIS PROJECT. Read this blurb below to anyone interviewed in your audio story. Also, make sure you and everyone under 18 signs an SRL RELEASE FORM.**

## **READ TO YOUR SUBJECT:**

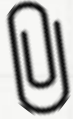
*Before we begin, I want you to know that your story will be edited and may be included in a series by PBS NewsHour Student Reporting Labs. This podcast will be available to the public. That's why it's so important for you to only share what you're comfortable with everybody knowing about you. If I ask you any questions during the interview that make you feel uncomfortable, you don't need to answer them. And if you want to stop at any time, just let me know. Also for this story, would you like to be identified by first name only or remain anonymous?*

*Do you have any questions or concerns before we start? (If anyone has concerns or questions, please reach out to SRL for advice.) I also want to share with you a list of helpful, mental health resources:*

*[studentreportinglabs.org/mentalhealthresources/](https://studentreportinglabs.org/mentalhealthresources/)*



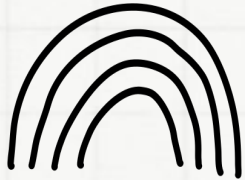




# Tips for helping young people tell their mental health stories:

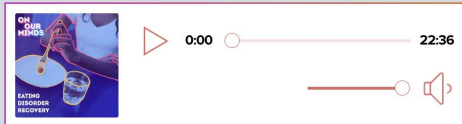


- Trauma-informed approach
  - Make subjects feel safe (notice their body language)
  - Pause or stop interview if needed
- Empower your subject
  - Ask open-ended questions
  - Reflect back what you're hearing
- Focus on strengths
  - Focus on what they have learned throughout their journey
  - Tell subjects what strengths you hear in their story
- End with "Is there anything that you really wanted to say?"





Check  
out later:



## EATING DISORDER RECOVERY STORIES

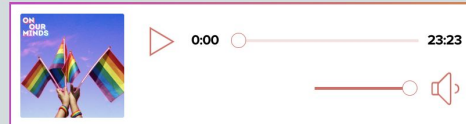
JUN 8, 2022 – SEASON 2

Hosts Matt and Faiza hear from Alice of Austin, Texas who shares her story of eating disorder recovery and talks to British social media influencer Ro Mitchell about sharing her recovery journey online. Matt and Faiza also talk to psychologist Lisa Damour on how eating and food can affect the well being of teens. [Click here for this episode's transcript.](#)

## LGBTQ+ TEENS ON COMING OUT TO THEIR IMMIGRANT PARENTS

JUN 15, 2022

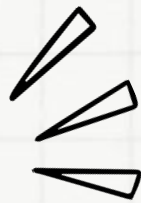
In this episode, LGBTQ+ teens talk about the unique cultural challenges they face as children of first-generation immigrants of color, and *On Our Minds* Season One host Noah Konevitch joins Matt to discuss their experiences as LGBTQ+ teens in high school. [Click here for this episode's transcript.](#)



## HOW TO MANAGE CLIMATE ANXIETY WITH ACTIVIST SOPHIA KIANNI

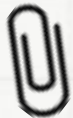
APR 3, 2024

Sophia Kianni was the youngest member of the United Nations's first Youth Advisory Group on Climate Change. She talks with Bree and James about why she started an organization dedicated to translating climate information and resources and getting involved with Born This Way Foundation, which helps support youth mental health. [Click here for this episode's transcript.](#)

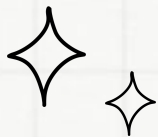
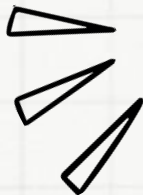
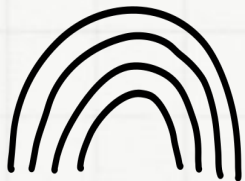


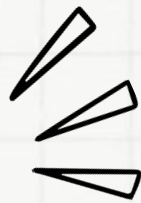
*Additional resources for journalists?*





 *How to find young people to interview?*





*What stories do you want to see covered?* ✨ ✨



# Audience Questions

